

**Effect of Twelve Week Conditioning and Coordination Exercise (CCE) Training Programme on Two-Point Shooting Accuracy among Male Basketball Players in Sabaragamuwa University of Sri Lanka**

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Shooting accuracy plays a meaningful role in gaining points in a basketball match. Ball shooting angle, shooting height, shooting velocity, shooting distance and shooting technique are the determinant factors of shooting accuracy in basketball. Due to the lack of shooting accuracy among the male basketball players in Sabaragamuwa University of Sri Lanka, a specific conditioning and coordination exercise training programme (CCE) was designed. The prime aim of this study was to analyse the impact of this CCE on two-point shooting accuracy among the male basketball players in Sabaragamuwa University of Sri Lanka. The study was carried out on a group of 15 basketball players (age ( $23 \pm 1.2$  years), weight ( $71.58 \pm 4.71$  kg), height ( $178.8 \pm 3.47$  cm) and training age ( $5 \pm 1.6$  years)). A twelve weeks CCE programme developed based on periodization was carried out for four sessions per week. Submaximal physical tests, the dynamic 60 seconds two-point shooting test, medicine ball put test, Sargent jump test and hand-eye coordination test were used as the pre-test and post-test to collect the data on two-point shooting accuracy, upper body power, lower body power, and hand-eye coordination respectively. The study was carried out under the pre-experimental research design. Descriptive statistics and a paired t-test were used to analyse data through Minitab 19 statistical software at the 95% confidence level because the data was normally distributed. The analysis demonstrated that there were statistically significant improvements on two-point shooting accuracy, upper body strength, lower body strength and hand-eye coordination. Within the confines of the study, this specific twelve weeks CCE programme would have positive impacts on the improvements of two-point shooting accuracy, upper body strength, lower body strength and hand-eye coordination.

**Keywords:** Two-point shooting accuracy, Basketball, Sabaragamuwa University of Sri Lanka