**ملخص البحث باللغة الإنجليزية**

**Technical program**

 **Defense and Offensive Stats**

**To analyze the defensive methods and their relationship to the distinctive fast break of the basketball teams in the Arab Club Championship 2021**

* **Objective of research :**

**The research aims to design a "technical program Defense and Offensive Stats to analyze defensive methods and their relationship to the distinctive fast break of basketball teams in the Arab Club Championship 2021" through:**

1. **Getting to know the most used defensive methods to launch the fast break of the teams under discussion.**
2. **Identifying the most common ways of acquiring the ball, starting with the fast break, and related to the defense method used.**
3. **Identifying the skills most used in building the blitzkrieg of the teams under discussion.**
4. **Getting to know the teams (under research) that take advantage of the fast break and score points.**
5. **Knowing the percentages of the use of fast break by the teams in question.**
* **Research questions:**
1. What are the most used defensive methods to launch the fast break by the teams in question?
2. What are the most common ways of acquiring the ball, starting with fast break, and related to the defensive method used?
3. What are the skills most used in building the fast break of the teams in question?
4. What are the teams (under discussion) that take advantage of the fast break and scoring points the most?
5. What are the percentages of the use of fast break by the teams in question?
* **Research Methodology :**

**The researcher used the descriptive method in the survey method**, due to its suitability to the nature of this research.

* **The research sample :**

**The sample of the research was chosen in a deliberate way from the matches of the Arab Men's Basketball Championship 2021 AD in Alexandria**, where **the sample** included (25) matches.

* **Most Important Results :**
1. **The technical program** **DOS** is characterized by honesty, stability and objectivity, and is suitable for use in **analyzing** **basketball matches**.
2. **The fast break** is of great importance in achieving advanced positions in local and international tournaments.
3. The teams' dependence (the research sample) in the first place on the method of defense for **man to a man**, **starting** **with the fast break**.
4. The most **effective method of acquiring the ball** from **the fast break** when using the **zone defense** was the **successful defensive follow-up**, while when using the **man-to-man defense** or the presser or the mixed, the teams’ **passing cut** (the research sample).
5. The most skillful performances that constitute the formation and paths of **the fast break** was **the short dribbling + long passes**, followed by **the long dribbling + short passes** among the teams (research sample).
6. The teams that exploited **the most in the fast break** came the Kuwait-Kuwaiti team with a percentage of (59%), followed by the Tunisian Al-Zahraa team with (57.6%) and then Al-Ahly club with (56.6%).
7. **The percentage of using the fast break** method reached **(25%)** in the matches under discussion.
8. One of **the most important points that hinder the execution of the fast break** is the speed of the defensive rebound of the opposing team.
* **Recommendations :**
1. Using the technical program **Defense and Offensive Stats**, which was **designed by the researcher** in analyzing basketball matches?
2. Training the sports teams to use the organized fast break through training on some agreed-upon plans to prove its effectiveness in the matches.
3. Training the sports teams on the speed of passing the ball as a method that contributes to the success of the fast break of the basketball teams.
4. Training the sports teams to use the Mam to Man defense to build a fast break in order to prove the effectiveness of its use in achieving winning matches.
5. Training sports teams on anticipation to increase the effectiveness of passing pieces for its effectiveness in building the fast break of the basketball teams.
6. Training the sports teams on defensive follow-up, especially the teams that rely on the Zone Defense to build the fast break of the basketball teams.
7. Increasing the cultural awareness of basketball coaches towards the use of modern techniques and equipment in the field of basketball by providing training courses and workshops by the Egyptian Basketball Association.
8. Work protocols with Arab, African and international sports federations to exchange techniques and modern technological devices in the field of basketball.
9. Design other technical programs that serve basketball and take advantage of the data and other variables to guide the sports training.
10. Conducting more research and studies related to how to analyze and apply the offensive and defensive playing strategy and tactics in basketball.