DIFFERENCES IN THE HIGH STATIC JUMP WITH AND WITHOUT ONE FOOT (SERGEANT)

Abstract
Basketball is considered among the attractive sports which contain features of movement structure and different situations, related to many dynamic-explosive actions. Young people who deal with the game of basketball should be very careful, in particular with the coordination skills that are directly related to their morphological structure. Namely, basketball is more complex in comparison with other sports. The aim of this paper is to prove the differences between the static vertical jump (sergeant) and the approach jump. This paper treated 48 male entities aged 16-17 years. The data was processed using the statistical program SPSS for Windows version 17.00, and the parameters were analyzed through the statistical method (Mean). Whereas, by using the T-test method, the systematic differences between these two variables were confirmed. This analysis has also proved that the approach jump variable has better values in comparison with the static vertical jump, which is to be expected.

Key words: entities, sergeant jump, one foot jump, T-test