Abstract

This paper attempts to demonstrate the theory of dynamic systems. A quasi-experimental design with two intact, non-equivalent groups was drawn up: an experimental group (EG): 25 and a control group (CG): 20; including pre and post-test measurements. The independent variable used was vision-limiting glasses. The dependent variable was the minimum time for performing a dribbling-skills test. The didactic unit of 7 sessions focused on basic basketball techniques. The results measure the EG very significant improvements (p < 0.001) in the zigzag dribbling test, although improvements in the control group using a conventional PE teaching-learning model also existed.

Keywords

Motor Learning, Dynamic Systems, Basketball.