

A Comparative Study on the Offensive Ability of the Guard Players of the Top Four Teams in the 28th Men's Basketball Asian Championships

Chenlei Huang

School of General Education, Wenzhou Polytechnic, Wenzhou, Zhejiang 325000, China

How to cite this paper: Huang, C. L. (2025). A Comparative Study on the Offensive Ability of the Guard Players of the Top Four Teams in the 28th Men's Basketball Asian Championships. International Journal of Social Science, Education and Humanities, 1(1), 101 - 114. ISSN Print: 3104-4239; ISSN Online: 3104-4247. <https://doi.org/10.63313/IJSSEH.9011>

Published: 2025-08-25

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Abstract

This paper uses video observation, mathematical statistics, logical analysis and other research methods to analyse and compare the technical indicators in the offensive ability of the guards of the four strongest teams in the 28th Men's Basketball Asian Championships, and the study shows that: Japan's guards are highly efficient in scoring, and their shooting styles are flexible and changeable; the Philippines' guards are diverse in their offensive means, and they are strong in breakthroughs and long-distance shooting; the Iranian guards are experienced, and they specialise in scoring in the close range; China's guards are strong in breakthrough ability and outstanding performance in dribble breakthrough technique.

Keywords

Asian Championships; Final Four; Defenders; Offensive Ability

1. Introduction

The 28th Men's Basketball Asian Championship Chinese Men's Basketball achieved nine consecutive victories and won the championship in one go with the excellent performance of the guards, the biggest weakness of the Chinese Men's Basketball team has been improved, but it also reveals the deficiencies of the Chinese guards in comparison with the excellent guards of the other strong teams in Asia. Therefore, this paper analyses the technical indexes of the excellent guards of the top four teams in the 28th Men's Basketball Asian Championship in terms of their offensive ability, to find out the characteristics of the offensive ability of the excellent guards of the strong teams in Asia, and to summarize the analysis to provide the reference value for the guards of China's men's basketball team in the future training and competitions.

2. Research Objectives and Methods

2.1. Research Objectives

This paper takes the offensive ability of the guard players of the top four teams of the 28th Men's Asian Basketball Championship as the research object. According to the research needs of this paper, the guards of the top four teams of the 28th Asian Men's Basketball Championship (Liu Wei, Guo Allen, and Zhao Jiwei of China; William, Norwood, and Romeo of the Philippines; Kamrani, Karekani, and Mashayeshi of Iran; and Yuta Tasuwaki, Shin Biejima, and Takatoshi Furukawa of Japan) were the subjects of the investigation. The game matchups are shown in Table 1.

Table 1. Statistics of the 8 games among the quarter-finals in the 28th FIBA Asia Cup

Date	Matchup	Result	Type
10.1	Iran vs. South Korea	75:62	Quarterfinals
10.1	Japan vs. Qatar	81:67	Quarterfinals
10.1	India vs. China	58:104	Quarterfinals
10.1	Philippines vs. Lebanon	82:70	Quarterfinals
10.2	China vs. Iran	70:57	Semifinals
10.2	Japan vs. Philippines	70:81	Semifinals
10.3	Iran vs. Japan	68:63	Third Place Game
10.3	China vs. Philippines	78:67	Championship

2.2. Research Methods

Through online searches and reviewing a large number of research papers related to this study, relevant journal articles and outstanding master's and doctoral theses in the Chinese Academic Journal Database (CNKI) were retrieved. Literature materials and monographs related to the research topic were studied. Based on the determined research subjects and indicators, a total of 11 games from the 28th FIBA Asia Cup were observed and analyzed. The various indicators and actions of the guards' offensive abilities were carefully observed and recorded using methods such as normal speed playback, slow motion playback, pause, and rewind. The data were then analyzed and compared using F-test (two-sample variance) and t-test (two-sample equal variance assumption/two-sample unequal variance assumption) in Excel software to draw relevant conclusions. Under the guidance of philosophical methodology, logical methods were employed to comprehensively compare the obtained information and data, identify the characteristics and connections among the data, and derive research results.

3. Research Results and Analysis

3.1. Comparison of Scoring Ability of Guard Players

Basketball is a sport in which scoring points is the primary objective, and 'scoring' is the sole criterion for determining the winner of a game. Each player must follow the rules to limit the opponent's scoring and increase their own scoring. Therefore, to be an excellent basketball guard, one must possess outstanding scoring ability.

Table 2. Comparison of shooting averages of guards from the top four teams

Country	Average Shot	Average of 2 points	Average of 3 points	Average free throws
China	1.8/4.4 (40%)	1.3/3.2 (41.4%)	0.4/1.2 (36.4%)	2.2/3 (74.1%)
Philippines	3.9/9.9 (39.3%)	2.3/5.2 (44.7%)	1.6/4.7 (33.3%)	0.6/1 (55.6%)
Iran	1.4/5.7 (25.5%)	0.8/3.3 (23.3%)	0.7/2.3 (28.6%)	0.8/1 (77.8%)
Japan	4.7/10.9 (42.9%)	3.8/7.7 (49.3%)	0.9/3.2 (27.6%)	3.2/3.7 (87.9%)
China X±SD	40%±0.233	41.4%±0.266	36.4%±0.214	74.1%±0.402
Foreign X±SD	37.8%±0.209	42.5%±6.222	30.4%±6.244	80.4%±0.421
Difference	2.2%	-1.1%	6%	-6.3%
t	-0.931	-0.617	-0.634	0.191
Sig	0.358	0.541	0.530	0.851
P-value	P>0.05	P>0.05	P>0.05	P>0.05

3.1.1. Comparison of two-point shots, three-point shots, and free throw attempts and shooting percentages

As shown in Table 2, among the four teams, Japan had the highest two-point field goal percentage at 49.3%, while Iran had the lowest at 23.3%. China lagged behind the Philippines and ranked in the lower-middle range among the four teams, with an average of 41.4%, trailing the international average by 1.1%. The two-tailed significance level (Sig.) was 0.541, with $P > 0.05$, there is no significant difference between the two. This indicates that China's two-point field goal percentage is no longer significantly different from that of top international athletes. From the standard deviation analysis, China's dispersion is greater than that of the Philippines and Japan, indicating that the stability of China's two-point field goal percentage is lower than that of foreign players. Additionally, China's players have the fewest shots per game among the four teams, averaging only 3.2 shots. In contrast, Japan maintains the highest field goal percentage while also leading the four teams with an average of 7.7 shots per game.

China's three-point field goal percentage is the highest at 36.4%, followed by the Philippines, Iran, and Japan. China's average is 6 percentage points higher than the average of top foreign guards. The two-tailed significance level (Sig. (2-tailed)) is 0.530, with $P > 0.05$, indicating no significant difference between the two, suggesting that China has not yet established a significant lead over foreign teams. In terms of standard deviation, China's standard deviation is 0.214, while the Philippines, Japan, and Iran are 0.289, 0.348, and 10.379, respectively. This indicates that China's three-point shooting stability is higher than that of foreign teams. From the specific numbers, the Chinese team's high shooting percentage is partly due to their lower number of attempts. With an average of 1.2 attempts per game, they are far behind the Philippines' 4.7 attempts, ranking last among the four teams. In contrast, Japan, while maintaining a high two-point shot accuracy rate, unexpectedly ranks last in three-point shot accuracy. This is because three-point shots involve more unpredictable factors than two-point shots, and any interfer-

ence or influence significantly reduces the accuracy rate of three-point shots. Therefore, under high-intensity defence, Japan's frequent three-point shot attempts often lower the team's overall three-point shot accuracy rate.

The average free-throw percentage for foreign guards is 80.4%, while China's is 74.1%, with a difference of 6.3%. The two-tailed significance level (Sig.) is 0.851, and $P > 0.05$, indicating no significant difference between the two. Looking at the specific data, China averages 2.2 free throws per game, higher than Iran and the Philippines, and second only to Japan's 3.2 per game, which is a significant improvement. Additionally, standard deviation analysis shows that China's standard deviation is 0.402, while foreign guards have a standard deviation of 0.421, which is below the foreign average. This indicates that the stability of China's guards' free throw accuracy has surpassed foreign levels. However, when comparing among countries, China's standard deviation is only 0.017 lower than Iran's and higher than the Philippines' and Japan's. As shown in Table 2, Iran's Karekani and Mashayeh have the highest free-throw percentages at 100%, but their free-throw attempts are limited to just 2 each, meaning they cannot contribute significantly to Iran's free-throw scoring. In contrast, Japan, which has the highest free-throw percentage, has three guards with an average free-throw percentage of over 80% per game. Among them, Shun Bijima, with 20 free-throw attempts, missed only two shots, achieving a free-throw percentage of 90%, which is closely related to his solid technical skills and stable mental resilience. Meanwhile, Chinese guard Guo Ailun also delivered a standout performance, with a 72.7% free-throw shooting percentage placing him among the top players in the 12-player roster. Additionally, his 22 free-throw attempts led all players.

3.1.2. Comparison of scoring in different regions

With the continuous development of basketball nowadays the requirements of the guard players are getting higher and higher, and the shooting area of the guard players is also changing, so this paper divides the offensive area into three regions according to the shooting distance: near, middle and far. The centre of the basket perpendicular to the ground as the centre of the circle, and then to the centre of the circle to the free throw line as the radius, respectively, to the bottom line of the near semicircle (Figure 1 dotted line). Within the dotted line to the basket for the close shooting area, the dotted line accidentally to the three-point line for the mid-range shooting area, beyond the three-point line for the long-distance shooting area for the division of according to the video analysis, the statistics of the 12 players in the Final Four in the number of times they hit the shot in each area, see Table 3.

Figure 1. Map of scoring areas

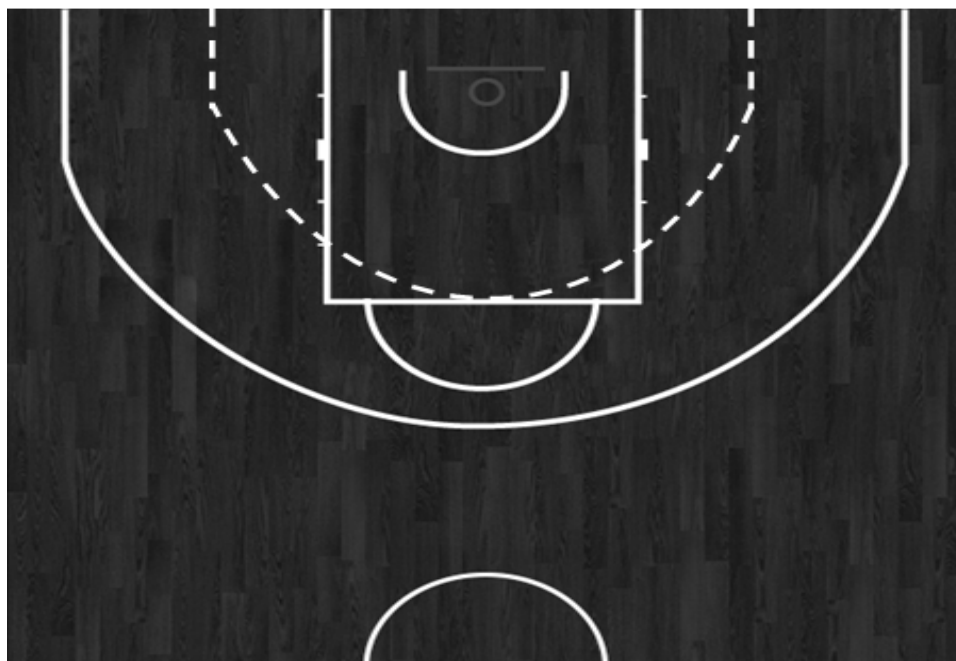


Table 3. Number of near-zone, mid-zone, and far-zone shots hit by each post player in the Final Four (avg.)

Nationality	Players	Shot from close range	Shot from mid-range	Shot from long range
China	Zhao Jiwei	5	0	1
	Liu Wei	0	0	0
	Guo Allen	6	1	3
	Total	11	1	4
Philippines	William	10	1	10
	Norwood	3	1	2
	Romeo	6	0	2
	Total	19	2	14
Iran	Kamrani	2	0	2
	Karekani	3	0	2
	Mashayeshi	2	0	2
	Total	7	0	6
Japan	Yuta Tamura	6	0	1
	Shin Biejima	15	6	0
	Takatoshi Furukawa	5	2	7
	Total	26	8	8

Table 4. Comparison of average number of field goal attempts (field goal average) by post players in the near, middle, and far zones in the Final Four tournament

Country	Shot from close range	Shot from mid-range	Shot from long range
China	1.22	0.11	0.44
Philippines	2.11	0.22	1.56
Iran	0.78	0	0.67
Japan	2.89	0.89	0.89
China X±SD	1.22±1.227	0.11±0.314	0.44±0.685

Foreign X $\pm$ SD	1.93 $\pm$ 1.654	0.37 $\pm$ 0.728	1.04 $\pm$ 1.374
Difference	-0.71	-0.26	-0.60
t	-1.299	-1.008	-1.208
Sig	0.210	0.321	0.235
P-value	P>0.05	P>0.05	P>0.05

As can be seen through Table 4, the average number of close-range individual field goal hits of Chinese guards is 1.22, and the average number of hits of excellent foreign guards is 1.93, and the average difference between the two is 0.71, and the two-tailed test of significance level Sig.(2-tailed) is 0.210, P>0.05; the average number of hits of mid-range shooting Chinese field goal hits is 0.11, and the average number of hits of foreign guards is 0.37, and the two average difference of 0.26 times, two-tailed test significance level Sig.(2-tailed) is 0.321, P>0.05; long-distance shooting Chinese average number of hits is 0.44 times, foreign 1.04 times, the average difference between the two is 0.60 times, two-tailed test significance level Sig.(2-tailed) is 0.235, P>0.05. near, middle and far zones are not significantly different. It indicates that Chinese defenders are close to the excellent level of foreign countries in these three data. At the same time, from the standard deviation analysis, China's three data are also lower than the average value of foreign countries, reflecting that the three Chinese guards in the three zones of the stability of shooting has exceeded the level of foreign guards.

From Table 3 through the specific values can be seen, China in the scoring output value with the first ranking of the Japanese team there is still a certain gap, the Japanese guards in these three data are more than twice as much as China, especially in the number of close-range shooting hits, the difference is as high as 15 times, the Japanese guards as the average height of the four strongest teams the lowest average height, the average age of the largest team but can frequently in the close range to the opponent to cause death, enough to see the Japanese players on the game stubbornly, the average height of the four strongest teams, the average age of the largest team but can frequently in the close range to the opponent to cause death. Enough to see the Japanese players on the game tenacious struggle and dedication. At the same time, the total number of shots made by Chinese guards from close range is 11, and the total number of shots made from long range is 4, with a difference of 7 among the other three teams. It shows that there is a big gap between the ability of Chinese guards to shoot from long and close range, and they still need to improve their shooting skills at long range.

3.1.3. Comparison of the scoring situation in different periods

Basketball game due to the rule characteristics of a total of four sections of the game, each section of ten minutes, each section both for the team's tactical arrangements or individual technical play and have different points of significance. According to the video analysis, statistics derived from the final four teams in different teams guard players in each game node of the average scoring situation,

and draw a line graph more intuitive reflection of the situation of the guards, see Table 7 and Figure 3.

Table 5. Comparison of scoring averages of the top four teams' linebacking corps at different times of the year

Country	Section I	Section II	Section III	Section IV
China	0.89	1.44	0.22	1.44
Philippines	3	1.78	2.78	1.78
Iran	0.56	0.89	0.67	1.78
Japan	2.89	2	3.44	1.89
China X $\pm$ SD	0.89 $\pm$ 0.994	1.44 $\pm$ 1.950	0.22 $\pm$ 0.629	1.44 $\pm$ 1.832
Foreign X $\pm$ SD	2.15 $\pm$ 2.990	1.56 $\pm$ 2.726	2.30 $\pm$ 3.172	1.70 $\pm$ 2.157
Difference	-1.26	-0.12	-2.08	-0.26
t	-1.206	-0.127	-1.894	-0.335
Sig	0.236	0.900	0.067	0.742
P-value	P>0.05	P>0.05	P>0.05	P>0.05

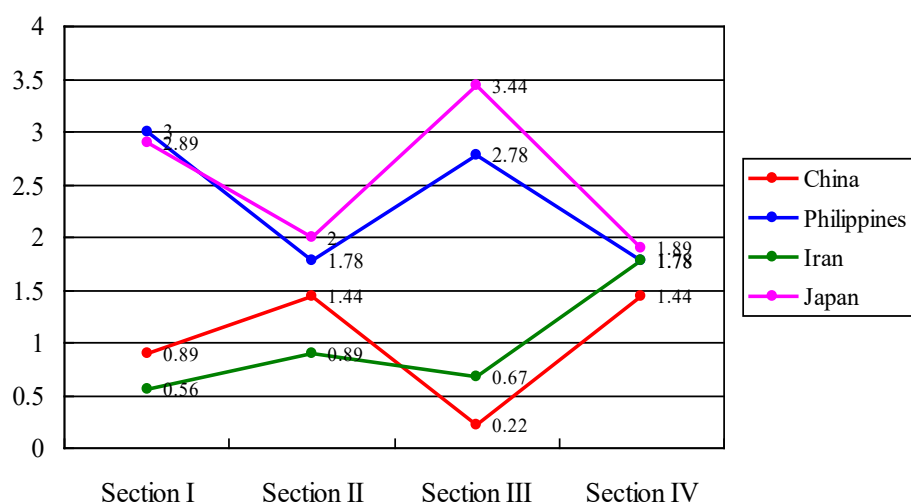


Figure 2. Average scoring by defensemen of the top four teams at different time periods (per game)

From the analysis of Table 5 and Figure 2, it can be found that the Chinese guards are slow players, scoring lower in the first quarter at the beginning of the game and the third quarter back from the haltime break, both at the lower level of the four teams. On the contrary, foreign players, the Philippines and Japan guards can quickly enter the state in the beginning of the game, the first, which is important for the team to play a good start to win the game has an important role in lifting the momentum. As the previous champion Iran lost the game, but the performance of its guards still has a lot to learn from the Chinese team, as can be seen from the Iranian folding chart, Iranian guards scored the highest stability in all sections. At the same time, the last section is their highest scoring stage in all four sections of the game, which shows that they have a strong psychological quality

and the ability to control the whole field, in special moments to deal with the key ball properly.

3.1.4. Comparison of Shooting Methods

Shooting is a general term for various specialised action methods used by offensive players to put the ball into the opponent's basket. Shooting is the only means of scoring in basketball, and it is the ultimate purpose of all offensive techniques and tactics and the focus of all offensive and defensive conflicts. The number of points scored is the key to win or lose the game. There are many ways of shooting technical action, which can be divided into shooting in place, shooting between the lines, jumping up to shoot, dunking and making up for the basket. Therefore, it is especially important for the guards to use various shooting methods reasonably in the game, and it is also an effective way to reflect whether the guard's technique is comprehensive or not.

Through video analysis, this score breaks down the guard's shooting methods into spot jumpers, dribble stop jumpers, catch-and-shoot jumpers, line shots, breakthrough layups, layups and dunks. Since no rebound scores appeared by guards from any of the teams in the Final Four, this technical indicator was deleted, and the final statistics are as follows, see Table 6.

Table 6. Comparison of Individual Shooting Styles of Guard Players from the Final Four Teams (per game)

Country	Dribble jump shot	Dribble stop jump shot	Catch and go jump shot	Breakaway layup	Dunk
China	0.3/1.7 (20%)	0.3/0.7 (50%)	1.3/2.3 (57.1%)	3/8.3 (36%)	0/0 (-%)
Philippines	2.7/7.7 (34.8%)	1.7/3 (55.6%)	2/5.7 (35.3%)	3.7/8.3 (44%)	0.3/0.3 (100%)
Iran	0.3/2.3 (14.3%)	0.3/1.7 (20%)	1.7/5 (33.3%)	2.7/8 (33.3%)	0/0 (-%)
Japan	1.3/5.3 (25%)	4.3/9.7 (44.8%)	3.7/9.7 (37.9%)	4/7.3 (54.6%)	0/0 (-%)
China $\bar{X} \pm SD$	0.3 ± 0.471	0.3 ± 0.471	1.3 ± 1.247	3 ± 1.414	0 ± 0
Foreign $\bar{X} \pm SD$	1.4 ± 1.423	2.1 ± 1.792	2.4 ± 1.571	3.4 ± 2.543	0.1 ± 0.314
Difference	-1.1	-1.8	-1.1	-0.4	-0.1
t	-1.841	-2.484	-1.066	-0.330	-0.559
Sig	0.099	0.032	0.346	0.752	0.588
P-value	$P > 0.05$	$P < 0.05$	$P > 0.05$	$P > 0.05$	$P > 0.05$

As shown in Table 6, Chinese guards average 1.7 stationary jump shots per game with a 20% shooting percentage, while top foreign guards average 5.1 stationary jump shots per game with a 28.3% shooting percentage. The difference between the two is 8.3%. The two-tailed significance level (Sig. (2-tailed)) is 0.099, and $P > 0.05$. there is no significant difference between the two groups, indicating that Chinese guards have nearly reached the level of foreign guards in stationary jump shot technique. This is primarily attributed to the Chinese team's emphasis on foundational drills during training, strictly adhering to the principles of challenging, rigorous, and practical training, enabling players to adapt to high-intensity competitions while ensuring the normal execution of basic tactics

and techniques.

Chinese guards average 0.3 made dribble-stop jump shots per game, while foreign guards average 2.1 made shots per game, with a difference of 1.8 shots. The two-tailed significance level (Sig.) is 0.032, and $P < 0.05$. there is a significant difference between the two, indicating that Chinese guards still lag behind their foreign counterparts in this technical indicator. Through video analysis, we can see that the reason China lags behind its opponents in this technical area is due to the low number of attempts, with an average of 0.7 attempts per game, far fewer than Japan's 9 attempts. Additionally, this technical skill requires a high level of overall athletic ability, as it is a combination of dynamic and static movements, making it challenging and complex. Any error in any technical aspect will result in the failure of this technical move. Moreover, in the intense defensive competition of the semi-finals, Chinese guards should intensify their training in dribble stop jump shots. While daring to shoot, they should also improve the quality of pick-and-roll cooperation in tactics to fully utilise the technique.

Chinese guards average 1.3 successful dribble-stop jump shots per game, while foreign guards average 2.4, with a difference of 1.1. The two-tailed significance level (Sig.) is 0.099, and $P > 0.05$, indicating no significant difference between the two. Through video analysis, Chinese guards made 4 out of 7 attempts in three games, with the fewest attempts and makes among the four teams. However, from the shooting percentage analysis, the 57.1% shooting percentage was the highest among all teams, indicating that Chinese guards have already surpassed their opponents in mastering this technique, but their on-court application skills still need improvement.

Chinese guards averaged 3 layup baskets per game, while foreign guards averaged 3.4 layup baskets per game, with a difference of 0.4 layups. The two-tailed significance level Sig. (2-tailed) was 1, with $P > 0.05$, there is no significant difference between the two, indicating that Chinese guards have nearly reached the level of foreign elite players in terms of layup ability. This is attributed to the performance of two young Chinese guards. In the match against Iran, China adopted a double point guard strategy, which proved highly effective. Throughout the game, there were 11 layups, 4 of which resulted in direct scores, and 4 forced opponents to commit fouls, completely disrupting the opponents' rhythm and keeping Iran's interior defence in a passive state throughout the game. However, from the perspective of shooting accuracy, Chinese guards have an average layup shooting accuracy of 36%, lagging behind the averages of Japan and the Philippines. Consistency remains an area where China needs to improve.

3.2. Comparison of the breakthrough ability of guards

Ball-bearing breakthrough is an offensively strong technology in which the ball-bearing player uses footwork and dribbling technology to quickly overtake

the opponent. Holding the ball breakthrough can not only create a good personal attack opportunity, but also can cause the opponent's foul, disrupt the opponent's defensive deployment. Breakthrough with the ball can be divided into breakthrough with the ball in place and breakthrough in dribbling. In-situ ball breakthrough refers to the ball player in a stationary state, the use of reasonable foot-work beyond the defence of the breakthrough technology; dribble breakthrough refers to the ball player on the move, the use of over the technology beyond the defence of the breakthrough technology.

Table 7. Comparison of Breakout Ability of Defenders from the Top Four Teams (per game)

Country	Total breaks with the ball	Breaks with the ball in place	Breaks off the dribble
China	25	6	18.67
Philippines	27	6	21
Iran	16	6	10
Japan	18	7	11
China X $\pm$ SD	25 $\pm$ 7.348	6 $\pm$ 0.816	18.67 $\pm$ 6.128
Foreign X $\pm$ SD	20.33 $\pm$ 7.393	6.33 $\pm$ 2.211	14 $\pm$ 7.513
Difference	4.67	-0.33	4.67
t	0.866	-0.343	0.918
Sig	0.407	0.739	0.410
P-value	P>0.05	P>0.05	P>0.05

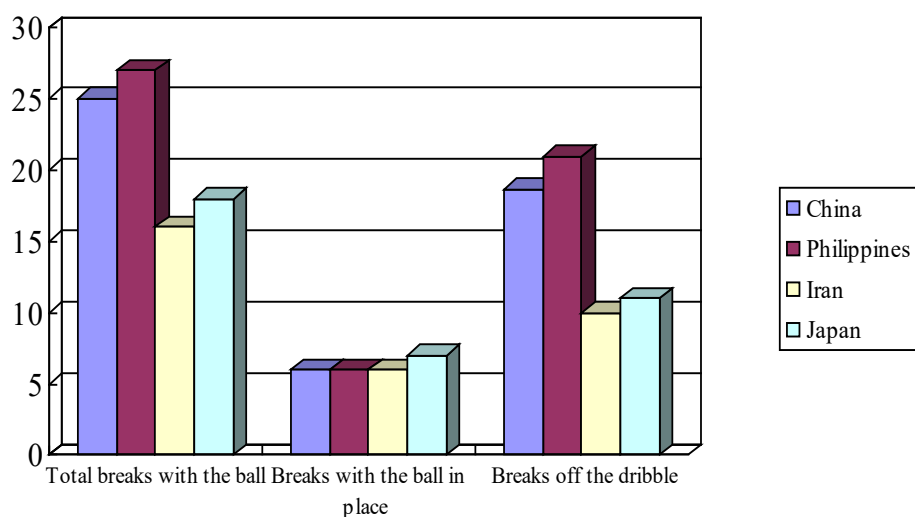


Figure 3. Breakout average of linebackers from the top four teams

Through data analysis, Through data analysis, there were no significant differences in the above three breakthrough ability indicators, indicating that the breakthrough skills of Chinese guards have caught up with or even surpassed those of outstanding foreign guards. China's use of stationary ball-holding breakthroughs is on par with foreign guards, averaging 6 per game. While China still lags slightly behind the Philippines in dribbling breakthroughs, it has far sur-

passed Iran and Japan, ranking in the upper-middle tier. The reasons for this improvement include Chinese guards' strong breakthrough awareness, appropriate route selection, timing, and breakthrough techniques; Additionally, improvements in physical conditioning have significantly enhanced the speed of their drives and their ability to withstand physical contact. However, through video analysis, we also observed that the top four Asian teams primarily focus on dribble drives, with relatively few stationary ball-handling drives. Chinese guards account for 74.7% of all dribble drives, indicating that China still needs to make further efforts in stationary ball-handling drives.

3.3. Comparison of guards' ability to grab offensive rebounds

The technique of grabbing rebounds is a major part of the basic technique of basketball. It is a technique to fight for the control of the ball after a missed shot (the ball touches the rim or the basket). The offensive team to fight for the team shot missed ball, known as grabbing the offensive rebound or grabbing the front court rebound. If you can often grab the rebound, not only can you launch a continuous attack under the opponent's basket to increase the number of attacks and scoring opportunities, but also can cause the opponent to foul the players under the basket to reduce the number of fast breaks launched by the other side, but also increase the confidence of the attacking players to shoot, improve the morale of the whole team and the hitting rate, to play a climax.

Table 8. Comparison of offensive rebounds grabbed by post players of the top four teams (per game)

Country	Total rebounds	Offensive rebounds	Offensive rebounds/total rebounds
China	2.67	0.56	20.83%
Philippines	3.11	0.44	14.29%
Iran	1.89	0.56	29.41%
Japan	2.74	0.52	17.24%
China X $\pm$ SD	2.67 $\pm$ 2.160	0.56 $\pm$ 0.685	20.83% $\pm$ 0.188
Foreign X $\pm$ SD	2.74 $\pm$ 1.755	0.52 $\pm$ 0.500	18.92% $\pm$ 0.322
Difference	-0.07	0.04	1.91%
t	-0.100	0.169	-1.022
Sig	0.921	0.866	0.318
P-value	P>0.05	P>0.05	P>0.05

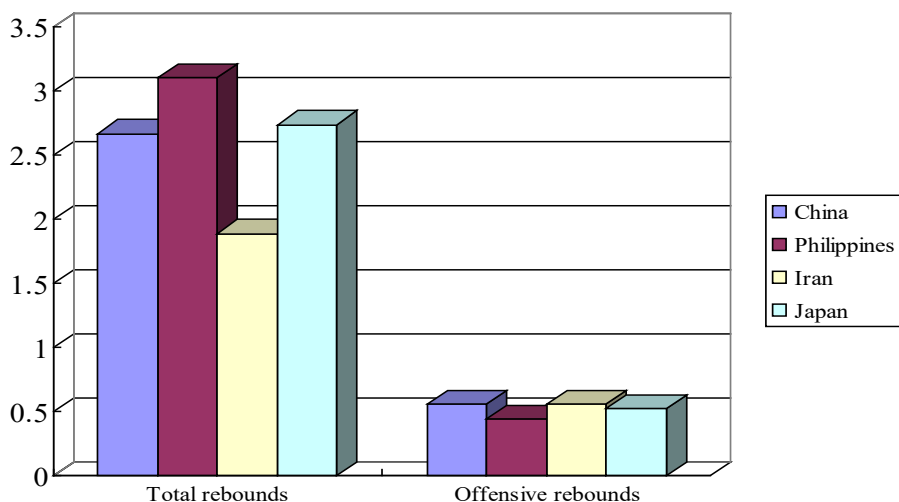


Figure 4. Offensive rebounding by post players of the top four teams (per game)

From Figure 4 can clearly reflect the top four teams guards in fact in the use of the technology difference is not obvious, the maximum difference is only 0.12 times, the Philippines guards average 0.44 times ranked last, and Japan and Iran as the top four teams the lowest height of the two teams but can exceed the Philippine guards data, it can be seen that height is not a decisive factor in the scramble for the frontcourt rebound. From the video observation and comprehensive analysis, it is concluded that China's guards have made a breakthrough in their ability to grab offensive rebounds in the frontcourt, and the key lies in the fact that Zhao Jiwei and Guo Allen have excellent awareness of grabbing rebounds and dare to rush to grab the rebounds. In the game, they can accurately judge the landing point and timing of the ball according to the companions or their own shooting, use the body of the false swing or fake action, quickly get rid of the block of the defenders, make full use of reasonable body contact, around, across, squeeze to the front or side of the defenders, so as to seize the advantageous position and get the ball.

4. Conclusions and recommendations

4.1 In the overall scoring situation, China and Iran guards average scoring ability, scoring efficiency per minute and scoring accounted for a lower proportion of the whole team, with Japan and the Philippines there is a certain gap; in the total shooting percentage, two-point field goal shooting rate, China, the Philippines and Japan level is comparable to that of Iran is worse. China and the Philippines three-point shooting percentage performance is better, Iran and Japan worse, but in the number of three-point shooting and contribution value of China and Iran is far behind the level of the Philippines; China and Japan free throw shooting percentage and scoring contribution value of the performance is outstanding, far better than the Philippines and Iranian guards. At the same time, the average playing time of Chinese guards is

much less than that of Japanese and Philippine guards, and Chinese and Iranian guards enter the game state slower, and the scoring time is mainly distributed in the second and fourth quarters, while Philippine and Japanese guards enter the game state faster, and the scoring time is mainly distributed in the first and third quarters. The main scoring area of Chinese and Japanese guards is concentrated in the near distance, and the scoring area of Philippine and Iranian guards is relatively balanced, in which Japan's scoring performance in the near and middle distance is better, and the Philippine's scoring performance in the long distance is better.

4.2 In the breakthrough ability, China and the Philippines breakthrough ability is stronger than the Iranian and Japanese guards, in which the dribble breakthrough technology is used more frequently, mainly to accelerate sharply, the body in front of the hand change direction and crotch change direction breakthrough technology is mainly used, and behind the back and turn the dribble breakthrough use is relatively less.

4.3 In the shooting style, the Philippines and Japan guards are flexible and changeable, while the Chinese and Iranian guards are relatively single, mainly focusing on breakthrough layups, with less use of in-place jump shot, dribble stop jumper, and catching the ball stop jumper, in which there is a big gap between dribble stop jumper and Philippine and Japanese guards.

4.4 Strengthen the physical ability and endurance of Chinese guards, increase the playing time of Chinese guards, improve the utilisation rate of guards, and fully exercise the practical ability of guards. Especially to strengthen the free throws and mid-range shooting training, and the need to enrich the diversity of shooting methods, encourage the guards to use a variety of shooting means, improve the ability to catch the ball and dribble emergency stop shooting, dare to shoot, especially outside the grasp of the shooting opportunities should be decisive, resolute.

4.5 Cultivate the ability of Chinese guards to enter the game state quickly, pay attention to the warm-up in the pre-game preparation stage, moderately strengthen the time and intensity of the warm-up activities, so that the body of the guards can be sufficiently stretched, quickly adjusted to the game state, and adapted to the rhythm of the game at an early stage.

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