

# Sports Skill Test

Programme: MPEd.

Course: Measurement and Evaluation

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# Badminton

## MILLER WALL VOLLEY TEST

### **Purpose:**

To measure ability to volley skill in badminton.

### **Level and Gender:**

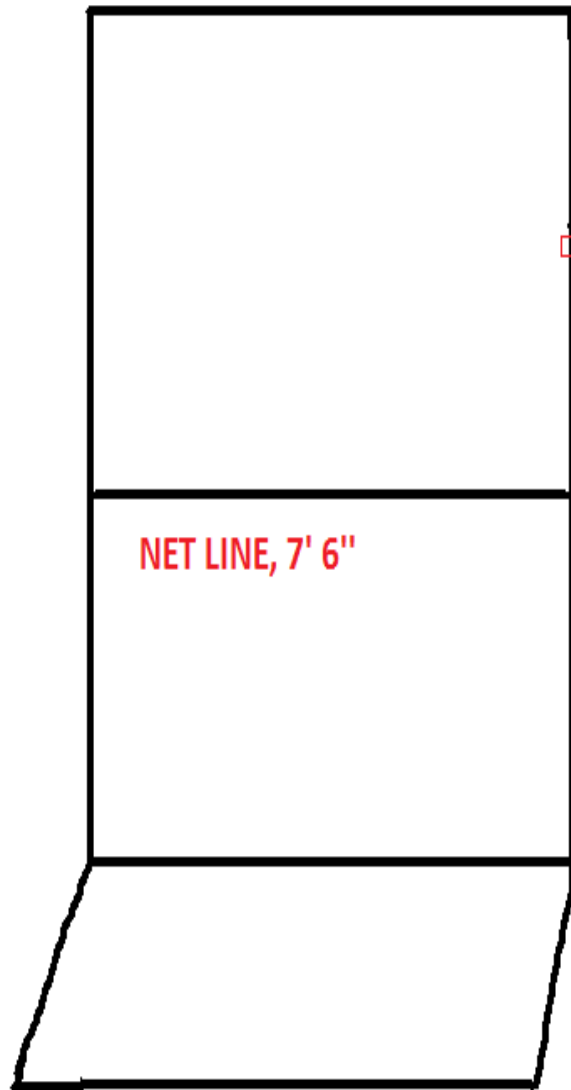
Players who have developed volley skill college men and women.

### **Equipment and court marking:**

Badminton racket and shuttlecocks on a wall at least 15 feet high and 10 feet wide,

a 1 - inch line is drawn at a height of 7 feet 6 inches from and parallel to the floor.

A line is drawn on the floor 10 feet from the wall and parallel to it.



Wall Space ,  
Width atleast 10'  
Height preferably 15' or  
higher

Line Thickness 1"

NET LINE, 7' 6"

Restraining line, 10 feet

- **Procedure/ Directions:**

The subject is permitted a one-minute practice period before the first trial.

**On the signal ready, go” the subject serves the shuttlecock in a legal manner against the wall from behind the 10 feet floor line.**

The serve puts the shuttlecock in a position to be rallied with a clear on each rebound.

**If the serve hits on or above the 7 feet 6 inches wall line, that hit counts as one point and each following rebound hit made on or above the 7 feet 6 inches wall line, when the subject is behind the 10 feet floor line, counts as one point.**

The hit is not counted if any part of his foot goes over the 10 feet restraining line.

**The scorer should say “back” Whenever the subject consistently goes over the line.**

The hit is not counted if the shuttlecock goes below the 7 feet 6 inches (7 1/2 foot) wall line.

**However, if either the foot goes over the 10 foot or the shuttlecock hits below the 7 feet inches (7 1/2 foot) wall line, the subject is permitted to keep the shuttlecock in play.**

The bird may be stopped at any time and restarted with a legal service from behind the 10 foot line.

**If the shuttlecock is missed and falls to the floor, the subject must pick it up as quickly as possible, get behind the 10 feet line, and put into play with a legal service.**

## Scoring

An accumulative number of hits made within **thirty seconds** is given to the recorder by the scorer for each individual.

**Three 30 seconds trials** are given, with at least 30 seconds of rest between them.

The subject may step in front of the 10 foot line in order to keep the shuttlecock in play, but hits failing to follow the stated specifications do not count.

The sponge end shuttlecock will bounce if the shuttlecock falls to the floor.

The subject does not have to pick up the bird if he can keep it in play in any other manner.

**The score consists of the sum of the three trials.**

# Badminton- French Short Service Test

## Purpose

To measure ability to serve accurately and low

## Level and Gender

Player who have developed skill in the short serve, college women (but can be used equally well with men)

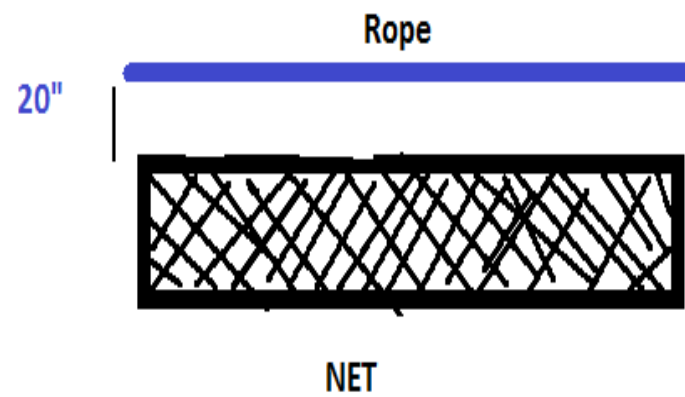
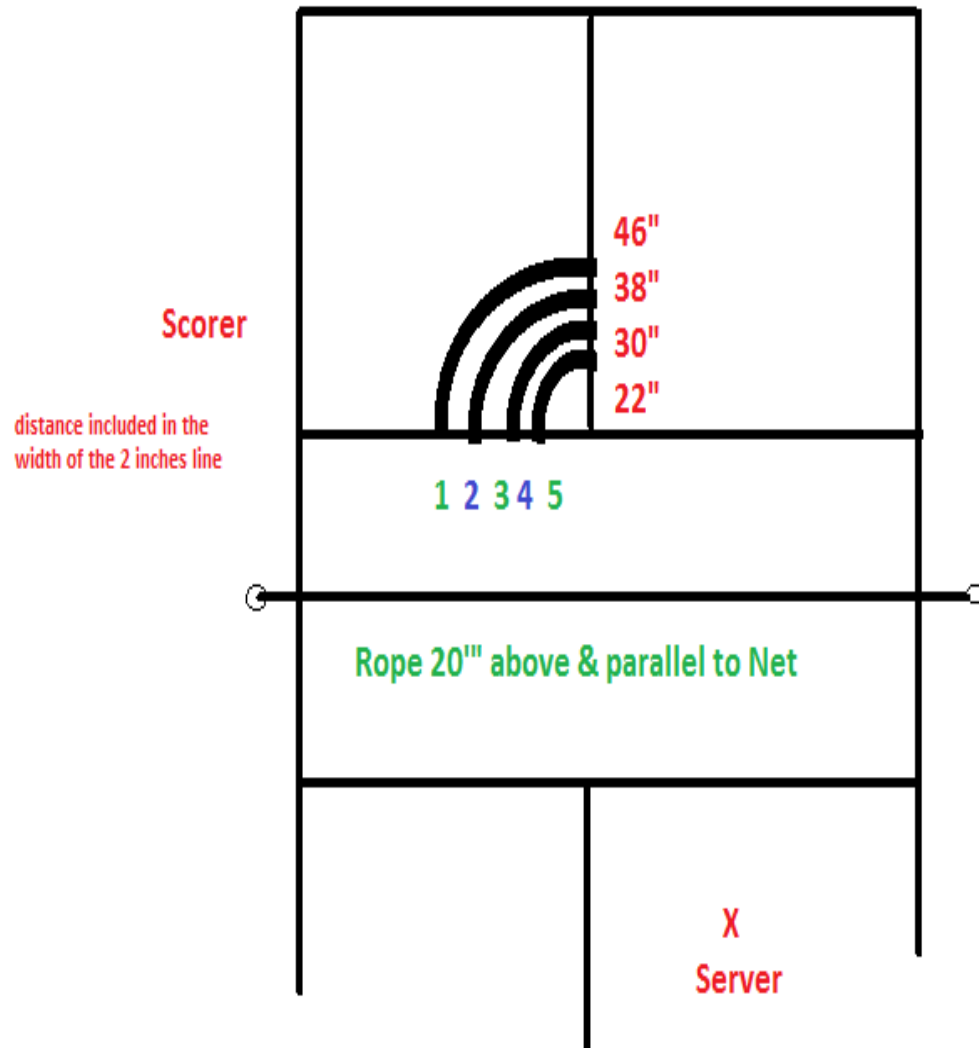
## **Equipment and Floor Marking:**

1. Badminton racket and shuttlecocks
2. Four concentric quarter circles are drawn on the right service court.

A rope is stretched 20 inches above the net and parallel to it.

Markings 1 1/2 inches wide in the form of arcs are drawn on the floor at distances of 22, 30, 38 and 46 inches from the midpoint of the intersection of the center line and the short service line of the right service court

The distance included in the width of the 2 inches line.





- **Procedure/Directions:**
- The subject stands in the service court diagonally opposite from the target.
- **Twenty serves** are attempted either consecutively or in groups of ten.
- The subject tries to send the shuttle between the net and the rope.
- The scorer nearer the center of the left service court, facing the target.
- The subject tries to hit and target area nearest the intersection of the center line and short service line.
- **Shuttles which hit on a line are given the higher point value.**

# Basketball

## Johnson Basketball Test

1. Field Goal Speed test
2. Throw for Accuracy
3. Dribble Test

Age Level and Sex: High school boys

# 1. Filed Goal Speed test

## Purpose:

To measure basketball field goal shooting ability.

## Facilities/Equipments:

One Basketball, One Stop Watch, A leveled wall, Regulation basketball goal, score sheet, helpers.

- Procedure:

The subject assumes any position that he desires under the basket.

At signal “GO” he begins to make a Lay-Up shot as rapidly as possible for a period of 30 seconds.

Scoring:

Score one for each basket.

## 2. Throw for Accuracy

### Purpose:

To measure basketball throwing accuracy

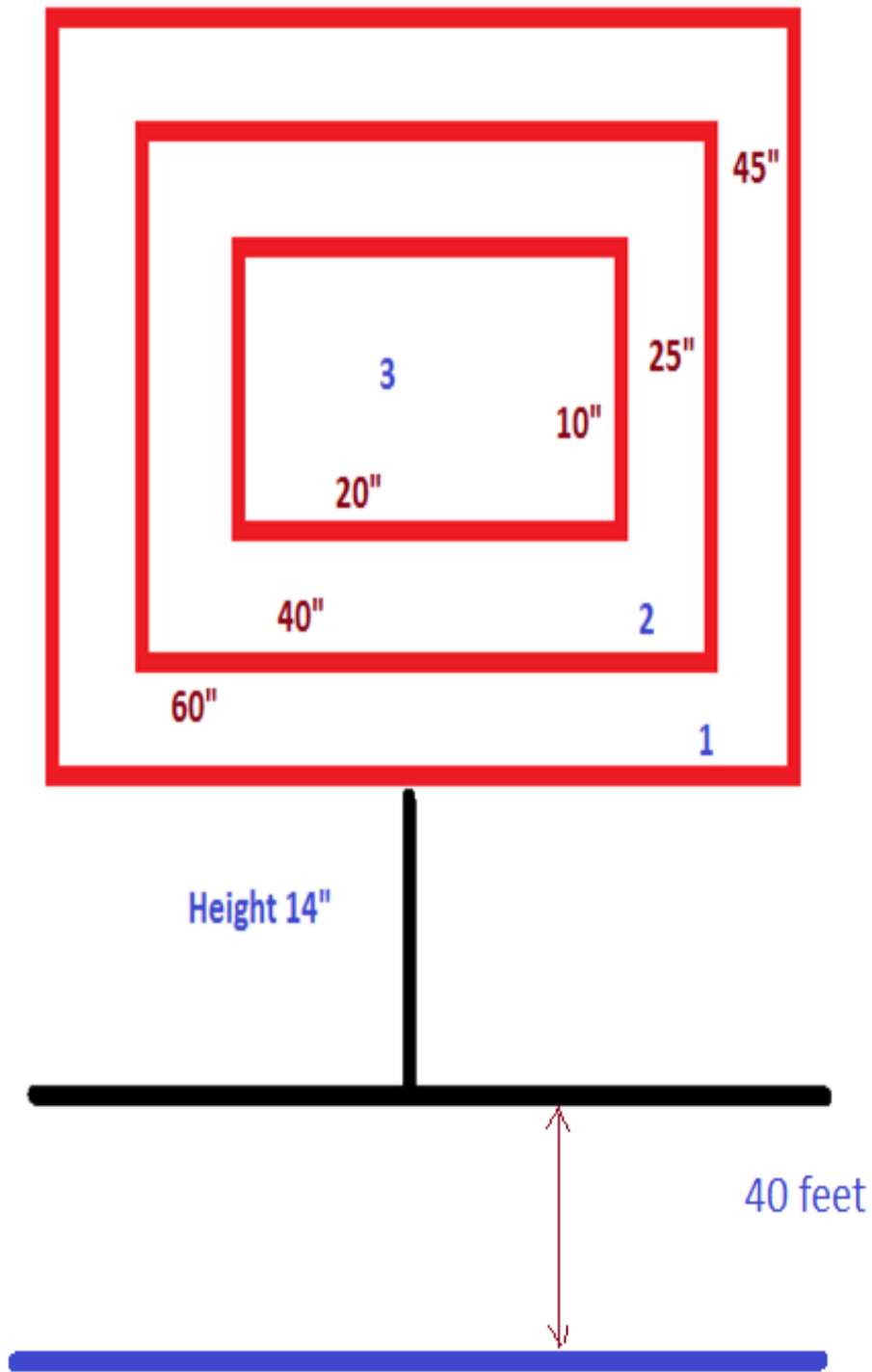
### Facilities/Equipments:

A Target, One Basketball, score sheet, helpers.

A target is hung or marked on the wall

Three rectangles, one inside the other size 60x 40",  
40x 25", 20x 10"

The target is placed on the wall, with the length of the rectangles parallel to the floor and bottom of the largest rectangle 14" from the floor.



10 Trials using either  
hook or baseball type  
pass

## Scoring

The subject is permitted to **TEN** trials at a distance of 40 feet from the target, using either a hook or baseball pass.

Total points made in the ten trials.

**3** for Inner rectangle

**2** for middle rectangle.

**1** for outer rectangle and line.

# 3.Dribble Test

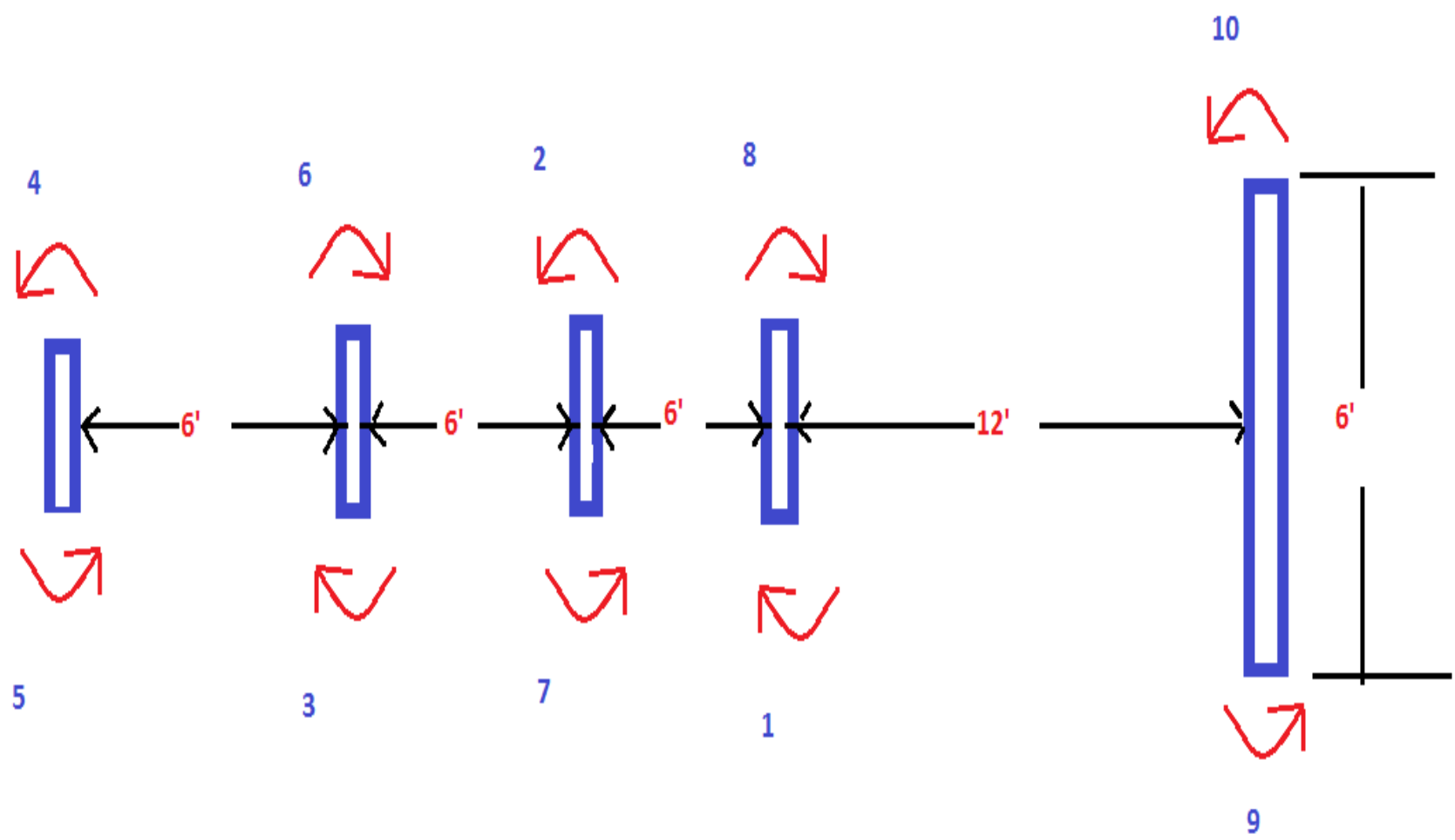
## Purpose:

To measure basketball control ability.

## Facilities/Equipments:

Hurdles, Basketballs, Chunnam, Markings, Stop watch, Score sheet.





- Procedure:

Place chairs or hurdles as given in figure.

Starting line is 12 feet from the first hurdle.

Three more hurdles are placed in line with 6 feet between them.

Starting line 6 feet long.

Scoring: Timing :30 seconds , number of chairs/  
hurdles passed.

# Basketball

## Leilich Basketball Test

1. Bounce and Shoot
2. Half Minutes shooting
3. Push Pass

Age Level and Sex: College Women

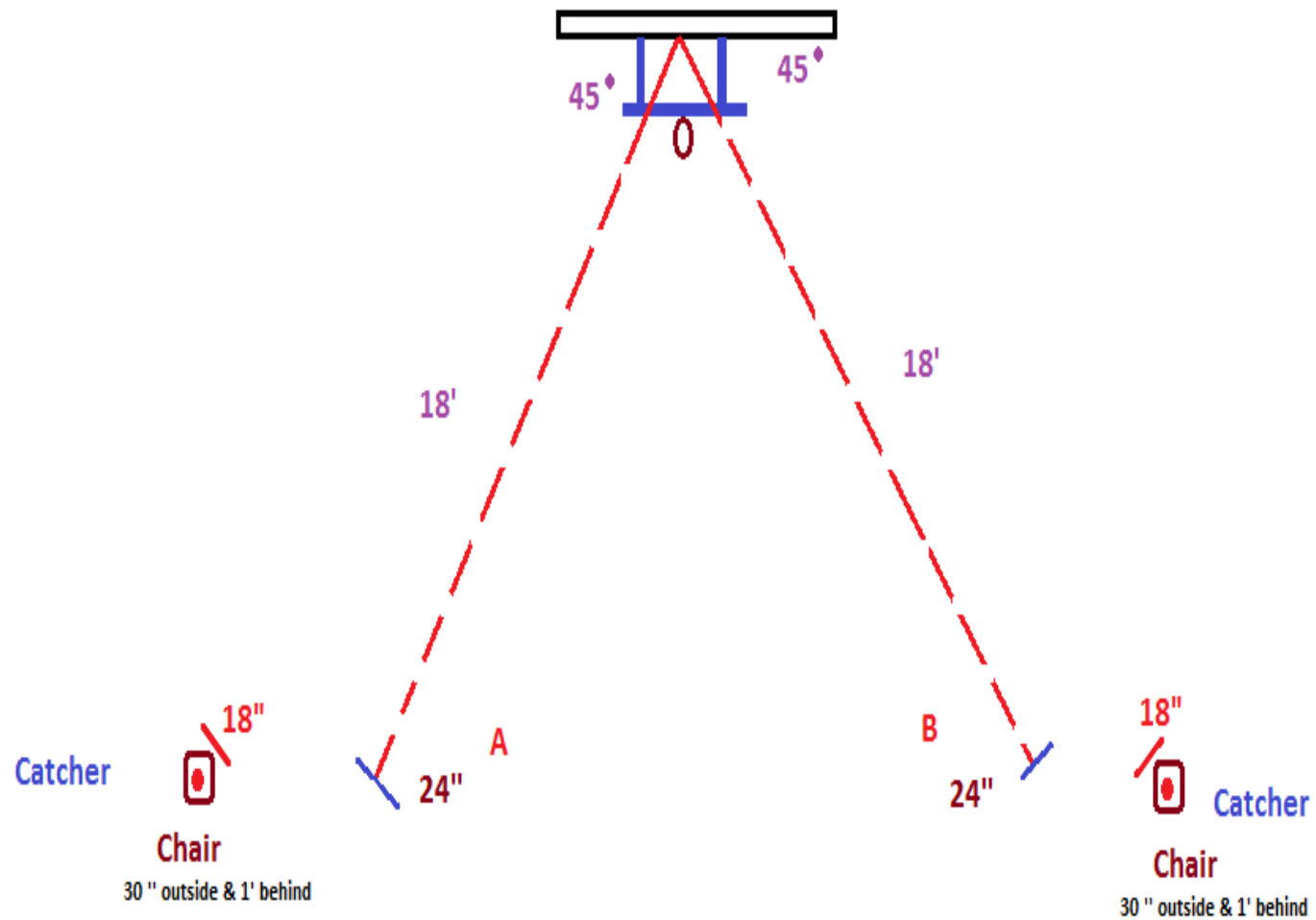
# Bounce and Shoot

## Purpose:

To measure ball handling and ball controlling ability.

## Facilities/Equipments:

Basketball court, Basketballs, Chair, Markings, Stop watch, Score sheet, helpers.



## Marking:

On either side of the basket at an angle of 45 degrees, an 18 foot dotted line is drawn from the centre of the end line in V' shape perpendicular to the 18 foot line, a 24 inch line is added.

Additional lines of 18 inches are drawn from a point 1 foot behind and 30 inches to the outside of the 18 foot line.

On each of the 18 inch lines, a chair with a ball is placed.

A ball catcher stands behind each chair and replaces the ball on the chair after each pass from the subject.

## **Test Administration**

The subject starts on the 24-inch line at **the B side** of the basket.

On the signal “go”, the subject picks up the ball from the chair, bounces, shoots, recovers the rebound and passes the ball back to the catcher at B.

She runs to A, picks up the ball from the chair and repeats the course, passing it back to catcher at A.

This is repeated till **ten shots (five on each side)** is made.

The total time taken and the fouls are recorded.

### **Fouls:**

The fouls are running with the ball; double bounce; failure to start from behind the 24 inch line.

## Scoring :

The score combines **time** and **accuracy**

1. The time taken to the nearest tenth of a second to complete ten shots from the signal go.
2. The accuracy score for shooting: **two** points for baskets made, **one point** for hitting the rim but missing the basket, **zero** for missing the basket and the rim.
3. Add one second to the time score for any foul.

## Final score

Final score is the sum of the best two out of three complete trials which has 2 minutes interval.



# Half Minutes shooting

## Purpose:

To measure shooting ability and ball control.

## Facilities/Equipments:

Basketball court, Basketballs, Stop watch,  
Score sheet, helpers.

## Procedure

The player starts shooting from any position.

Shoot basket from the signal “go” and continues for **thirty seconds** after which another signal is given.

Two trials are given to each player.

## Scoring:

Scoring is the number of basket made in 30 seconds.

The best of two trials is the final score.

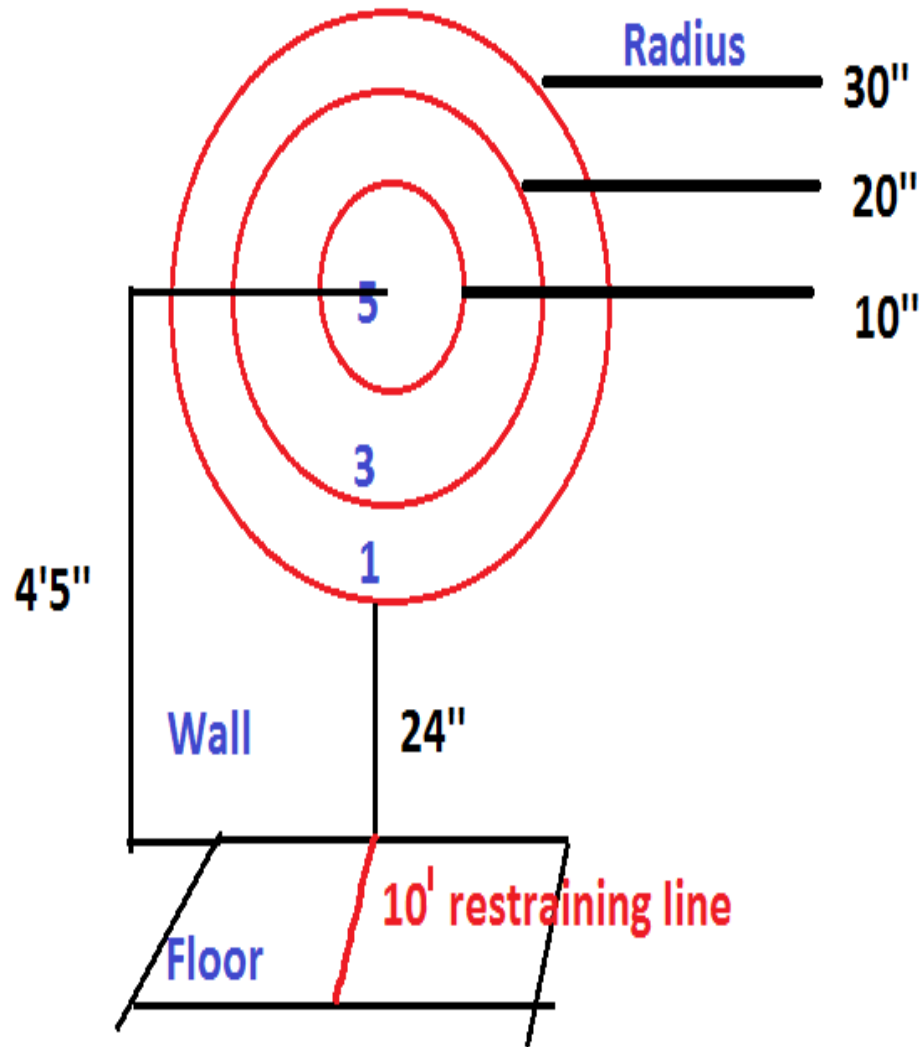
# Push Pass

## Purpose:

To measure ball passing accuracy and ball control.

## Facilities/Equipments:

A leveled wall, Basketballs, Stop watch, Score sheet, helpers.



lines 1/2" included

Time: 30 seconds

Best of 2 trials

## Markings

A target which is 3 concurrent circles with 10", 20" and 30" radius are drawn on the wall.

A line is drawn on the floor 10 feet from the target.

On the signal, the subject stands behind the line and starts making push-passes (two hand chest pass) to the target for 30 seconds.

## Scoring

The score at the end of **30 seconds** is the total of the target "hits". Inner circle counts 5, middle circle 3, and outer circle 1. If the ball hits the line - the score of the inside circle is counted.

Two trials are allowed and the test score is recorded.

# Hockey – Friedal Field Hockey Test

## Purpose

To measure General Field Hockey skill

## Level and Gender

College and high school hockey players of varying abilities.

## Uses

The test can be used as a partial measure of field hockey playing ability.

It can also be used for practice.

## **Field Markings**

The area needed is 25 yards by 10 yards, with one 10 yard line marked off along the goal line, so that the goal area is in the middle of that line.

## **Administrative considerations**

Two trained individuals are needed to administer the test.

A trained person rolls the balls to the students. He or she must be proficient enough to roll the ball so that it passes diagonally through the target, within a foot in either direction of both corners, and comes to a stop within 1 foot inside the sideline of the testing area.





## **Directions/ Procedure**

The player stands behind the starting line, inside the goal cage with hockey stick hand, and ready to run.

At the signal, "Ready Go" the clock is started as the player runs forward toward the target area.

As the player crosses the 7-yard mark, the ball is rolled in from the 10-yard mark, either on the left or right side line.

The player fields the ball on the run and within the 2-yard square target area, dribbles toward the person standing in the dodge square, and does a right dodge around her.

As soon as the stationary person is dodged, she moves out of the testing area so that she will not obstruct the player on her return.

The player continues dribbling up to the line, goes around the obstacle as if doing a circular tackle, and dribbles back down field, moving within the 1 ½ yard lane.

Before getting to the restraining line, but within the lane, the player drives the ball, aiming for the goal area.

The clock is stopped as soon as the ball crosses the starting line, or the sideline if inaccurately driven, or when the ball comes to a stop within the testing area if it does not cross the starting line or a side line.

A trial is discounted and repeated only if the ball is inaccurately rolled so that it does not pass through the target area.

Each player has 10 second trials, 5 of them with the ball rolled in from the left side and the other 5 with the ball rolled in from the right side.

One practice trial from each side is given.

## Scoring

The time for a trial is the elapsed time in seconds and tenth of seconds from the word 'Go' until the driven ball crosses the starting line or the side line.

The lower score is the better score. The speed score for the test is the total of the times for all 10 trials.

The accuracy score on the trial is determined by the division on the starting line through which the ball passes.

Areas 1 through 5, score respectively 9, 7, 3, 5, 7. Any area on the starting line outside of the goal cage scores 1.

The score is 0 if the ball goes over the side line or if it does not reach the starting line.

The higher score is the better score.

The accuracy score for the test is the total of the accuracy scores for all 10 trials.