

Practical 11



Name of the Sport: Basketball

Name of the Test: Johnson Basketball Test

Aim

To assess the general playing ability of basketball players.

This test consists of three (3) items of basic skill which are described below: -

i) Field Goal Speed Test

ii) Basketball Throw for Accuracy

iii) Basketball Dribble Test

i) Field Goal Speed Test: The tester asks basketball player to stand at any position under the basket and is required to make maximum number of baskets in 30 seconds. The numbers of successful basketball throw thrown in 30 seconds provide the score for the test.

Scoring Procedure: Number of successful baskets in 30 seconds.

Measures: The ability of the participant to make successive field goals as quickly as possible under the stress of time.

ii) Basketball Throw for Accuracy: In this test a rectangular target is placed on a wall. The participant, stands at a distance of 40 feet from the target, makes 10 trials for hitting the ball in the center of the target. For hitting, the examinee can use either the overhead or the hook pass technique.

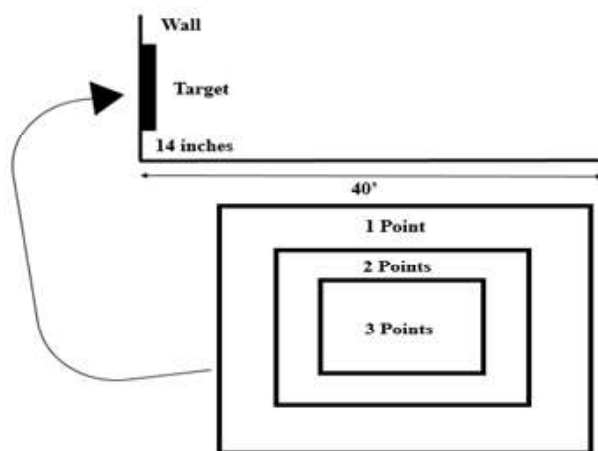
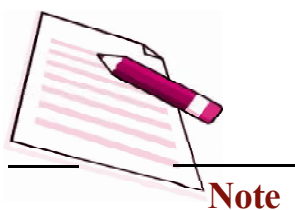


Figure 11.1: Illustration of Johnson Basketball Throw for accuracy testing



Note





Scoring: Points are awarded as according to the ball on the target: -

3) **Points:** For each hitting in the inner rectangle or its line.

2 Points: For each hitting in the middle rectangle or its line.

1 Point: For each hitting in the outer rectangle and the line.

Position of the Participant, Tester, & Recorder: The participant stands just outside the 40 feet line, in front of the target. The tester stands 5-10 feet inside the 40 feet line on the right side of the examinee and the recorder stands on the right side of the target about 5-7 feet away from the target well towards tester.

Measures: This test item measures the shoulder strength and the ability of consistent accurate throws.

iii) **Basketball Dribble Test:** The participant is required to cover maximum distance while dribbling around obstacles in 30 seconds. Four obstacles (Chair/Hurdle) are arranged in a straight line at 6 feet apart. The 1st obstacle is 12 feet away from the starting line which is 6 feet wide. The participant is asked to begin dribbling from one end of the starting line and is required to dribble for 30 seconds in a zig-zag manner around the turnings at each obstacle point and by turning about at the 4th obstacle.

Scoring: The score is equal to the number of zones covered in 30 seconds. The examinee gets 1 point on crossing each obstacle. However, two sides of the last obstacle and the starting line mark provide two separate points as they represent the boundaries of 2 zones each.

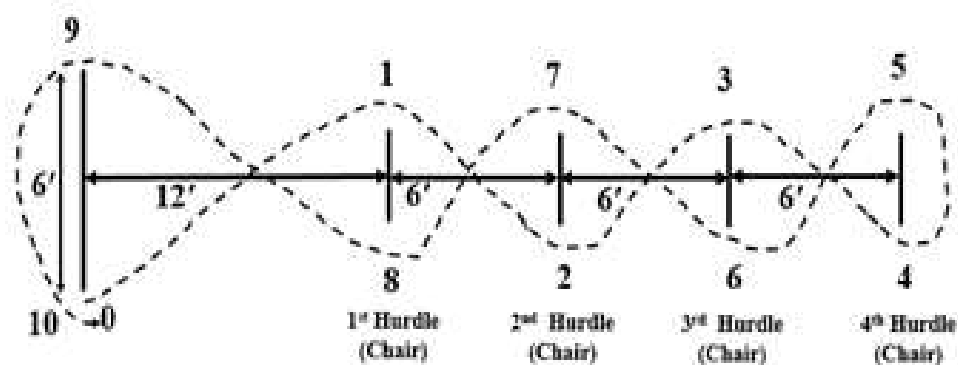


Figure 11.2: Illustration of Johnson Basketball Dribble Test Item Course and Scoring

Measures: The ball handling ability and agility level of the players.



Effect and Observations

Perform Field goal speed Test for 8 days continuously and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D6	D7	D8
Filed Goal Speed Test (Number of Successful baskets)								

Observation

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Remarks

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(Signature of the Instructor)



Note

