

PHYSICAL EDUCATION

Subject : Physical Education
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Lecture No and Title : 02

Harbans Singh's Hockey Skill Test **TEST**

INTRODUCTION

Harbans Singh constructed this test to measure the Dribbling, Hitting and Goal Shooting ability of Hockey players. The important things were considered that simplicity of test, easy and quick administration of test. It needs minimum space and equipments. There are two separate tests in one test. Dribbling and Hitting test to determine dribbling and hitting ability, need hockey stick, stopwatch, two ball, eight cones and score sheet. Dribbling and goal shooting test to determine shooting ability need Hockey stick, two balls, goal back board with marking and score sheet.

METHOD AND PROCEDURE

TEST ITEMS

- A. Dribbling and Hitting Test
- B. Dribbling and Goal Shooting Test

THE MAIN AIM OF TESTING THIS AREA

To know the skills of player such as dribbling, goal shooting, hitting and accuracy were considered very important in playing field hockey and moreover, these skill are used most frequently during play.

The writer decided to construct tests which will measure the players dribbling hitting, and goal shooting ability. In designing the objective test to be used in the study, a number of things were taken into consideration by the Harbans Singh. The most important of this test was the simplicity. Test must be administered quickly and easily. Which would require minimum equipment and space.

The following are the two tests

A. Hockey Dribble & Hitting Test

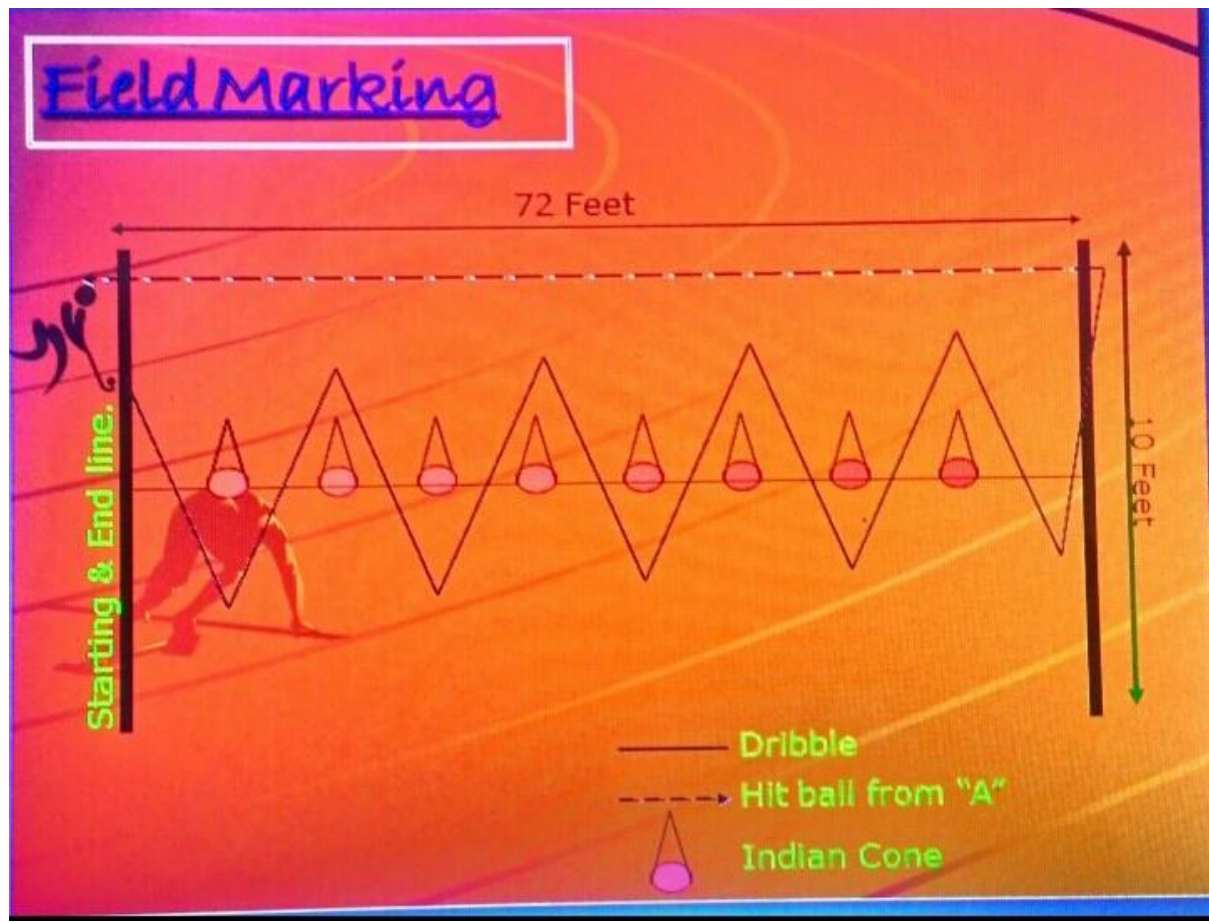
PURPOSE

To determine dribbling & Hitting ability.

EQUIPMENT

Hockey stick for each participant, stop watch, one or two balls, eight Indian cones, and score sheets.

FIELD MARKING



FIELD MARKING

1. A line 10 feet long to be used for starting line.
2. A line perpendicular to the midpoint of the starting line and extending 72 feet from it.
3. Eight Indian cones shall be placed at a distance of eight feet from each other, starting from the starting line of the test.

4. Another 10 feet line opposite to the starting line and parallel to it shall be drawn as an end line.

ADMINISTRATION

The player being tested shall stand; behind the starting line as in Figure, with hockey ball placed on the starting line at any point to the right. At the signal, "Ready" , "Go" , the player shall dribble the ball forward in between the Indian cones placed on the line. On reaching the end line, he shall hit the ball back to the starting line.

SCORING

The score shall be the time taken when signal "GO" is after being hit by the subject from the end line.

B. Dribble and Goal Shooting Test

PURPOSE

To determine shooting ability.

EQUIPMENT

Hockey stick for each participant, one or two balls, score sheets, goal back boards with marking shown on Figure below and goal posts with net fixed.

FIELD MARKING



FIELD MARKINGS

On the shooting circle three squares, known as goal shooting areas, with dimensions of two yards square shall be marked as 45 degree angle on right and left and one at 90 degree angle in the centre of the shooting circle . Parallel to the inside field in line with the squares, shall be drawn three starting lines two yards away. The length of the starting line shall be two yards.

ADMINISTRATION

1. A player being tested shall be on the starting line with the ball. He shall dribble the ball two yards and shall shoot for the goal from the marked squares.
2. He shall get two changes for shooting at each square.

SCORING

Point of target hit on the goal board. On each trial by a player shall count his score. He shall be six trials. Added score of six trials shall be the shooting ability of the player.

