

## **PHYSICAL EDUCATION**

Subject : Physical Education  
Semester : 4<sup>th</sup>  
Paper No. and Title : (401) Test, Measurement and Evaluation in Physical Education  
Lecture No and Title : 02

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

#### **SUMMARY**

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 and easy and quick administration of test. It needs minimum space and equipments. There are two separate tests in one test.

- (a) Dribbling and Hitting test to determine dribbling and hitting ability, need hockey stick, stopwatch, two balls, eight cones and score sheet.
- (b) Dribbling and goal shooting test to determine shooting ability need Hockey stick, two balls, goal back board with marking and score sheet.