

BHARATHIDASAN UNIVERSITY

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UNIT – V SKILL TEST

DR A.MAHABOOBJAN

PROFESOR

DEPT OF PHYSICAL EDUCATION&YOGA

DR P.PREMNATH

GUEST LECTURER

DEPT OF PHYSICAL EDUCATION &YOGA

BADMINTON MILLER WALL VOLLEY TEST

- **Miller Wall Volley Test: Concept and Benefits**

- **Objective:** The primary goal of the "Miller Wall Volley Test" (hypothetically) is to assess and improve a player's volleying skills and reflexes. This test could involve volleying a shuttlecock against a wall, where players are tasked with returning it repeatedly without letting it touch the ground. It would focus on key skills such as hand-eye coordination, agility, and consistency.

- **Setup:**

1. **Wall:** A smooth, flat wall is required. The height of the wall should be about the same as the player's reach during a volley.

2. **Shuttlecock:** A standard feathered or plastic shuttlecock used for practice.

3. **Space:** A clear area in front of the wall is necessary for the player to move and return the shuttle.

- **Rules of the Test:**

1. The player stands a few feet away from the wall.

2. The shuttlecock must be hit using a volleying technique (no swinging).

3. The player must hit the shuttlecock to the wall and return it without letting it fall or hit the ground.

4. The test can be timed (e.g., keeping the shuttle in play for a set duration, such as 60 seconds) or measured by the number of successful volleys (e.g., number of consecutive volleys).

5. Additional challenges could involve different types of volleys, such as forehand and backhand, to test versatility.

- **Scoring:**
- **Time-based test:** The player's score is based on how long they can keep the shuttlecock in the air without it touching the ground or going out of bounds.
- **Volley count-based test:** The score could be based on the total number of successful volleys made before the shuttlecock falls or the player makes an error.
- **Key Skills Tested:**
 1. **Reflexes:** Quick reactions are essential for returning fast, unpredictable shots.
 2. **Hand-Eye Coordination:** The player's ability to track the shuttlecock and return it accurately.
 3. **Control and Precision:** Controlling the shuttle with light, controlled volleys, keeping the shuttle in play.
 4. **Consistency:** Maintaining a steady rhythm over time.
 5. **Agility:** Constant movement and adjustments to position for each volley.
- **Benefits of the Wall Volley Drill:**
- **Skill Improvement:** Repetition helps improve a player's technique, including accuracy, timing, and positioning.
- **Fitness:** Fast, continuous volleys help build endurance and stamina.
- **Mental Focus:** Concentration is key to executing consistent volleys, helping develop mental focus during matches.

JOHNSON BASKETBALL TEST

- The **Johnson Basketball Test** is a psychological assessment tool used to evaluate various aspects of an individual's basketball skills and abilities. It is typically used in athletic settings, such as for evaluating players at different levels of competition, from high school to professional leagues. The test is designed to measure a player's performance under pressure, as well as their mental and emotional reactions to different game scenarios.
- **Key Components:**
 - The test focuses on several important factors, including:
 - 1. Decision-Making:** How quickly and effectively a player can make decisions in the fast-paced environment of a basketball game.
 - 2. Reaction Time:** The speed at which a player responds to various stimuli, such as the movement of the ball or an opponent's actions.
 - 3. Mental Toughness:** Assessing a player's ability to stay focused and maintain composure under pressure.
 - 4. Team Dynamics:** The ability to work as part of a team, showing leadership and collaboration skills.
 - 5. Stress Tolerance:** How well a player manages game stress, including high-stakes situations like close games or critical moments.

Test Format:

The test is typically conducted in a controlled environment where players are asked to perform various drills, such as shooting, dribbling, and passing, while simultaneously undergoing psychological evaluation through questionnaires or real-time observations. The results can provide coaches and analysts with insights into the player's psychological profile and potential areas for improvement in both skills and mindset.

Purpose:

- **Talent Identification:** Helps in scouting potential talent by evaluating both physical and mental aspects of performance.
- **Performance Enhancement:** Coaches use the test to identify areas of weakness that can be improved
 - through targeted training or psychological support.
- **Player Development:** Assists in creating personalized development plans that consider both skill-based and
 - mental elements of the game.

Overall, the Johnson Basketball Test provides a comprehensive view of a player's capabilities, enabling coaches and scouts to make more informed decisions regarding player development and team composition.

SUTCLIFF CRICKET TEST

- **Sutcliffe's Role in Test Cricket:**
- Sutcliffe was a key member of the England cricket team during his era, known for his consistency in long-format cricket. He represented England in 54 Test matches, accumulating 4,555 runs at an average of 44.03. His career spanned from the late 1920s to the 1940s, and he became renowned for his ability to play on challenging wickets and against tough bowling attacks. His standout performances often came in matches that demanded composure over flashy stroke play, making him an archetype for the ideal Test cricketer.
- **Features of the Sutcliffe Test:**
- While not an official term used in cricketing circles, the "Sutcliffe Test" can be metaphorically understood as a benchmark for evaluating a player's suitability for the rigors of Test cricket. It would imply the following:
 1. **Patience and Resilience:** The Sutcliffe Test involves the ability to stay at the crease for long periods, showing patience and the mental fortitude to weather difficult phases of the game. Batsmen who excel in this facet of the game are often praised for their ability to grind out runs over multiple sessions, much like Sutcliffe did in his heyday.
 2. **Adaptation to Challenging Conditions:** Whether it's playing in seamer-friendly conditions or against spin-heavy attacks, the Sutcliffe Test would test how well a player adapts to the nuances of Test cricket. Much like Sutcliffe's ability to adapt, the ability to read conditions and adjust one's technique accordingly is vital.
 3. **Technical Solidity:** The term also represents a player's technical ability, particularly their solid defensive technique. Sutcliffe was known for his sound technique, especially his ability to play the ball late and with minimal risk.
 4. **Mental Toughness:** Test cricket, with its demanding format, tests not only physical endurance but also mental resilience. The Sutcliffe Test would involve dealing with pressure situations, maintaining focus over long innings, and

MOR- CHRISTIAN GENERAL SOCCER ABILITY SKILL TEST BATTERY,JOHNSON SOCCER TEST

- **MOR- Christian General Soccer Ability Skill Test Battery**
- This test battery is often used to assess the general soccer skills of players. It includes a variety of drills and activities that focus on key components of soccer performance, such as:
- **Dribbling:** Testing the player's ability to control the ball while moving at speed and under pressure.
- **Passing:** Evaluating how well a player can pass the ball accurately to teammates.
- **Shooting:** Assessing a player's ability to score goals by shooting at a target or into a goal.
- **Receiving:** Testing how well a player can control and receive passes.
- **Ball Control:** Evaluating how effectively a player handles the ball in various game situations.
- The tests aim to provide a comprehensive evaluation of a player's soccer skills, which can help coaches understand a player's strengths and areas that may require improvement.

- **Johnson Soccer Test**

- The **Johnson Soccer Test** is another commonly used assessment designed to evaluate a player's overall soccer ability. It is often used in fitness and training programs to assess a player's technical and physical abilities. The test typically involves various components, including:

- **Agility Drills:** To evaluate how quickly a player can change direction and respond to different in-game situations.

- **Speed and Endurance:** Assessing the player's speed over short distances (such as sprints) and their endurance for longer runs.

- **Ball Control:** Testing how well a player controls and manipulates the ball, often under pressure.

- **Passing Accuracy:** Evaluating how accurately the player can pass to a target.

- **Shooting Ability:** Similar to the MOR-Christian test, the Johnson test may include components that evaluate how well a player shoots the ball into a goal under different conditions.

TESTHOCKEY: SCHMITHALS-FRENCH FIELD HOCKEY TEST,FRIENDEL FIELD HOCKEY

- **Schmithals-French Field Hockey Test**
- This could be a specialized term, test, or evaluation related to field hockey, possibly used in training or assessments of players' skills, strategies, or physical fitness. It might refer to a specific method used to evaluate players' performance or fitness.
- It might also be related to a particular coach, researcher, or training program. There's a possibility this is a term used in a localized context or an official assessment in field hockey but not widely recognized across the sport's community.
- **2. Friendel Field Hockey**
- "Friendel" could refer to a name, possibly of a coach, athlete, or person associated with field hockey. It might also refer to a specific program, event, or team in field hockey at a regional level.
- Alternatively, it might be a misspelling or variation of a more familiar term in the field hockey world.

DYER TENNIS TEST

- **Test description**

- The player stands behind a starting line and hits a tennis ball against a backboard with a tennis racket. The player must hit the ball above a 3 ft. net line on the wall and rally for 30 seconds. The player's score is the number of legal hits they make.

- **Test history**

- The test was first reported in 1935 by Dyer, and was revised slightly in 1938.

- **Test limitations**

- Some studies have found that the Dyer Test doesn't discriminate well between beginners and advanced players.

- **Test revisions**

- Hewitt revised the Dyer Test by adding a 20 ft. restraining line and having the player use ground strokes behind the line.
- Tennis fitness testing also includes assessments of: Mobility and flexibility, Coordination, Agility, and Speed.

RUSSELLANGE VOLLEY BALL TEST, BRADY VOLLEY PALL TEST

- **Russel-Lange Volleyball Test**

- Test Objective: To measure volleyball playing ability Age level: Females at junior high, senior high, and college. Equipment: Volleyballs, stop watch, scoring material, wall and floor marking.

- **Administration and directions:**

- Includes three tests

- 1.

- Volley: Marked on wall at net height of 7.5feet from floor (line is 10 feet wide). A parallel line of same length is marked 3 feet from wall . On an audible signal the student, starts the test with an underhand movement to toss the ball against the wall from behind the restraining line. The ball is repeatedly volleyed for 30 seconds. The action may be restarted at any time from behind the training line. 2. Serve: Figure to right reflects marking. From the serving area behind the end line, student completes two trials of 10 legal serves.

- **Scoring:**

- For the volley, the number of legal volleys that hit on or above the wall line are counted if they are contacted from behind the restraining line. The top score for 3 trials is recorded. On the serve, points accumulated in the best trial are recorded as the final score. Serves in which foot faults occur are given a zero and balls landing on a line are given the score of the higher value.