



Practical 14

Name of the Sports: Volleyball

Name of the Test: Brady's Volleyball Skill Test

Aim

To assess the general playing ability of volleyball.

Required Equipment: Volleyballs, marking tape and chalk, and stopwatch required for this test.

Target Dimension: A target is marked on the wall with marking chalk. Target is bounded by a horizontal line of 5 feet length at a height of 11 feet and 5 inches from the floor/ground. The two ends of the horizontal lines are extended upwards, towards the ceiling up to 3 to 4 feet high.

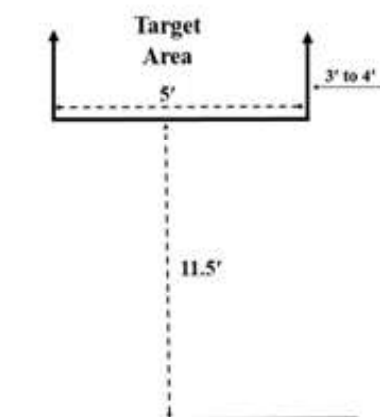
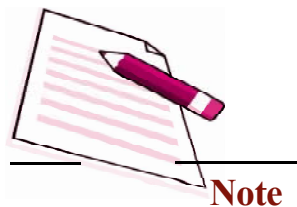


Figure 14: Marking of the test

Testing Procedure: The participant is asked to make a maximum number of volleys standing at any point in the front of the target in one minute. He/she is specifically instructed that only the legal volleys will be counted, that is the participant should perform real volleys which must hit the wall within the boundaries of the target. If the ball caught or gets out of control, the participant is asked to repeat from the start. Two trials may be given and the best one is considered. On a signal of Go ball is tossed against the wall at the target. On rebound, the ball is volleyed into the marked target consecutively for one minute, till the stop signal is given.

Scoring Procedure: The number of real volleys in one minute gives the score of the test.



Note



Effect and Observations

Perform Brady's Volleyball Skill Test for 8 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8
Number of volleys in 1 Minute								

Observation

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Remarks

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(Signature of the Instructor)



Note

