



Practical 15

Name of the Sports: Hockey

Name of the Test: Harbans Singh Field Hockey Test

Aim

To measure general field hockey skill of college level men and women.

This test battery is having two test item:

- i) Dribbling and Hitting test, and
 - ii) Dribbling and Goal Shooting test.
- i) **Dribbling and Hitting Test:** The purpose of this test item is to determine dribbling and hitting ability.

Required Equipment: Hockey Sticks, ball, stopwatch, 8 cones, measuring tape, marking powder and score sheet.

Testing Procedure: In this test participant stands behind the starting line with his stick and ball when the participant receives the signal of Ready! and Go! He/she must start the dribbling in zig-zag manner in between 8 cones which are placed in a straight line at the 8 feet distance from each-other. When the participant reaches the end line he/she will take a turn and hit the ball towards the starting line. If he/she fails to do he/she should take one or more chances until the ball crossed the start line.

Scoring Procedure: The scoring shall be the time taken by the participant until the ball crosses the starting line after being hit by the participant from the end line.

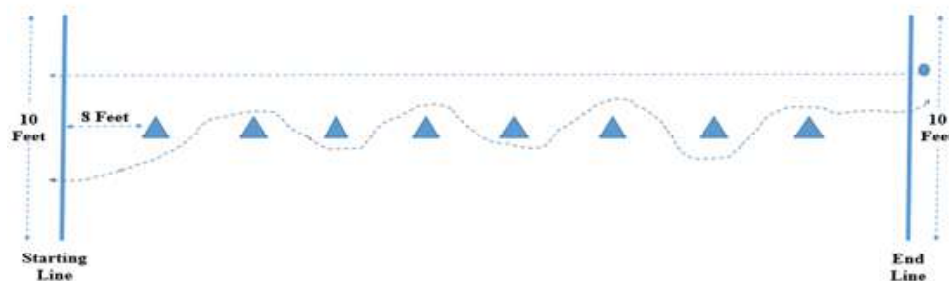
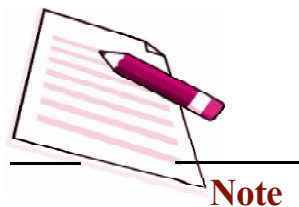


Figure 15: Marking of the dribbling and hitting test



Note



ii) **Dribbling and Goal Shooting Test:** This test item is included for the purpose of assessing participant's goal shooting ability.

Required Equipment: Hockey Sticks, 6 balls, Goal post, and score sheet.

Testing Procedure: At the center point of the circle make a box (square) of 2 yards and from that point 45 degree right and left both side on the circle the same size box should be marked. And in the goal post a number plate is placed on the backboard.

The participant should stand in front of the right box where 2 balls are placed, AC the signal of 'Go' the participant takes one ball and gets in the box and tries to shoot the ball on the goal post and the number which was hit by him/her will be his/her score. In the same way he/she come back and take second ball dribble it into the box and take a shoot toward the target again which ever number he/she hits recorded by the tester, after the shoot he/she will move toward the next box and the same thing will be performed by the participant. The participant can take a 30 seconds break/rest in between two boxes.

Scoring Procedure: The number which was hit by the participant is the score of his/her in 6 trials (the sum of all six trials should be counted).

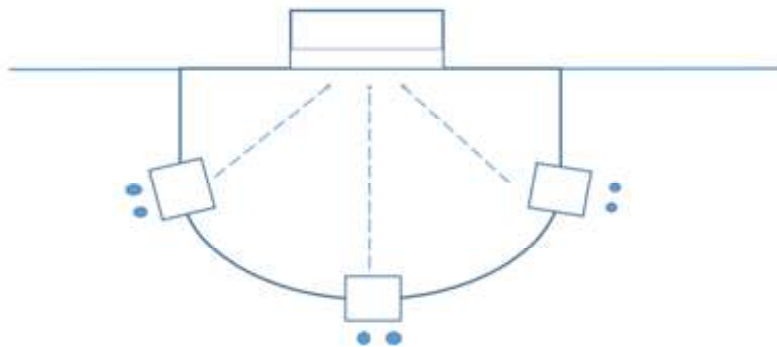


Figure 15.1: Marking of dribbling and goal shooting

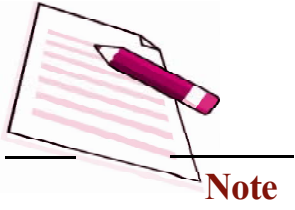
Effect and Observations

Perform Dribbling and Hitting test for 8 consecutive days and fill the below table with your score.



Note





Physical Effects	D 1	D 2	D 3	D 4	D 5	D6	D7	D8
Duration								

Observation

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(Signature of the Instructor)

