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## Construction of dribbling control ability test for basketball

**Abdul Mohaimin and Professor Y. Kishore**

### Abstract

The present study was under taken to study of construction of dribbling control ability test for basketball. Basketball players were taken from South India, at the age group of 16 to 19 years boys. Coefficient of correlation was for Boys 0.97.

**Keywords:** dribbling control ability test, basketball.

### 1. Introduction

Physical Education aims at strengthening the learning process of children and youth so as to make them responsible citizens in our democratic society. Games Sports, Dances and Art act as important cultural bridges between people of world. International competitions such as Olympic Games, Dance festivals Art Exhibitions act as integrating agents between nations. Sports improve life style. Outstanding sportsmen and women enjoy higher social status in the modern society. However, to become a good player, one needs to spend more amounts on equipment. As India is a developing country, people at the lower strata are unable to spend money on games. Basketball is definitely an athletically challenging sport, as it exercises all of the muscles in the body. The arms are exercised through the passing and shooting of the basketball while the legs are exercised through the running up and down the court and the jumps they complete in order to gain height for a shot. It is important to note that basketball not just exercises all of the parts of the body but it exercises all of the muscles as well, as mentioned. It is important to note that the two are not the same concept, not by a long shot. The leaping and running movements exercise all of the lower parts of the body and the shooting and passing movements exercise all of the arm muscles as well as the chest, a chest pass is the same identical movement to a push-up. Because of the completely interdisciplinary techniques involved in the sport, training for it is extremely varied as well.

### 2. Basketball

Fundamental skills are the plenty in any game, and basketball is on exception to this a high degree of performance depends on the experts of these skills. To enjoy the game frankly; one needs to develop ability in fundamental skills. When a player has expert the fundamental skills of the game, a feeling of gaining expertness over the game comes. In order to measure these skills, tests should be conducted for evaluation purpose tactics will succeed only through individual fundamental skills. Therefore, every player must know about the importance of perfecting the fundamental skills .from this we can understand that only a players with perfection in all the fundamental skills can become a top player. The game of basketball is very complicated in terms of skills and team work. In this game, everyone should mastery over fundamental skills like Dribbling, passing, shooting, rebounding, defense etc. When one has mastered the fundamental skills of the games, he gets a feeling of wellbeing. High level of performance otherwise known as playing ability in basketball depends upon proficiency over the fundamental skills.

### 3. Need of the new skill tests

High level of performance of a basketball player depends upon fundamental skills. It is recognized that among the fundamentals, ability to dribble the ball, ability to shoot , ability to passing, ability to rebounding , ability to lay-up shoot are of primary importance for high level of performance.

This game is spreading its wings in the others parts of the world also. For survival of any game, talent identification becomes crucial issue. Skill tests are essential for identifying the talent. This skill test will be useful to physical education teacher's coaches and basketball experts to identify the basketball players.

#### 4. Objective of the study

To implement the dribbling control ability test for basketball players. This is useful to all the basketball players to assess the dribbling performance.

#### 5. Statement of the problem

The purpose of the study is to construct of dribbling control ability test for 16 to 19 years boys basketball players for identification talent.

#### 6. Significance of the study

- The study may help to classify the basketball player's dribbling ability skills by these new norms.
- The results of the study may help the coaches and physical education teachers to identify the individual's performance in dribbling skill.
- The study may help the coaches and physical education teachers to construct a sound training programme for the beginners and old players by giving more importance to the dribbling skills.
- The findings of the study may contribute to the body of knowledge in the specialized area of tests construction and norms computation.
- The study would be further motivating others for further research studies on other skills in basketball and for norm construction of related skills.
- This study may be significant in providing feedback

mechanism and will add to the critical literature in field of sports.

#### 7. Methodology

Selection of skill for the test: To identify the skills, the researcher has chosen video analysis technique by involving 12 experts in basketball. Only coaches and physical education teachers having 15 years of experience in the field of basketball are taken as experts. Experts have identified dribbling skill is essential skills for the basketball.

#### 8. Design for the investigation

Such dribbling ability test to identify and developing basing on the fundamental and advanced skill in basketball. The test will be applied on various levels of basketball players in the age group of 16 to 19 years boys. These test will be conduct twice as the same group and consistency results acknowledged these results are calculated by the statistically methods. After constrict the test, will be developed how to measure the different test. By following various tests measurements are favorable for or not will be observed. Once again opinion of the coaches and experts in this game are taking in to consideration.

#### 9. Test Administration

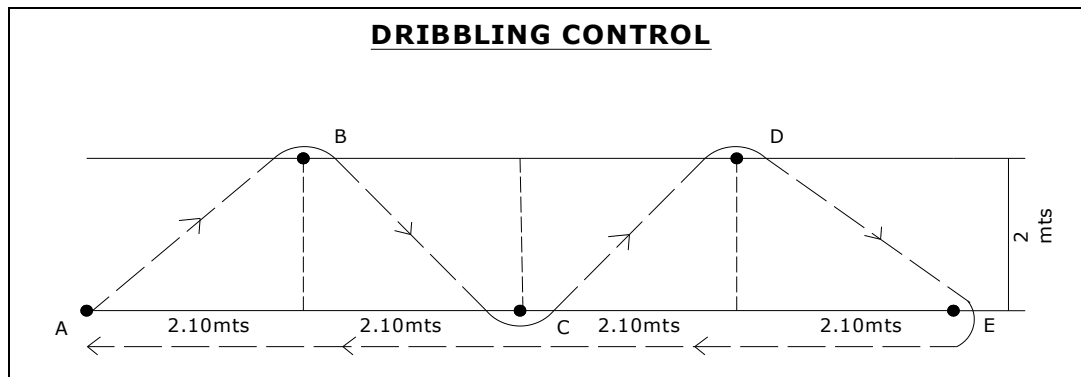
##### 9.1 Dribbling Control Test

**a) Purpose:** To measure skill in handling the ball while the body is in movement.

**b) Equipment:** Standard inflated basketball five cones stopwatch and tape for marking.

#### 10. Test/Target Dimensions

An obstacle cones marks by five cones will be set up in zigzag at basketball court.



#### 11. Administration

Three times of the test will be given. The 1<sup>st</sup> is a practice trial and the last 2 are score for the record with the ball. The performer will stand near the starting line on the signal 'ready go' the performer will start the dribble with right hand dribble from starting line to cone (A) from (A) to (B) left hand dribble from (B) to (C) right hand dribble from (C) to (D) left hand dribble (D) to (E) Right hand dribble they have to dribble in this method from (E) to (A) straight dribbling with alternate dribbling up to until the finishing line is crossed by both fetes.

#### 12. Violations

Ball handling infractions (travelling double dribble etc) stop

trial return to start and begin timing.

#### 13. Scoring

If they perform fails to begin at the point in course where control was lost the trail will be stopped and the performer has to return lost and began again.

#### 14. Analysis of the data

The data is taken from the various states in South India. The group of subjects 16 to 19 year boys statically analyzed variable dribbling ability test by use of mean, standard deviation and correlation scores. The level of significance was at 0.05 level confidences.

| Variables                               | A M  | S D   | Coefficient of correlation |
|---|------|-------|----------------------------|
| Dribbling Control Ability Test For Boys | 8.06 | 0.901 | 0.987071                   |

### 15. Statistical methods adopted

The raw scores collected by conducting the skill test would be converted into standardized scores. Further statistical analysis involving mean, standard deviations, regression analysis, weighted average, graphical representation, six sigma scales, range of co-relation, multiple co-relation and percentile scores for preparation of norms.

### 16. Conclusion and recommendations

1. Similar study may be conducted on various age groups and various genders
2. Similar study may be taken to various body types.
3. Similar study may be taken to physical education teachers and coaches to improve the other skill

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