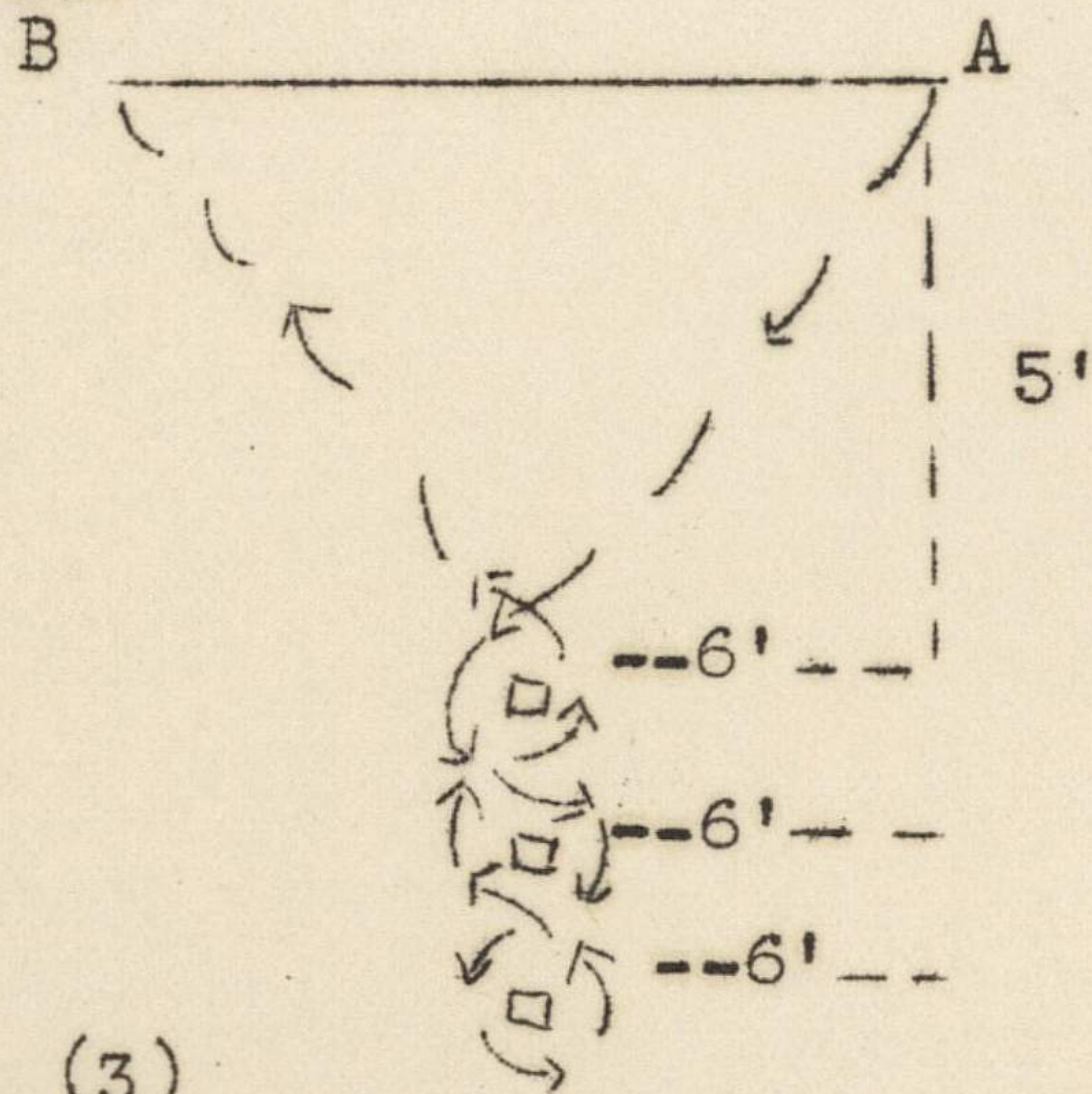


when he crosses the starting line at "B" (see diagram) score in tenths of seconds



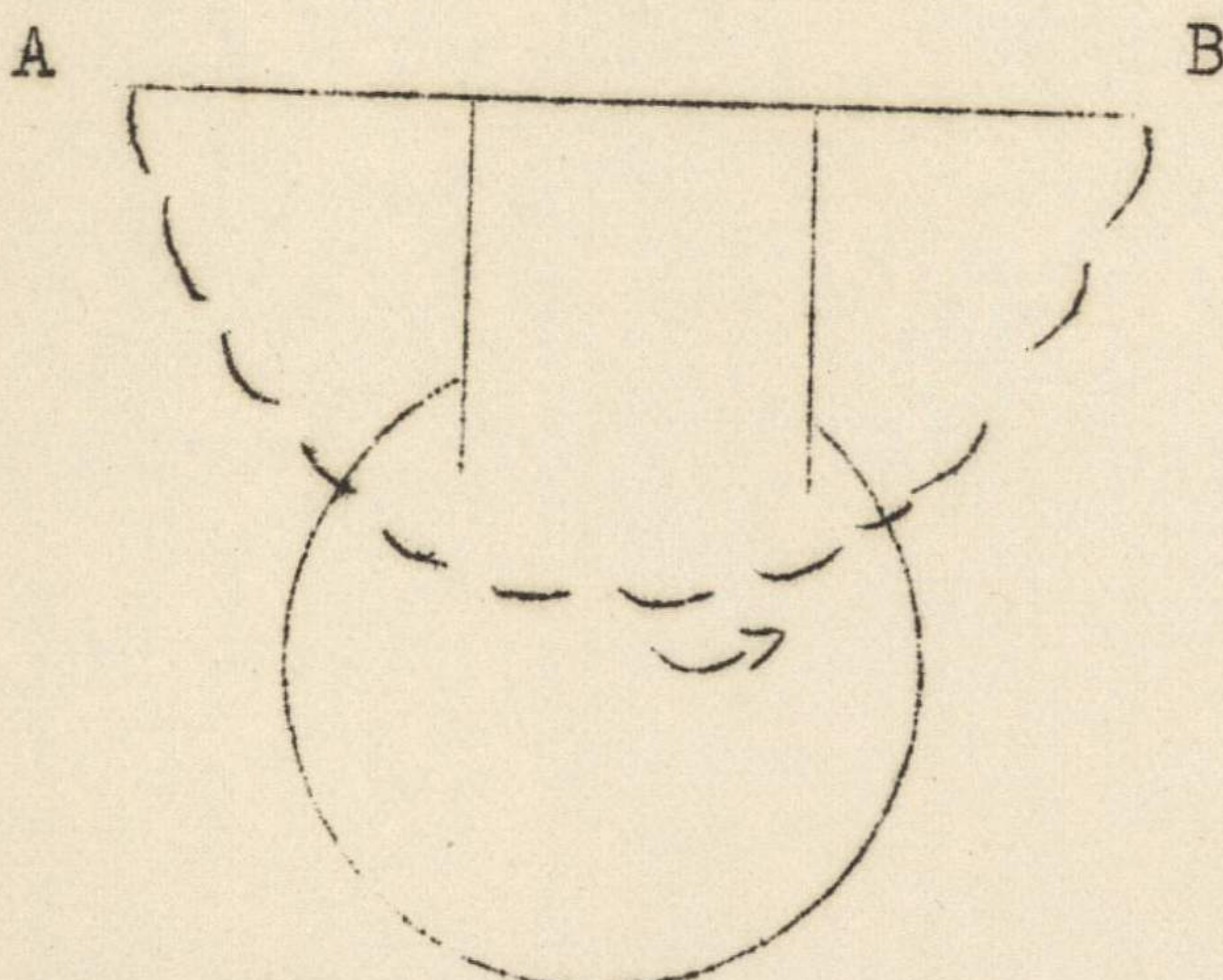
15' to first box or chair
6' between remaining objects

X 4. Dribble and shoot (3)

The object of this test is to measure the ability of the subject to handle the ball when he is forced to combine a dribble, a short shot, retrieving the ball on the rebound and repeating the procedure. He is urged to score as many baskets as possible but to make the five trips as fast as possible. The subject starts at "A" dribbles around the freethrow line, and takes a short shot as he approaches the basket. He then retrieves the ball from the basket and repeats the process a total of five times. The time is taken from the second that he leaves the line at "A" until he recovers the fifth shot from the basket.

He is scored by dividing the number of baskets made out of the five attempts into the total time in seconds.

Diagram



Y 5. Ball Handling

This test is constructed to measure the subject's ability in ball handling and body coordination. He must pass the ball, follow the ball with the body, receive the ball, stop forward progress and start back in the opposite direction.

