

A three foot wide mat about two inches thick is hung on the wall in the center of a six foot lane. Another line is drawn on the floor eight feet from the wall and at right angles to the six foot line.

The subject starts at "A" and on the signal throws the ball against the wall across and outside of the mat and receives the ball at "B." Here he immediately passes from "B" across mat as indicated by dotted line and receives ball at "A." The subject may carry the ball back to "A" or "B" before throwing the ball if he chooses. He makes ten passes and the time is started when the ball leaves his hands on the first pass and is stopped when he recovers the tenth pass.

6. Agility Test

This test was designed to measure the ability of the individual to lift his body directly upward with a jump and reach. The distance of the jump was recorded by measuring the difference between the highest point of a standing reach and the highest point of a jump reach. a $\frac{3}{4}$ piece of chalk is used for the entire test. To get the full benefit of the jump, the subject must stand close to the wall and jump parallel to it.

7. Coordination Test

This test was devised as a means of judging the ability of an individual to shift his body from left to right similarly to what a basketball player is forced to do when guarding an opponent. The subject must work with the feet spread in a good base and must then shift the body across an eight foot lane. The subject worked inside the lane and needed only to touch the line with the outside foot on each shift. He was scored on the time it took to make ten shifts from left to right and from right to left. One shift across counted as one time.

X 8. Free Throw

Count the number of free throws made in 10 attempts.