

Research Paper :

Construction of an objective skill test for Lay-up Shot in basketball

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ABSTRACT

The purpose of this study was to construct an objective skill test for lay-up shot test in basketball. Fifty male basketball players who participated in Inter-Collegiate / District level basketball tournament held at Holkar Science College, Devi Ahilya University, Indore from 27th to 28th October 2008, were selected to serve as a subjects for this study. The criterion measure was the scores obtained in Johnson's Basketball test. It was concluded that the newly developed Dribble and Lay up Shot Test in Basketball meet the criterion of scientific authenticity *i.e.* the test was reliable, objective and valid.

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In any game, be it indoor or outdoor, to have complete command perfection is needed. Game of basketball is no exception. This perfection comes out through certain skills and techniques. It is apparently clear that if a sportsman wants to declare his mastery over any game, he will have to be well equipped with the skills and strategies of that particular game.

The purpose of this study was to construct an objective skill test for Lay-up Shot Test in basketball.

METHODOLOGY

The experiment was initially conducted as a pilot study on 15 inter collegiate male basketball players on three different variations of lay up shot namely: Dribble and lay up shot, Underhand lay up shot and lay up shot with passive defense. Reliability of all the three tests was computed and the first test was statistically significant, whereas the other two were insignificant. Hence, the Dribble and Lay up shot test were selected for further study.

Fifty male basketball players who participated in Inter-collegiate/District level basketball tournament held at Holkar Science College, Devi Ahilya University, Indore on 27th and 28th October 2008, were selected to serve as a subject for this study. The age of subjects ranged between 18 to 25 years. The criterion measure was the scores obtained in Johnson's Basketball test.

The coaches and managers of the teams were consulted at personal level to conduct the test on

basketball players, and a rapport was established with them for the testing programme. All those in-charge of teams, coaches and managers were made fully conversant with the study. Tentative times were finalized with them. The researcher approached each player after giving proper and timely information before the test was conducted.

Before administering the test, the subjects were briefed about the purpose of the study and details of the test were explained to them. The subjects were given a demonstration of the test by a trained helper. They were also given sufficient number of trials to enable them to become absolutely familiar with the test. To ensure uniform testing conditions, the subjects were tested in the morning and evening sessions after warming-up during practice sessions. The duration of test administration was set in a manner so that fatigue may not occur. Though no special technique was used to motivate the subjects, the subjects were very co-operative throughout the test.

The purpose of the test was to measure the ability of a player's skill in dribbling and lay up shooting in basketball. Test may be used with male college players.

The players being tested stood behind half court line, with a standard size basketball in his hands. On the signal "go" he started dribbling and executed the lay-up shot in the minimum time. After each lay-up shot, the player received the rebound and came out of the restricted area by dribbling the ball and then again attempted dribbling and lay up shot. The time keeper kept the time from the