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CONSTRUCTION OF FOOT WORK SKILL TESTS FOR WOMEN HANDBALL PLAYERS OF KARNATAKA

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ABSTRACT

Purpose of this study was to develop and standardize a rating scale and match performance of Handball players with the help of rating scale. The study was also done to find out the skill performance of players with the help of standardized wall shooting test for women handball players of Karnataka state. Initially eight test. items were designed on the Handball fundamental skills. It was also necessary to compare the skill and the match performance of handball players along with the find out the relation among skill performance with match performance. This paper deals with only one of the skill test that was constructed called as the Front Shoot Skill test

KEY WORD: Handball, evaluation, skill tests.

INTRODUCTION:

Research is a tool for the improvement in all the fields. Scientific research in physical education and sports will bring many innovations. These innovations are certainly helpful for the better performance.
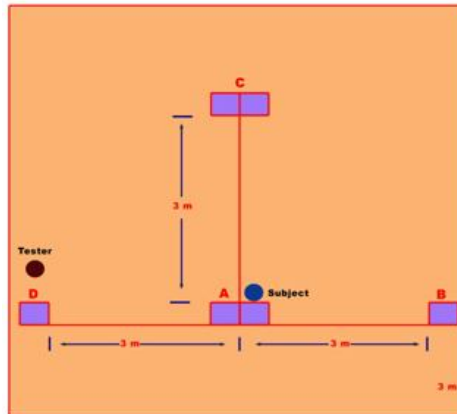
A lot of research is being done in all aspects of sports performance in various sports and games. Sports scientists have investigated sports performance in relation with anthropometric variables, physical fitness components, physiological efficiency of various organs, psychological effects and so on. But very few studies were conducted in Handball. Hence the investigator is much enthusiastic to do research in

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Handball and there by the present study was chosen. The result of the study certainly have the potential influence and explore the possibilities of investigating the ingredients responsible for the enhancement of Handball performance.

PURPOSE OF THE STUDY :

The purpose of the study was to construct a new skill test for Women Handball players of Karnataka state to test their foot work.

Foot Work : Floor Marking

Objective: To measure defensive foot work with ball.

Marking: A leveled handball court on which there are marks. 5x30 cm in size, three meters a part arranged as in the accompanying, a stop watch, measuring tape, marking tape, score cards or recording sheets, and pencil.

Administration: The player holds the handball in his hands and begins by starting with both feet touching the center mark A and facing mark C. On the signal "go", the player moves laterally to the right to touch mark B, then back to A, then forward to C, back to A, to the left to D, back to A, to the left to D, back to A and then repeats the sequence until he is told to stop. He is instructed to touch as many marks as possible in thirty seconds while following the prescribed sequence.

Rules:
1) Holding with Handball is compulsory.
2) All steps to either side must be of the shuffle or a side step nature.
3) To be counted, each mark must be clearly touched with at least foot.
4) The described sequence must be followed.
5) Three trials are recommended with thirty second interval between them.

Scoring: The score is the total number of marks touched during one thirty second trial. The subject's best score will be used to represent his footwork. Three trails are given. The test score is the best out of three trails.

DATA ANALYSIS: The data collected from one hundred Karnataka state women Handball players on constructed Foot work test were statistically analyzed with the help of mean and standard deviation. The norms were prepared by using Hull Scale.

MEAN AND STANDARD DEVIATION FOR TEST RETEST SCORE

S.No	Name of the Skills	N	Test Scores		Retest Scores	
			Mean	SD	Mean	SD
1.	Foot work	100	10.19	1.65	10.24	1.56

SHOWING INTRA CLASS CORRELATION COEFFICIENT OBTAINED ON CONSTRUCTED SKILL TESTS

S.No	Name of the Skills	N	Obtained 'r' Values	Required 'r' Value at 0.01 level
1.	Foot work	100	0.94*	0.254

* Significant at 0.01 level.

MEAN AND STANDAR DEVIATION OF CONSTRUCTED SKILL TESTS FOR RESEARCHER'S SCORES AND EXPERT'S SCORES

S.No	Name of the Skills	N	Researcher's Scores		Expert's Scores	
			Mean	SD	Mean	SD
	Foot Works	100	10.19	1.65	10.31	1.68

SHOWING INTER RATER CORRELATION COEFFICIENT OBTAINED ON CONSTRUCTED SKILL TESTS

S.No	Name of the Skills	N	Obtained 'r' Values	Required 'r' Value at 0.01 level
	Foot Works	100	0.94*	0.254

* Significant at 0.01 level

MEAN AND STANDARD DEVIATION OF PLAYING ABILITY AND SKILLS MEASURED

S.No	Name of the Skills	N	Mean	SD
1.	Foot Works	100	10.19	1.65

To construct the norms for the subject's foot work test statistical treatment were made. The mean value obtained was 35.90 points with standard deviation of ± 4.46. The hull scale was worked out to 0.12. To construct norms, the Hull scale value 0.12 was serially added to and subtracted from the mean for determining the values from zero to hundred in the scale.

Since numeral value of points and the standard of performance go in parallel proportions, the Hull Scale value of 0.19 points was added from the mean score of 35.90. Hence the college women front shoot performance for 51st score was 36.02 points. Similarly for the 49th score Hull scale value was deducted to mean score resulting 35.78 points. A subject performing 38.90 obtained 75 points in the scale. A subject

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performing 34.10 obtained 35 points in the scale. A subject performing 41.90 obtained 100 points in the scale.

The norms thus constructed from zero to hundred for Karnataka state women Handball players in Foot work skill is presented in Table- X.

TABLE - X
THE HULL SCALE OF NORMS FOR THE EVALUATION OF FOOT WORK SKILL TEST AMONG KARNATAKA STATE WOMEN HANDBALL PLAYERS

	0	1	2	3	4	5	6	7	8	9
0		6.76	6.83	6.90	6.97	7.04	7.11	7.18	7.25	7.32
10	7.39	7.46	7.53	7.60	7.67	7.74	7.81	7.88	7.95	8.02
20	8.09	8.16	8.23	8.30	8.37	8.44	8.51	8.58	8.65	8.72
30	8.79	8.86	8.93	9.00	9.07	9.14	9.21	9.28	9.35	9.42
40	9.49	9.56	9.63	9.70	9.77	9.84	9.91	9.98	10.05	10.12
50	10.19	10.26	10.33	10.40	10.47	10.54	10.61	10.68	10.75	10.82
60	10.89	10.96	11.03	11.10	11.17	11.24	11.31	11.38	11.45	11.52
70	11.59	11.66	11.73	11.80	11.87	11.94	12.01	12.08	12.15	12.22
80	12.29	12.36	12.43	12.50	12.57	12.64	12.71	12.78	12.85	12.92
90	12.99	13.06	13.13	13.20	13.27	13.34	13.41	13.48	13.55	13.62
100	13.67									

Table - XI
THE QUALITATIVE GRADING FOR THE CONSTRUCTED NORMS FOR THE EVALUATION OF FOOT WORK SKILL OF KARNATAKA STATE WOMEN HANDBALL PLAYERS

Score	Qualitative Grading	Number of Subjects in Each Grade	Percentage
0-10	Very Poor	3	3
11-25	Poor	11	11
26-40	Below Average	17	17
41-55	Average	29	29
56-70	Above Average	11	11
71-85	Good	20	20
86-100	Excellent	9	9

Based on the norms constructed, the qualitative grading was done among the Karnataka State women Handball players in Table -XI. It was found that 12 players forming than 12% of the total tested were very poor and 10 players forming 10% of them were poor, while 8 players forming 8% were below average; 14 players forming 14% were above average, 27 players forming 27% were Good and 2 players forming were 2% of the total population were Excellent.

CONCLUSION
1.There was significant relationship between test retest scores of the constructed tests.
2.There was significant relationship between the investigators scores and the experts scores.
3.Thus it was concluded that the constructed skill tests have significant intra class and inter rater reliability.
4.It was concluded that the newly constructed test would truly measure the women foot work ability skill .