

CONSTRUCTION OF DRIBBLING TEST IN HANDBALL

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Introduction:

Handball is a dynamic team game, played by both sexes. This sport requires a high degree of skill, excellent body condition and a well-coordinated team effort to conquer the opponent. In Handball, a player is geared to either score a goal or defend the goal. Being highly specific positional game, each player is given specific tasks to be performed, for which optimum fitness level is an asset in overcoming different situations.

A high technical skill level with the support of solid physical fitness base will often bring success for a team even if it's strategy is weak. The key to success in handball, as in a great many sports, lies in good fundamental skills.

In sports-advanced countries the measurement and assessment of basic technical skills and specific physical fitness are receiving much importance not only to assist in the selection of sports but also for planning, control and evaluation of training.

Since very limited research in the area of skills in handball has been done, the researcher felt the need to take up this study.

The purpose of the study was to construct a dribbling test in handball.

Methodology:

All the one hundred male handball players from South-West Zone and North-East Zone Universities (four University teams from each Zone) who qualified for the All India Inter Zonal Varsity Handball Tournament held at Banaras Hindu University, Varanasi, Uttar Pradesh from 25th to 29th October 2002, were selected to serve as subjects for this study. The age of the subjects ranged between 17 to 25 years.

The criterion measure was the average of the playing ability scores of the handball players assigned independently by three handball experts.

The dribbling test was developed through objective methods. Administering the Dribbling test on all the one hundred handball players who participated in the All India Inter-Zonal Inter-Varsity Handball Tournament, held at Banaras Hindu University, Varanasi (U.P.), collected data for this.

The coaches and managers of the teams were consulted at personal level to conduct the test on handball players, and a rapport was established with them for the testing programme. All those Incharge of teams, coaches and managers were made fully conversant with the study. Tentative times were finalised with them. The researcher approached each player after giving proper and timely information before the test was conducted.

Before administering the tests, 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 skill 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 project. The test was administered on handball courts and stadium at the competition site.

The purpose of the test was to measure speed with which a player can dribble a handball around obstacles. Test may be used with male college handball players.

Two official men size handballs, electronics stop watch 1/100 sec., measuring tape, marble/lime powder for marking and four cone shape obstacles were utilized in the test.

A one-meter long and five centimeters wide starting/finish line was drawn on the floor. Four 15cm. long and 5cm. wide marks were drawn parallel to the starting/finish line. First mark was drawn in 2.50 m. away from the starting line, and second, third and the last i.e. fourth were marked 2.45m. further away from each other. Cone shape obstacles were placed on each of the four marks.

The subject stood behind the starting/finish line with a ball in his hand. On the signal “Ready - Go” he started dribbling in a Zigzag manner up to the fourth obstacle and after turning back from there dribbled straight towards the finish line as shown in the dribbling course. Three attempts were given.

The scorer stood at the starting/finish line. Each attempt was scored on the basis of time taken by the player. On the signal “go”, scorer started the stopwatch and stopped it on finish. The best timings taken by each player in three attempts was the score of the player.

Findings:

Test-retest method was used to establish the reliability of the dribbling test. All the subjects were given three trials administered by the same tester and inter-class correlation coefficients by analysis of variance method was employed to compute the reliability of the tests. Analysis of variance for reliability estimates and the obtained reliability coefficient (R) value for the dribbling test has been presented in Table-1.

TABLE - 1
ANALYSIS OF VARIANCE FOR RELIABILITY ESTIMATES
OF DRIBBLING TEST

Source of Variance	Sum of Squares	Degree of Freedom	Mean Squares	F - Ratio	tab F	Inter - Class Correlation (R)
Subjects	55.91	99	0.565			
Trials	0.014	2	0.007	1.895*	3.04	0.993**
Interaction	0.758	198	0.004			
Total	56.682	299				

*Insignificant at 0.05 level tab F 0.05(198,2) = 3.04

** Significant at 0.05 level $R_{0.05}(98) = 0.195$ N = 100

The data obtained as a result of the administration of dribbling test and judged by three different handball experts who recorded the performance of the subjects independently was correlated in order to obtain objectivity coefficient. Analysis of variance for objectivity estimate and the objectivity coefficient (R) value for the dribbling test have been presented in Table - 2.

TABLE - 2
ANALYSIS OF VARIANCE FOR OBJECTIVITY ESTIMATES
OF DRIBBLING TEST

Source of Variance	Sum of Squares	Degree of Freedom	Mean Squares	F - Ratio	tab F	Inter - Class Correlation (R)
Subjects	55.497	99	0.561			
Trials	0.152	2	0.076	1.021*	3.04	0.867**
Interaction	14.731	198	0.074			
Total	70.380	299				

*Insignificant at 0.05 level tab F 0.05(198,2) = 3.04

** Significant at 0.05 level $R_{0.05}(98) = 0.195$ N = 100

Correlation of dribbling test and the criterion variable has been presented in Table - 3.

TABLE - 3
RELATIONSHIP OF DRIBBLING TEST TO THE CRITERION
(PLAYING ABILITY SCORES)

S. No.	Test	Coefficient of Correlation
1.	Dribbling Test	- 0.681*

* Significant at 0.05 level $r_{0.05} (98) = 0.195$ N = 100

Discussion of Findings:

Analysis of data on dribbling test indicated that the constructed test in handball was found to be reliable. The findings of the study further reveal that the dribbling test in handball was found to be objective. The significant values showed that the directions for administration of the test were specific and clear for performance as well as evaluation.

Conclusions:

Within the limitations of the present study, the following conclusions were drawn: -

1. The Dribbling test showed highly significant relationship with handball playing ability.
2. The newly developed dribbling test in handball meet the criterion of scientific authenticity i.e. the test was reliable, objective and valid.

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