



**मानक- अंक**  
**खेल/स्पर्धा विशिष्ट कौशल परीक्षण**  
 मानक अंक प्रणाली आयुवर्ग 14 से 23 वर्ष


खेल का नाम- बास्केटबॉल (बालिका)

आयुवर्ग	बास्केटबॉल ड्रिबल टैस्ट (01 मिनट 15 सेकण्ड में)			वॉल पास टैस्ट (01 मिनट 15 सेकण्ड में)			फुल कोर्ट 10 ले-अप (01 मिनट 30 सेकण्ड में)			स्पीड स्पॉट शूटिंग टैस्ट (01 मिनट 15 सेकण्ड में)			ऐजीलिटी स्किल टैस्ट (01 मिनट 30 सेकण्ड में)		
	अंक			अंक			अंक			अंक			अंक		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
14-17	2	3-4	5 या अधिक	4-6	7-12	13 या अधिक	4-6	7-8	9 या अधिक	3-4	5-7	8 या अधिक	3	4	5 या अधिक
17-19	2	3-4	5 या अधिक	7-10	11-18	19 या अधिक	4-6	7-8	9 या अधिक	3-4	5-7	8 या अधिक	3	4	5 या अधिक
19-21	3	4-5	6 या अधिक	7-10	11-16	17 या अधिक	4-6	7-8	9 या अधिक	4-5	6-8	9 या अधिक	3	4	5 या अधिक
21-23	3	4-5	6 या अधिक	7-10	11-17	18 या अधिक	4-6	7-8	9 या अधिक	4-5	6-8	9 या अधिक	3	4	5 या अधिक

  
 (प्रदीप सिंह)  
 सहायक प्रशिक्षक  
 देहरादून

  
 (अमित कटारिया)  
 सहायक प्रशिक्षक  
 देहरादून

  
 (राविवंद्र भण्डारी)  
 उप क्रीडाधिकारी  
 देहरादून

  
 (सुरेश चन्द्र)  
 उप निदेशक खेल  
 खेल निदेशालय

**मानक- अंक**  
**खेल / स्पर्धा विशिष्ट कौशल परीक्षण**  
मानक अंक प्रणाली आयुवर्ग 14 से 23 वर्ष

खेल का नाम- बास्केटबॉल (बालक)

आयुवर्ग	बास्केटबॉल ड्रिबल टैस्ट (01 मिनट में)			वॉल पास टैस्ट (01 मिनट में)			फुल कोर्ट 10 ले-अप (01 मिनट 15 सेकण्ड में)			स्पीड स्पॉट शूटिंग टैस्ट (01 मिनट में)			ऐजीलिटी स्किल टैस्ट (01 मिनट 15 सेकण्ड में)		
	अंक			अंक			अंक			अंक			अंक		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
14-17	2	3-4	5-6	4-8	9-15	16	4-6	7-8	9-10	3-4	5-7	8-10	3	4	5
17-19	बास्केटबॉल ड्रिबल टैस्ट (01 मिनट में)			वॉल पास टैस्ट (01 मिनट में)			फुल कोर्ट 10 ले-अप (01 मिनट में)			स्पीड स्पॉट शूटिंग टैस्ट (50 सेकण्ड में)			ऐजीलिटी स्किल टैस्ट (01 मिनट में)		
	3	4-5	6	7-10	11-18	19	4-6	7-8	9-10	3-5	6-8	9-10	4	5	6
19-21	बास्केटबॉल ड्रिबल टैस्ट (47 सेकण्ड में)			वॉल पास टैस्ट (47 सेकण्ड में)			फुल कोर्ट 10 ले-अप (47 सेकण्ड में)			स्पीड स्पॉट शूटिंग टैस्ट (45 सेकण्ड में)			ऐजीलिटी स्किल टैस्ट (50 सेकण्ड में)		
	3	4-5	6	7-10	11-18	19	4-6	7-8	7-8	4-5	6-8	9-10	3	4	5
21-23	बास्केटबॉल ड्रिबल टैस्ट (47 सेकण्ड में)			वॉल पास टैस्ट (47 सेकण्ड में)			फुल कोर्ट 10 ले-अप (47 सेकण्ड में)			स्पीड स्पॉट शूटिंग टैस्ट (45 सेकण्ड में)			ऐजीलिटी स्किल टैस्ट (50 सेकण्ड में)		
	3	4-5	6	7-10	11-18	19	4-6	7-8	9-10	4-5	6-8	9-10	3	4	5

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीडाधिकारी  
देहरादून

  
(सुरेश चन्द्र भण्डारी)  
उप निदेशक खेल  
खेल निदेशालय

# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 14 से 17 वर्ष  
(बालिका वर्ग)

खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी0 फ्लायिंग (सेकण्ड में)	04.41 - 04.60	04.21 - 04.40	04.20 या कम
वर्टिकल जंप (से0मी0 में)	23.00 - 29.00	29.01 - 36.00	36.01 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	05.50 - 05.99	06.00 - 06.49	06.50 या अधिक
06X10 शटल रन (सेकण्ड में)	18:39 - 18:20	18:19 - 18:00	17:99 या कम
800 मीटर दौड़ (मिनट में)	03:25 - 03:16	03:15 - 03:06	03:05 या कम

  
(प्रदीप सिंह)

सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)

सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)

उप क्रीडाधिकारी  
देहरादून

  
(सुरेश चन्द्र प्रण्डे)

उप निदेशक खेल  
खेल निदेशालय



# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 17 से 19 वर्ष  
(बालिका वर्ग)

खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	04.21 - 04.40	04.01 - 04.20	04.00 या कम
वर्टिकल जंप (से०मी० में)	35.00 - 39.00	40.00 - 43.00	44.00 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	06.00 - 06.49	06.50 - 06.99	07.00 या अधिक
06x10 शटल रन (सेकण्ड में)	17.39 - 17.20	17.19 - 17.00	16.99 या कम
800 मीटर दौड़ (मिनट में)	03.20 - 03.11	03.10 - 03.00	02:59 या कम

(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

(अमिता कटारिया)  
सहायक प्रशिक्षक  
देहरादून

(रविन्द्र भण्डारी)  
उप क्रीडाधिकारी  
देहरादून

(सुरेश चन्द्र पाण्डे)  
उप निदेशक खेल  
खेल निदेशालय




# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना


मानक अंक प्रणाली आयुवर्ग 19 से 21 वर्ष  
(बालिका वर्ग)


खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	04.00 - 04.15	03.86 - 03.99	03.85 या कम
वर्टिकल जंप (से०मी० में)	40.00 - 43.00	44.00 - 48.00	49.00 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	06.50 - 06.99	07.00 - 07.50	07.51 या अधिक
06X 10 शटल रन (सेकण्ड में)	16.39 - 16.20	16.19 - 16.00	15.99 या कम
800 मीटर दौड़ (मिनट में)	03.00 - 02.51	02.50 - 02.41	02:40 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीडाधिकारी  
देहरादून

  
(सुरेश चन्द्र भाण्डे)  
उप निदेशक खेल  
खेल निदेशालय

# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 21 से 23 वर्ष  
(बालक वर्ग)


खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.56 - 03.68	03.44 - 03.55	03.43 या कम
वर्टिकल जंप (से०मी० में)	46.00 - 50.00	51.00 - 55.00	56.00 या अधिक
मेडिसिन बॉल पट (01 किग्रा) (मीटर में)	06.61 - 08.25	08.26 - 09.90	09.91 या अधिक
06X10 शटल रन (सेकण्ड में)	14.41 - 14.80	14.01 - 14.40	14.00 या कम
800 मीटर दौड़ (मिनट में)	02.45 - 02.36	02.35 - 02.26	02:25 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीड़ाधिकारी  
देहरादून

  
(सुरेश चन्द्र भाण्डे)  
उप निदेशक खेल  
खेल निदेशालय

# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम/योजना

मानक अंक प्रणाली आयुवर्ग 14 से 17 वर्ष

(बालक वर्ग)


खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.98 - 04.13	03.82 - 03.97	03.81 या कम
वर्टिकल जंप (से०मी० में)	35.00 - 40.00	40.01 - 45.00	45.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	04.21 - 05.45	05.46 - 06.70	06.71 या अधिक
06X10 शटल रन (सेकण्ड में)	16.76 - 17.11	16.38 - 16.75	16.37 या कम
800 मीटर दौड़ (मिनट में)	03.05 - 02.56	02.55 - 02.46	2:45 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीड़ाधिकारी  
देहरादून

  
(सुरेश चन्द्र पाण्डे)  
उप निदेशक खेल  
खेल निदेशालय



# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 17 से 19 वर्ष  
(बालक वर्ग)

खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.70 - 03.78	03.61 - 03.69	03.60 या कम
वर्टिकल जंप (से०मी० में)	43.00 - 45.00	45.01 - 50.00	50.01 या अधिक
मेडिसिन बॉल पट (०२ किग्रा) (मीटर में)	05.46 - 06.60	06.61 - 07.75	07.76 या अधिक
०६x१० शटल रन (सेकण्ड में)	16.01 - 16.35	15.66 - 16.00	15.65 या कम
८०० मीटर दौड़ (मिनट में)	02.55 - 02.46	02.45 - 02.36	02:35 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीड़ाधिकारी  
देहरादून

  
(सुरेश चन्द्र पाण्डे)  
उप निदेशक खेल  
खेल निदेशालय

# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना


मानक अंक प्रणाली आयुवर्ग 19 से 21 वर्ष  
(बालक वर्ग)


खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.61 - 03.68	03.52 - 03.60	03.51 या कम
वर्टिकल जंप (से०मी० में)	46.00 - 49.00	49.01 - 54.00	54.01 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	05.86 - 07.20	07.21 - 08.55	08.56 या अधिक
06X10 शटल रन (सेकण्ड में)	15.16 - 15.42	14.88 - 15.15	14.87 या कम
800 मीटर दौड़ (मिनट में)	02.50 - 02.41	02.40 - 02.31	02:30 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमित कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीड़ाधिकारी  
देहरादून

  
(सुरेश चन्द्र प्राण्डे)  
उप निदेशक खेल  
खेल निदेशालय

# मुख्यमंत्री खिलाड़ी प्रोत्साहन कार्यक्रम / योजना

मानक अंक प्रणाली आयुवर्ग 21 से 23 वर्ष

(बालिका वर्ग)


खेल का नाम- बास्केटबॉल

बैटरी टेस्ट	अंक-01	अंक-02	अंक-03
30 मी० फ्लाइंग (सेकण्ड में)	03.81 - 03.90	03.71 - 03.80	03.70 या कम
वर्टिकल जंप (से०मी० में)	46.00 - 50.00	51.00 - 55.00	56.00 या अधिक
मेडिसिन बॉल पट (02 किग्रा) (मीटर में)	07.00 - 07.50	07.51 - 08.00	08.01 या अधिक
06x 10 शटल रन (सेकण्ड में)	15.39 - 15.20	15.19 - 15.00	14.99 या कम
800 मीटर दौड़ (मिनट में)	02.50 - 02.41	02.40 - 02.31	02.30 या कम

  
(प्रदीप सिंह)  
सहायक प्रशिक्षक  
देहरादून

  
(अमिल कटारिया)  
सहायक प्रशिक्षक  
देहरादून

  
(रविन्द्र भण्डारी)  
उप क्रीड़ाधिकारी  
देहरादून

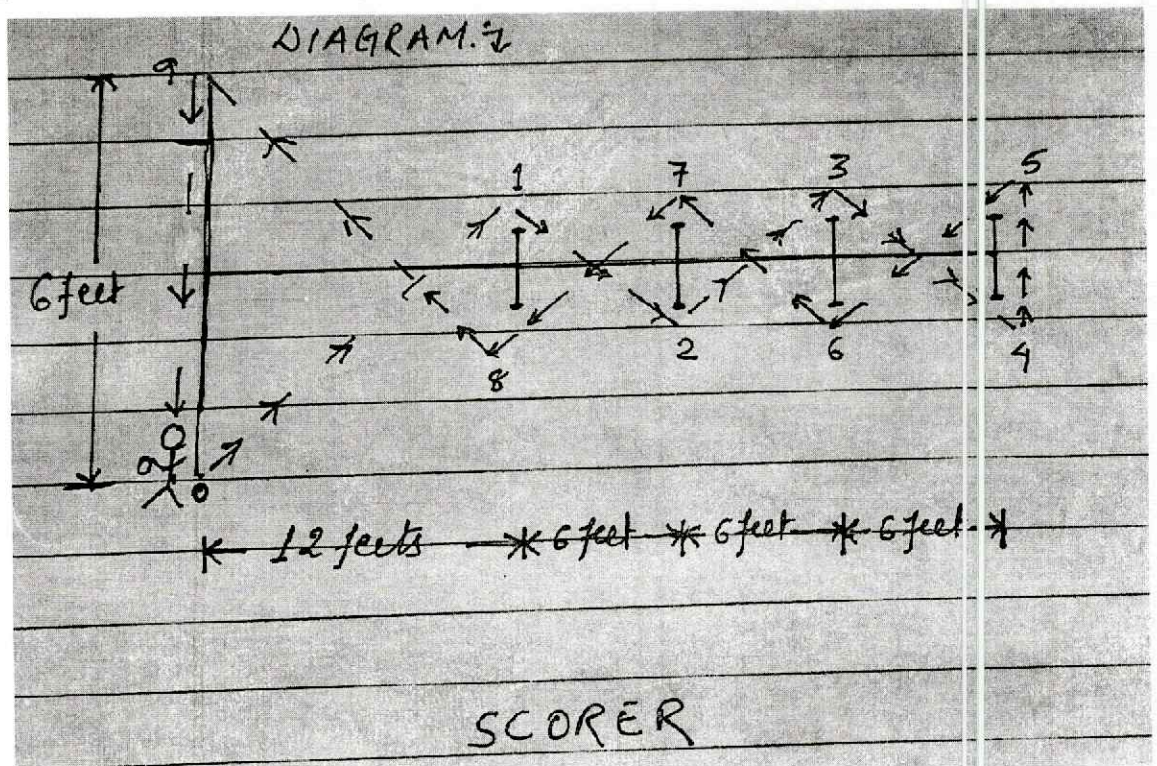
  
(सुरेश चन्द्र पाण्डे)  
उप निदेशक खेल  
खेल निदेशालय



# BASKETBALL SKILL TESTS (14-17yrs)

## 1. BASKETBALL DRIBBLE TEST

- Participant is required to cover maximum distance while dribbling around obstacles in 01 mins.
- 04 obstacles (chairs) are arranged in straight line at 6 feet apart.
- First obstacle is 12 feet away from the starting line which is 6feet wide.
- Participant start dribbling from one side of starting line and dribble in zig-zag manner around the obstacles and turning around from the 4<sup>th</sup> obstacle and continue the same
- EQUIPMENTS: Basketball, cones, chairs, stopwatch.
- SCORING:-
  - 0-2 full Rotation : 1 points
  - 3-4 full rotation: - 2 points
  - 5-6 full rotation: - 3 points
- DIAGRAM:-



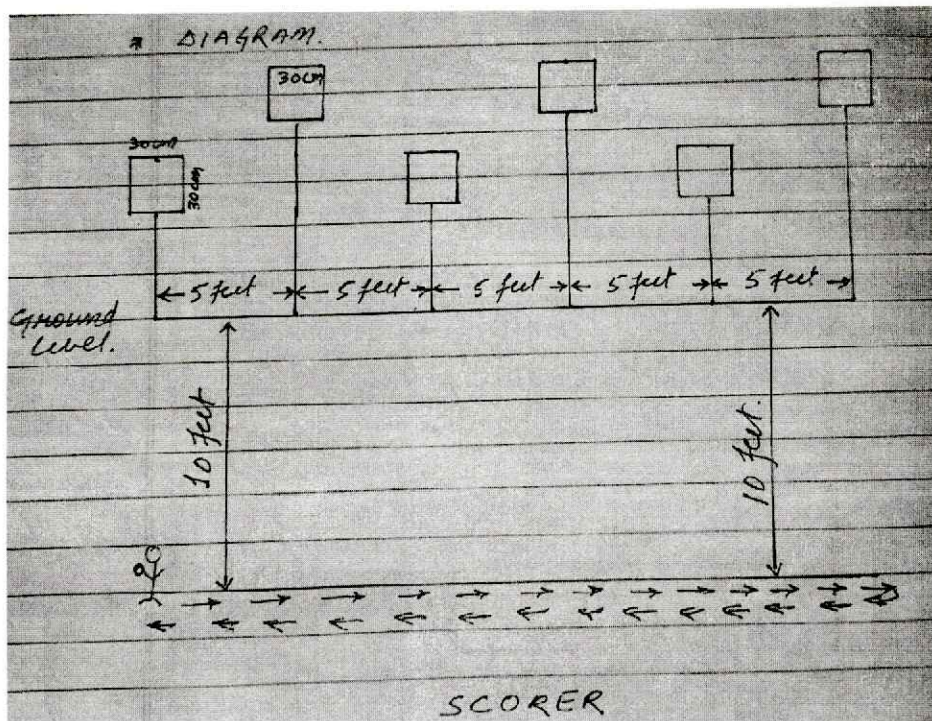
*Bugh*

*Amir*

*Can*

## 2. WALL PASS TEST

- Participant is required to hit maximum number of targets while sliding with the ball along the line in 01 mins.
- 06 targets are marked on the wall 5 feet apart and 4 feet and 6 feet above ground level in alternate manner.
- Participant stands in front of the first target and on the whistle he pass towards the wall and hit the target and collect the rebound and slide towards next target and continue to the last target, and get back in the same manner.
- SCORING:-
  - 1-8 targets hit: - 1 points
  - 9-15 targets hit: - 2 point
  - 16 and above target hit: - 3 point
- DIAGRAM:-



*Eng*

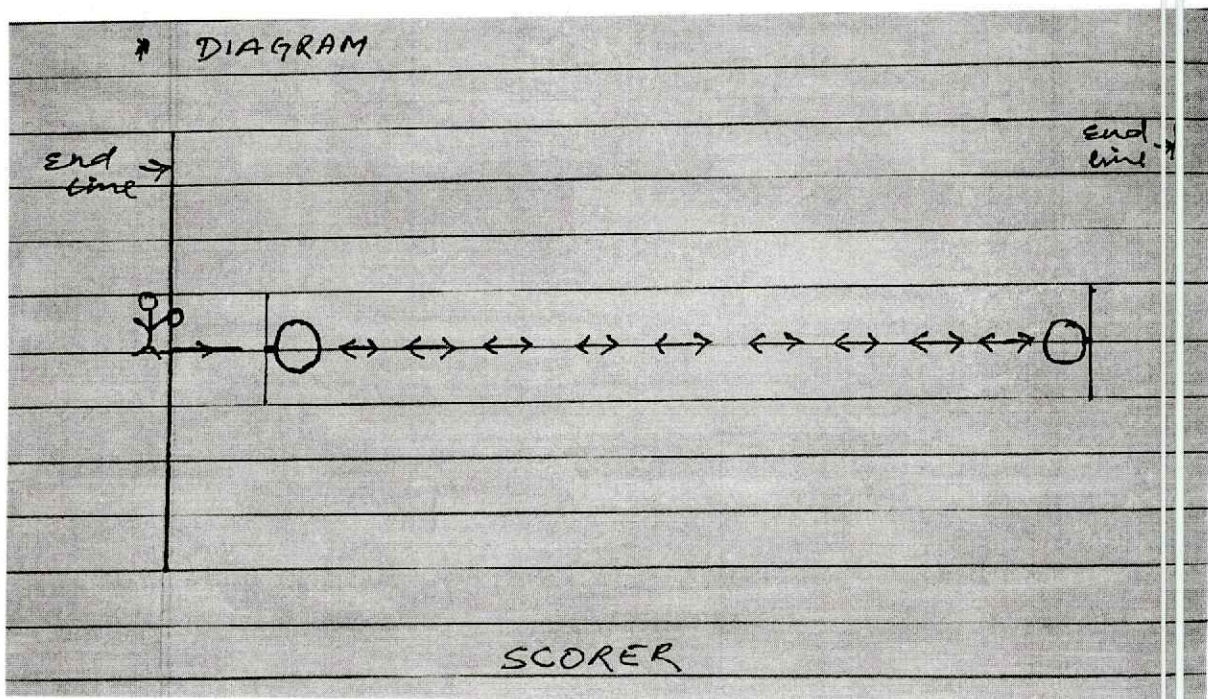
*Amir*

*Ali*



### 3. FULL COURT 10 LAYUPS.

- Participant is required to make 10 layup short on both the baskets while dribbling from one basket to another in 1min15secs.
- Participant stands at the end line with the ball. On the whistle he start dribbling towards the opposite basket and make a layup short, collect his rebound and comes towards the first basket with dribbling and make a layup short an continues till 10 layups.
- EQUIPMENTS:- basketball, stopwatch.
- SCORING:- 1-6 layup made:- 1 points  
7-8 layup made: - 2 points  
9-10 layup made: - 3 points
- DIAGRAM:-

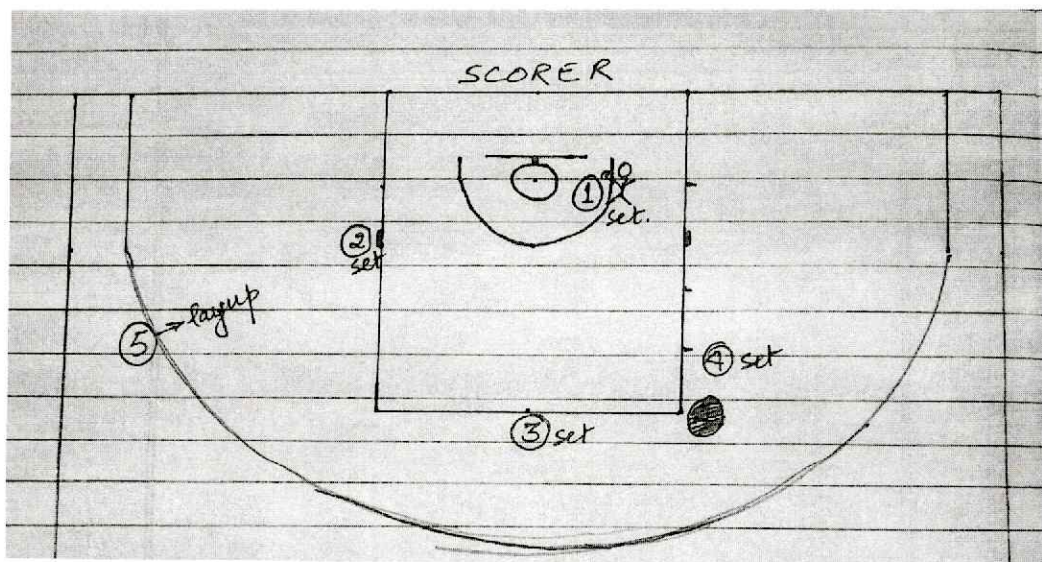


*Eng*      *Amir*      *Ali*



#### 4. SPEED SPOT SHOOTING TEST

- Participant is required to shoot 10 shots from the different spots marked on the floor in 01 mins.
- Participant stand on the spot no 1 and on the whistle he shoots the ball towards basket, after successful basket made, he collects the self rebound and move to spot no2 and continues to spot 3 and spot 4, from spot 5 he had to make a layup shot.
- Every time he has to collect his own rebound.
- Spot no 1-4:- set short
- Spot no5:- layup shot
- EQUIPMENTS:- Basketball, stopwatch.
- SCORING:-
  - 1-4 short made: - 1 points
  - 5-7 short made: - 2 points
  - 7-10 short made:- 3 points
- DIAGRAM:-



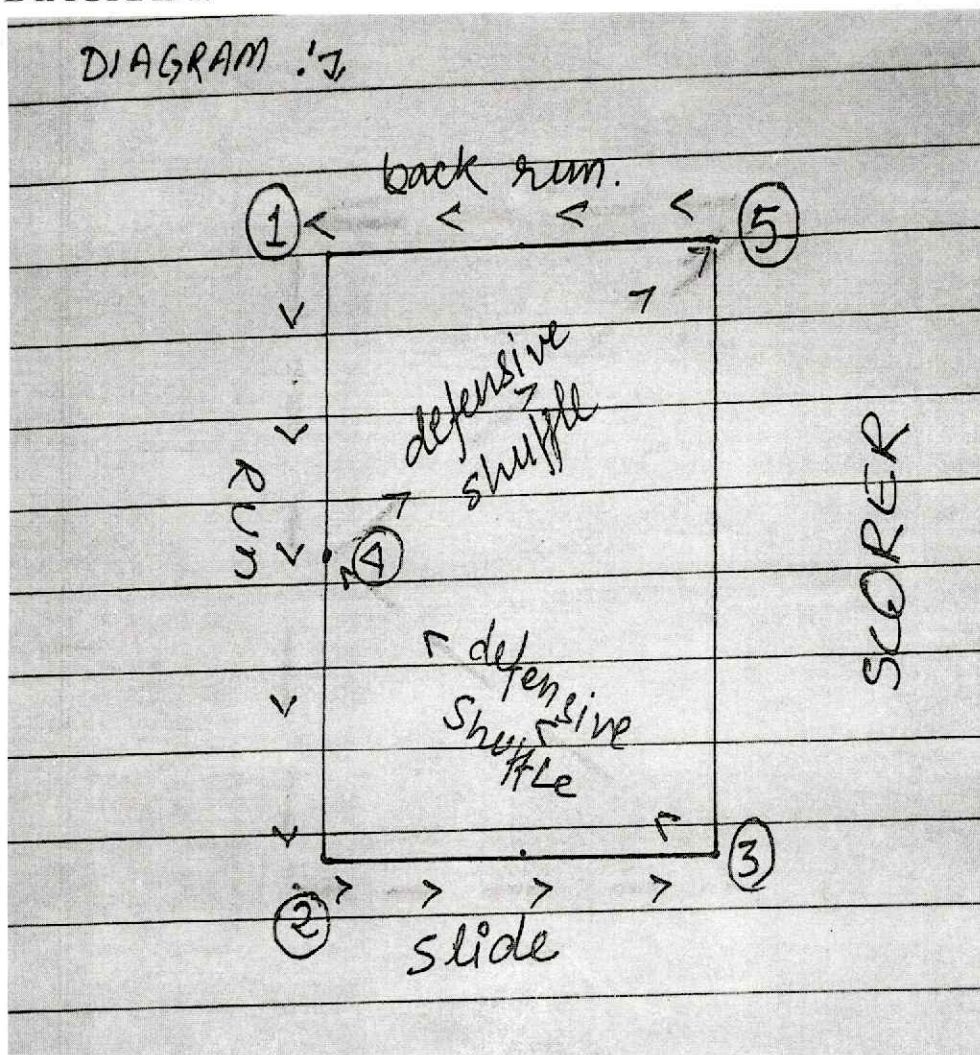
*Omegs*

*Anish*

*Ami*

## 5 AGILITY SKILL TEST

- Participant is required to do 5 complete set of agility drill in 1min15 secs.
- Participant stands on the spot 1, on the whistle he starts running towards spot 2. Then slides to spot 3, from spot 3 he starts defensive shuffle to spot 4 and continue to spot 5, from spot 5 he does back run to spot 1 and continues accordingly.
- EQUIPMENTS:- stop watch, cones
- SCORING:-
  - 3 repetitions:- 1 point
  - 4 repetitions:- 2 point
  - 5 above repetitions:- 3 point
- DIAGRAM:-



Bugh

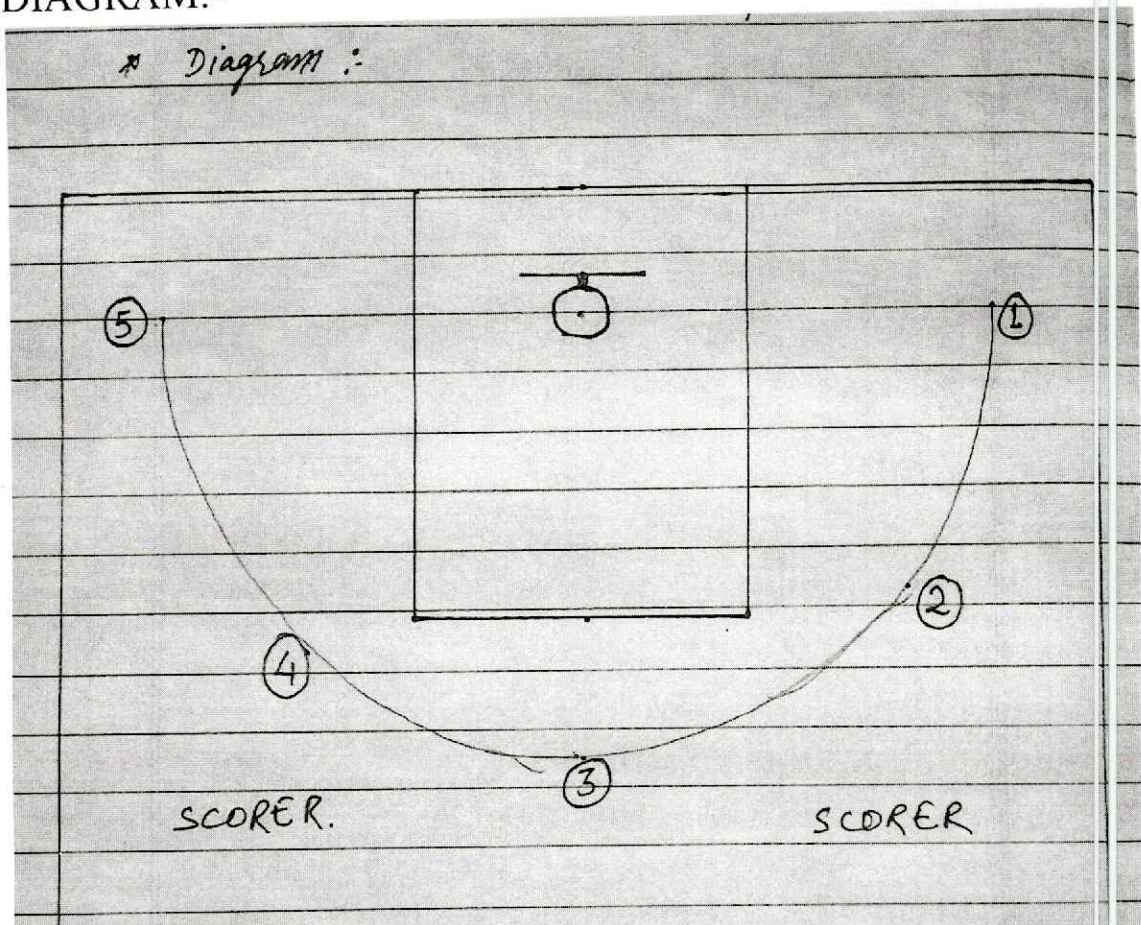
Anish

Javi



## 6. PERIMETER FIXSPOT SHOOTING TEST

- Participant is required to shoot the ball from the fixed sport on the perimeter at a distance of 6.00 meter away from the center of the basket in 01 min time.
- Five spots are marked and 02 balls are provided on each spot.
- EQUIPMENTS:-Basketballs, stopwatch.
- SCORING:-
  - 1-3 basket made:- 1 Point
  - 4-6 basket made:- 2 points
  - 7-10 basket made:- 3 points
- DIAGRAM:-



Bush

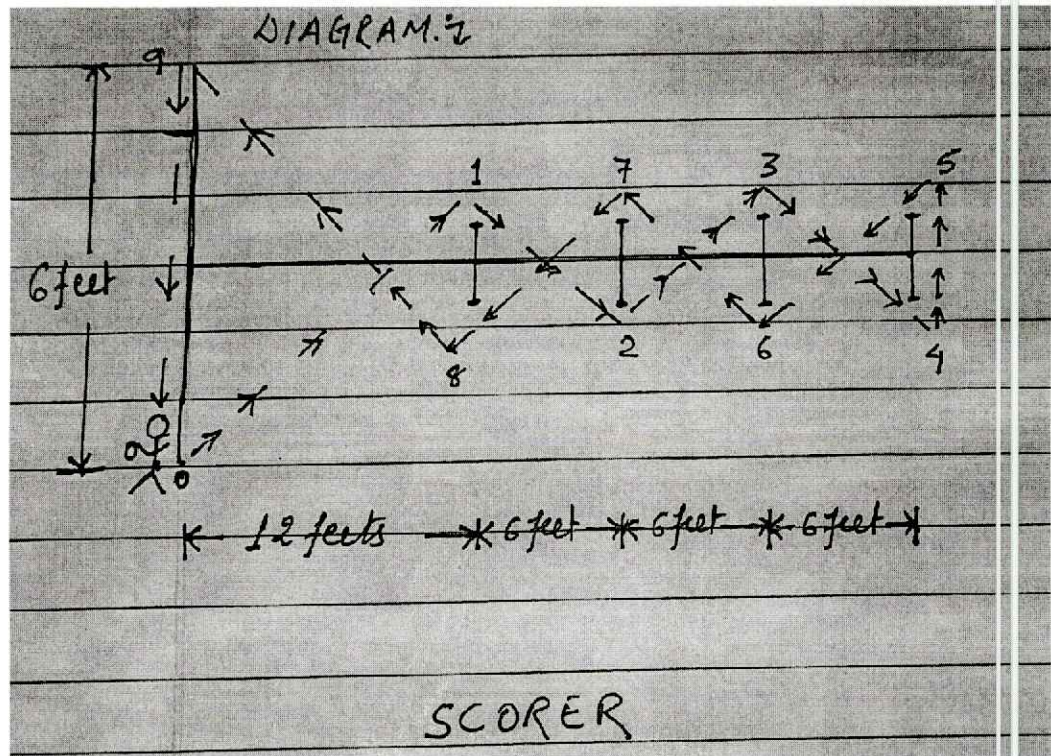
Amir

Lavi

# BASKETBALL SKILL TESTS (17-19 yrs)

## 1. BASKETBALL DRIBBLE TEST

- Participant is required to cover maximum distance while dribbling around obstacles in 01 mins.
- 05 obstacles (chairs) are arranged in straight line at 6 feet apart.
- First obstacle is 12 feet away from the starting line which is 6feet wide.
- Participant start dribbling from one side of starting line and dribble in zig-zag manner around the obstacles and turning around from the 5<sup>th</sup> obstacle and continue the same
- EQUIPMENTS: Basketball, cones, chairs, stopwatch.
- SCORING:-
  - 0-3 full Rotation : 1 points
  - 4-5 full rotation: - 2 points
  - 6 and above full rotation: - 3 points
- DIAGRAM:-

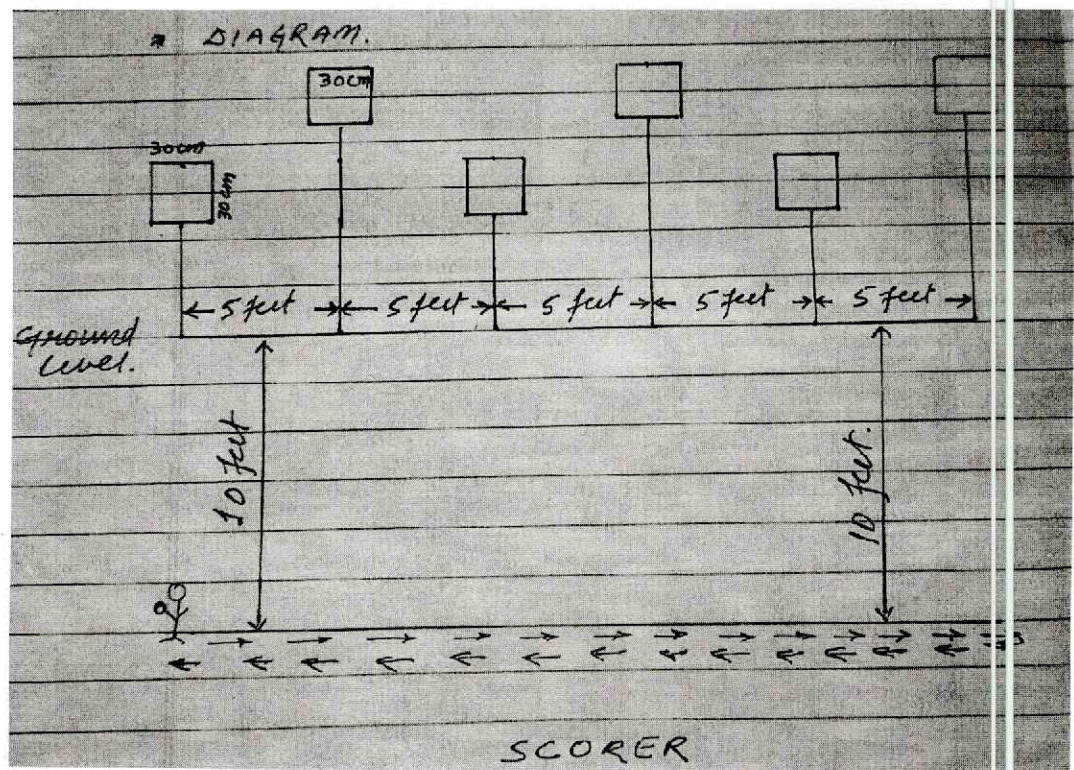


Bush  
Prasad  
Guni



## 2. WALL PASS TEST

- Participant is required to hit maximum number of targets while sliding with the ball along the line in 01 mins.
- 06 targets are marked on the wall 5 feet apart and 4 feet and 6 feet above ground level in alternate manner.
- Participant stands in front of the first target and on the whistle he passes towards the wall and hit the target and collect the rebound and slide towards next target and continue to the last target, and get back in the same manner.
- SCORING:-
  - 1-10 targets hit:- 1 points
  - 11-18 targets hit: - 2 point
  - 19 and above target hit: - 3 point
- DIAGRAM:-



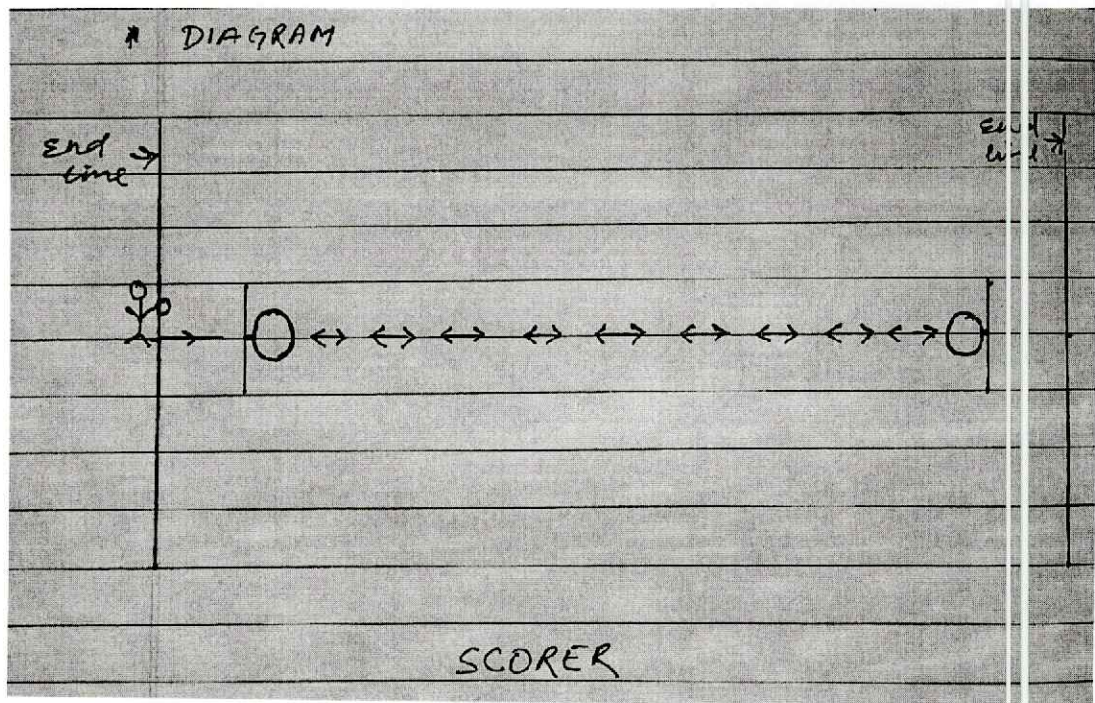
Buss

Amir

Amir

### 3. FULL COURT 10 LAYUPS.

- Participant is required to make 10 layup shots on both the baskets while dribbling from one basket to another in 1 min.
- Participant stands at the end line with the ball. On the whistle he starts dribbling towards the opposite basket and makes a layup shot, collects his rebound and comes towards the first basket with dribbling and makes a layup shot and continues till 10 layups.
- EQUIPMENTS:- basketball, stopwatch.
- SCORING:-
  - 1-6 layup made: - 1 points
  - 7-8 layup made: - 2 points
  - 9-10 layup made: - 3 points
- DIAGRAM:-

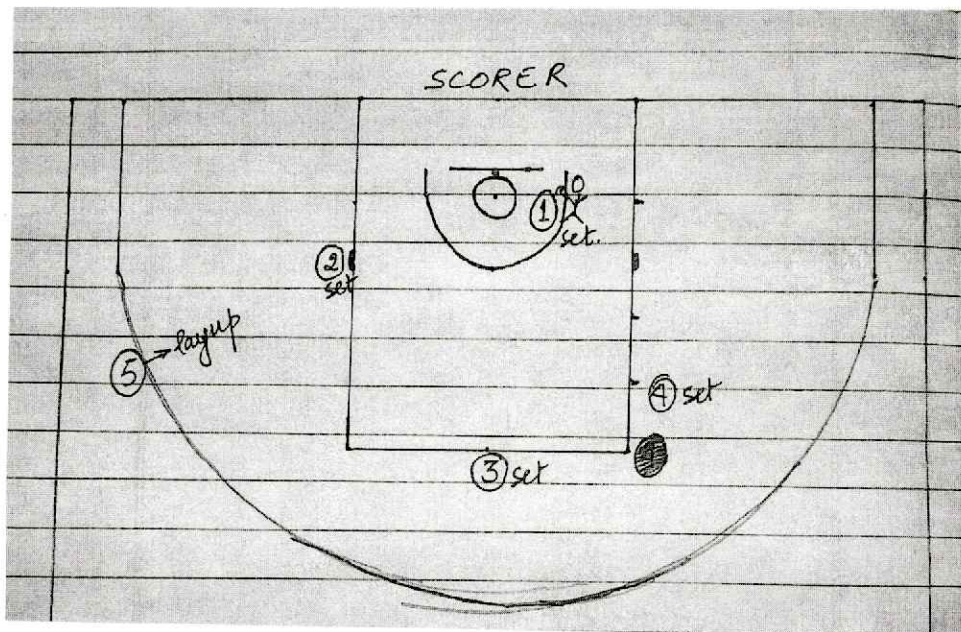


*Bugh*      *Amir*      *Levi*



#### 4 SPEED SPOT SHOOTING TEST

- Participant is required to shoot 10 shots from the different spots marked on the floor in 50 secs.
- Participant stand on the spot no 1 and on the whistle he shoots the ball towards basket, after successful basket made, he collects the self rebound and move to spot no2 and continues to spot 3 and spot 4, from spot 5 he had to make a layup shot.
- Every time he has to collect his own rebound.
- Spot no 1-4:- set shot
- Spot no5:- layup shot
- EQUIPMENTS:- Basketball, stopwatch.
- SCORING:-  
1-5 short made: - 1 points  
6-8short made: - 2 points  
9-10short made: - 3 points
- DIAGRAM:-



*Dush*

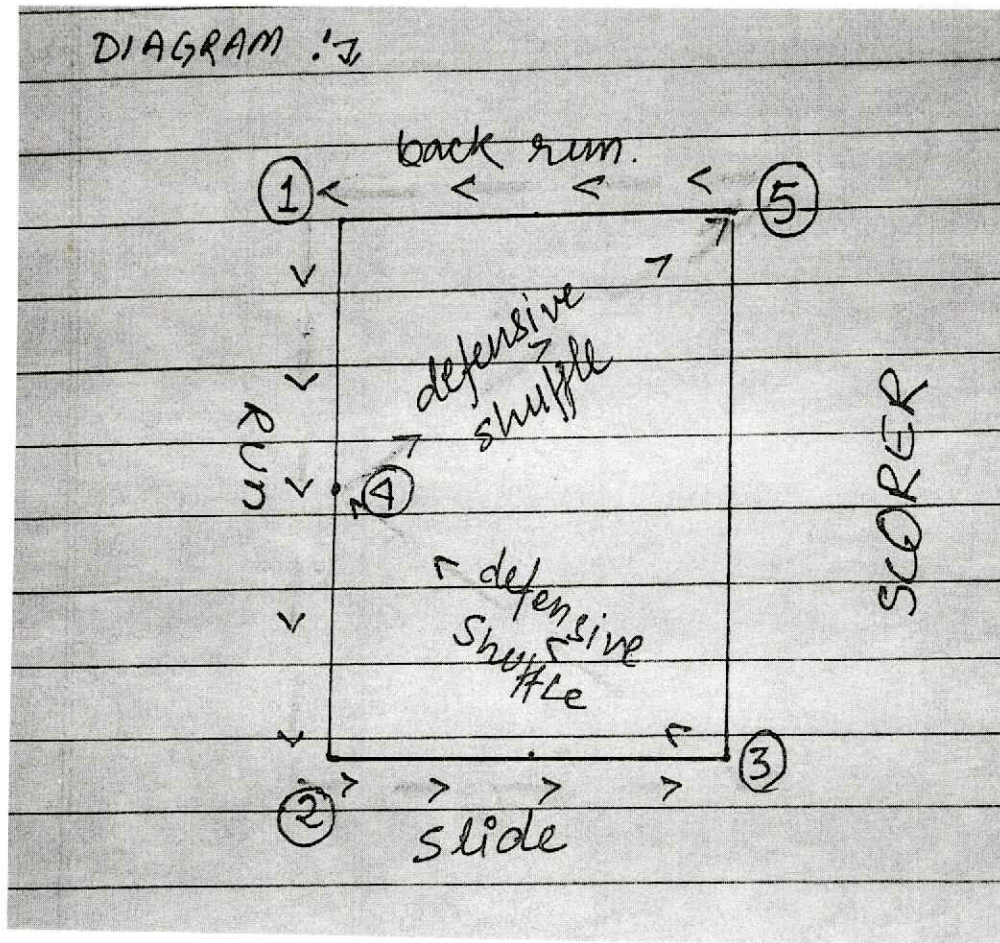
*Amir*

*Gov*



## 5. AGILITY SKILL TEST

- Participant is required to do 5 complete set of agility drill in 1min.
- Participant stands on the spot 1, on the whistle he starts running towards spot 2. Then slides to spot 3, from spot 3 he starts defensive shuffle to spot 4 and continue to spot 5, from spot 5 he does back run to spot 1 and continues accordingly.
- EQUIPMENTS:- stop watch, cones
- SCORING:-  
4 repetitions:- 1 point  
5 repetitions:- 2 point  
6 and above repetitions:- 3 point
- DIAGRAM:-



Dugh

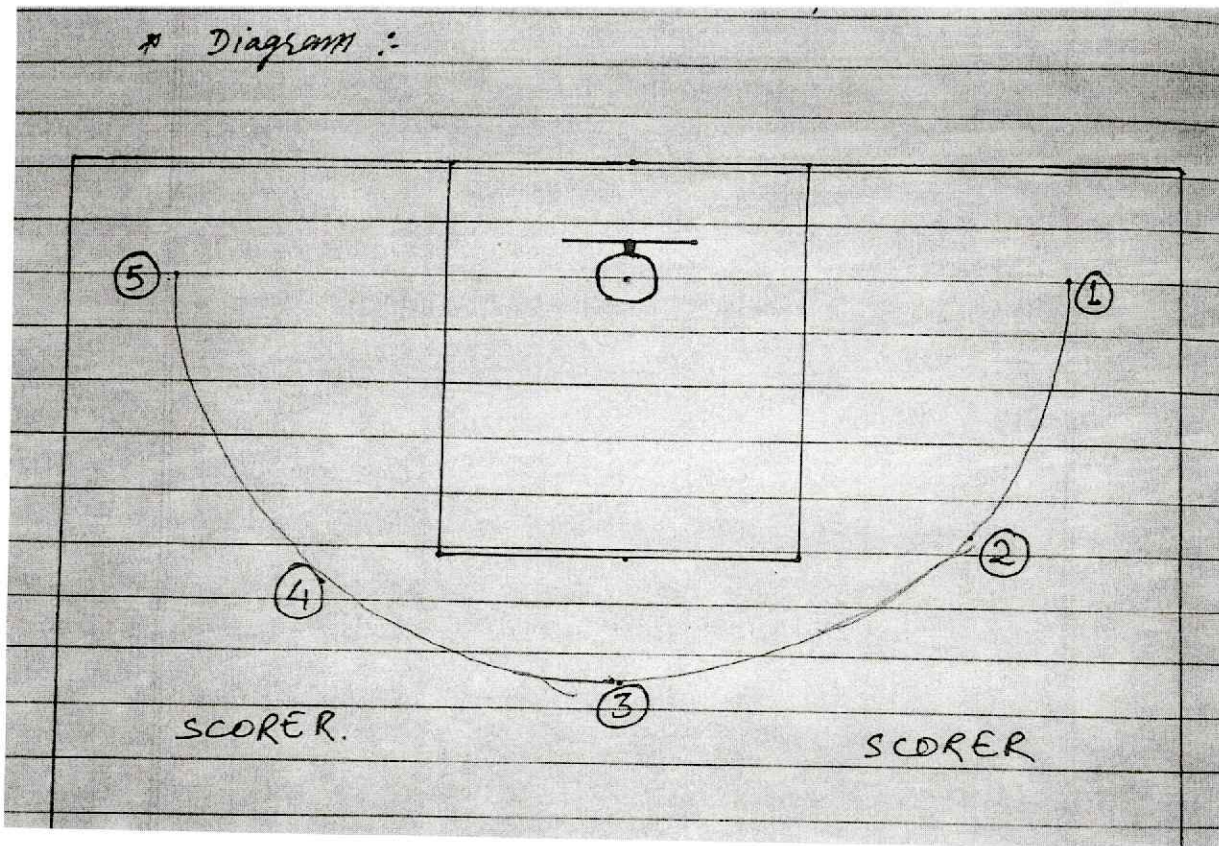
Amir

Arif

## 6. PERIMETER FIXSPOT SHOOTING TEST

- Participant is required to shoot the ball from the fixed sport on the perimeter at a distance of 6.50 meter away from the center of the basket in 01 min time.
- Five spots are marked and 02 balls are provided on each spot.
- EQUIPMENTS:-Basketballs, stopwatch.
- SCORING:-

1-3 basket made:	- 1 point
4-6 basket made:	- 2 points
7-10 basket made:	- 3 points
- DIAGRAM:-



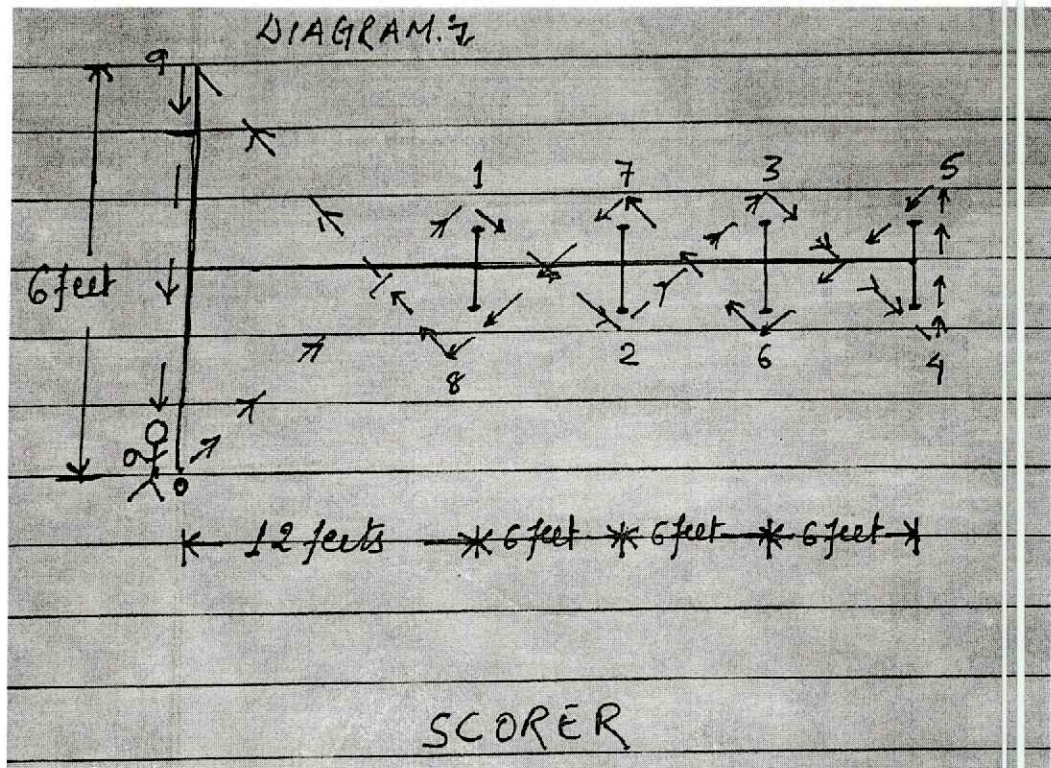
*Rajesh* *Arvind* *Law*



## BASKETBALL SKILL TESTS (19-21 yrs)

### 1. BASKETBALL DRIBBLE TEST

- Participant is required to cover maximum distance while dribbling around obstacles in 47 secs.
- 05 obstacles (chairs) are arranged in straight line at 6 feet apart.
- First obstacle is 12 feet away from the starting line which is 6feet wide.
- Participant start dribbling from one side of starting line and dribble in zig-zag manner around the obstacles and turning around from the 4<sup>th</sup> obstacle and continue the same
- EQUIPMENTS: Basketball, cones, chairs, stopwatch.
- SCORING:-
  - 0-3 full Rotation : 1 points
  - 4-5 full rotation: - 2 points
  - 06 and above full rotation: - 3 points
- DIAGRAM:-

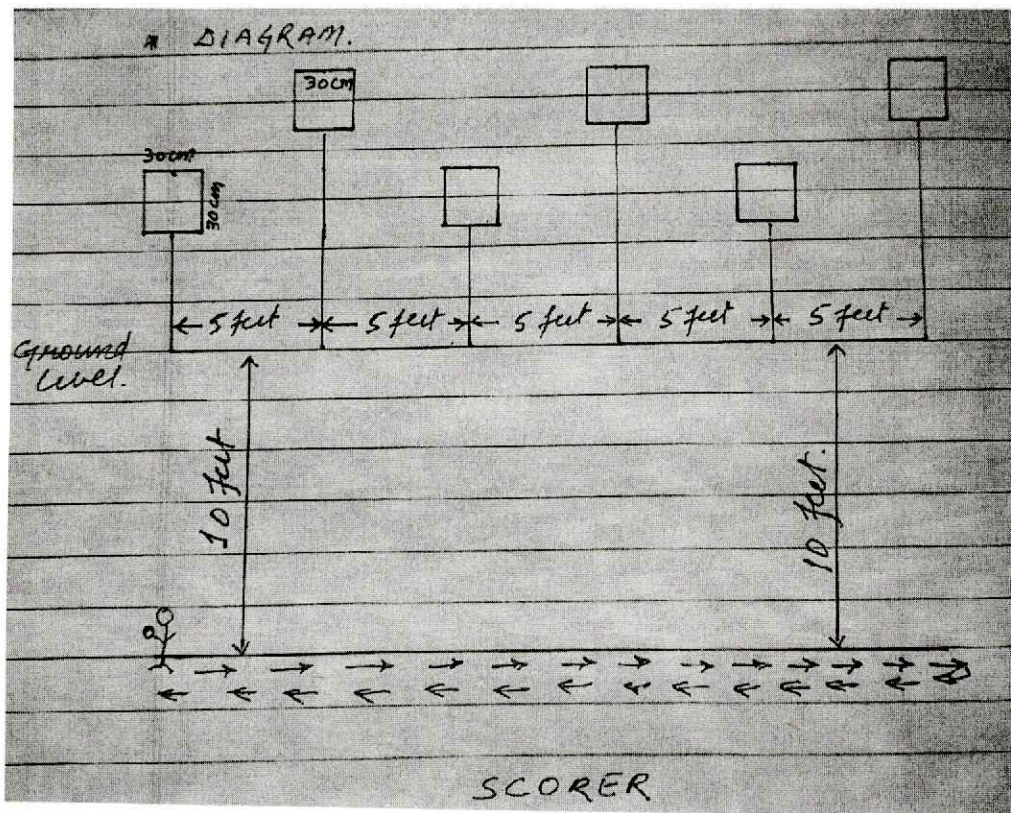


*Bush* *Amir* *Ali*



## WALL PASS TEST

- Participant is required to hit maximum number of targets while sliding with the ball along the line in 47 secs.
- 06 targets are marked on the wall 5 feet apart and 4 feet and 6 feet above ground level in alternate manner.
- Participant stands in front of the first target and on the whistle he passes towards the wall and hit the target and collect the rebound and slide towards next target and continue to the last target, and get back in the same manner.
- SCORING:-
  - 1-10 targets hit:- 1 points
  - 11-18 targets hit: - 2 point
  - 19 and above target hit: - 3 point
- DIAGRAM:-



*Push*

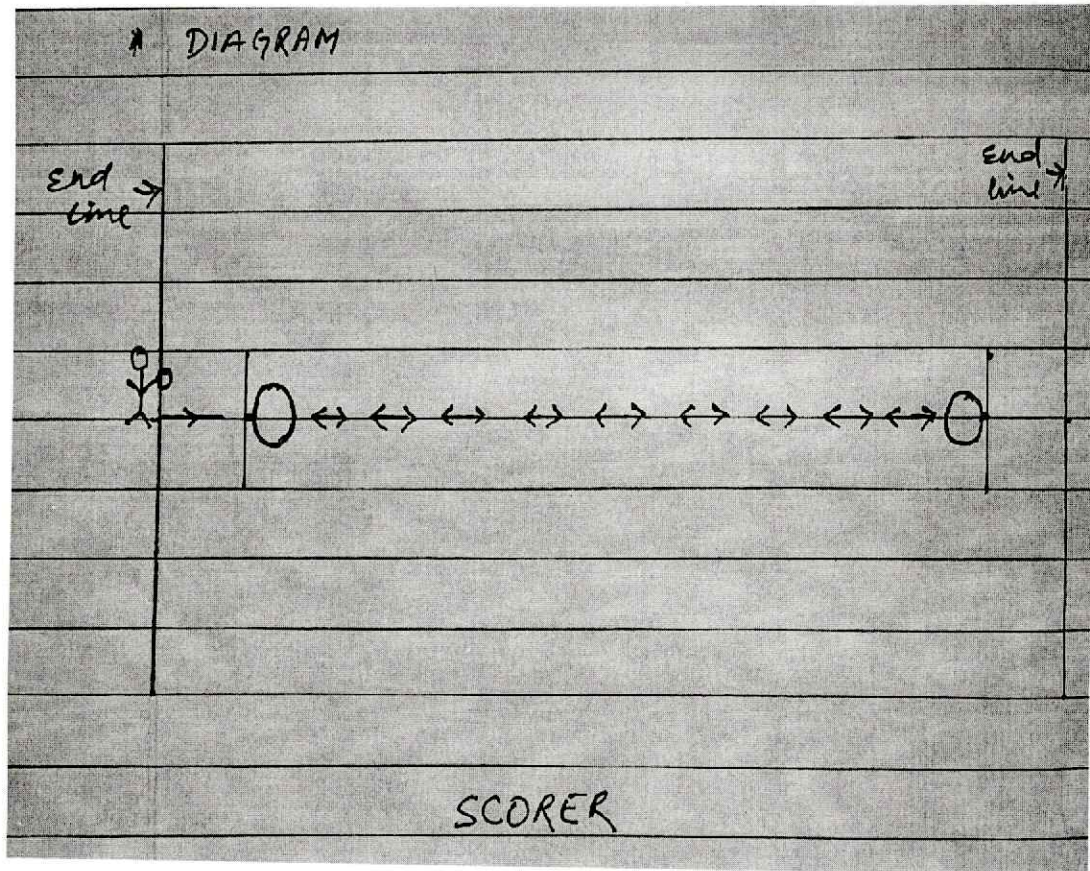
*Swish*

*Loi*



## FULL COURT 10 LAYUPS.

- Participant is required to make 10 layup shots on both the baskets while dribbling from one basket to another in 47 secs.
- Participant stands at the end line with the ball. On the whistle he starts dribbling towards the opposite basket and makes a layup shot, collects his rebound and comes towards the first basket with dribbling and makes a layup shot and continues till 10 layups.
- EQUIPMENTS:- basketball, stopwatch.
- SCORING:-
  - 1-6 layup made: - 1 point
  - 7-8 layup made: - 2 points
  - 9-10 layup made: - 3 points
- DIAGRAM:-



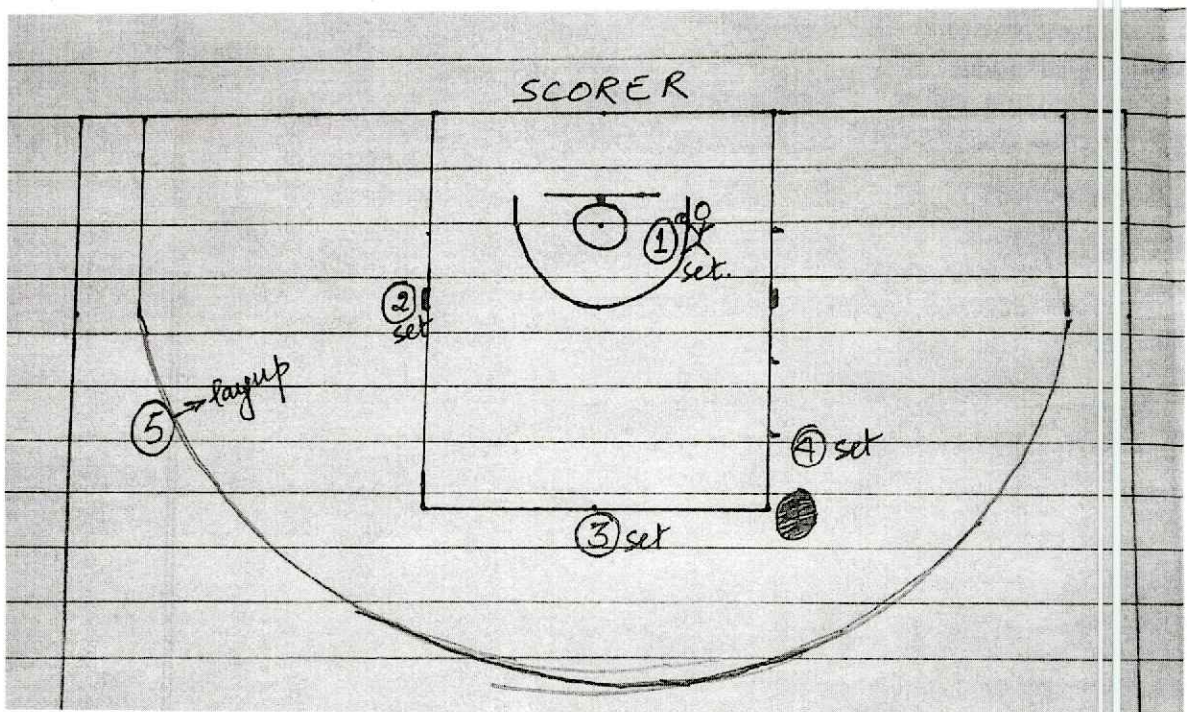
Bush

Amir



## SPEED SPOT SHOOTING TEST

- Participant is required to shoot 10 shots from the different spots marked on the floor in 45 secs.
- Participant stand on the spot no 1 and on the whistle he shoots the ball towards basket, after successful basket made, he collects the self rebound and move to spot no2 and continues to spot 3 and spot 4, from spot 5 he had to make a layup shot.
- Every time he has to collect his own rebound.
- Spot no 1-4:- set short
- Spot no5:- layup shot
- EQUIPMENTS:- Basketball, stopwatch.
- SCORING:-
  - 1-5 shot made: - 1 points
  - 6-8 shot made: - 2 points
  - 9-10 shot made:- 3 points
- DIAGRAM:-



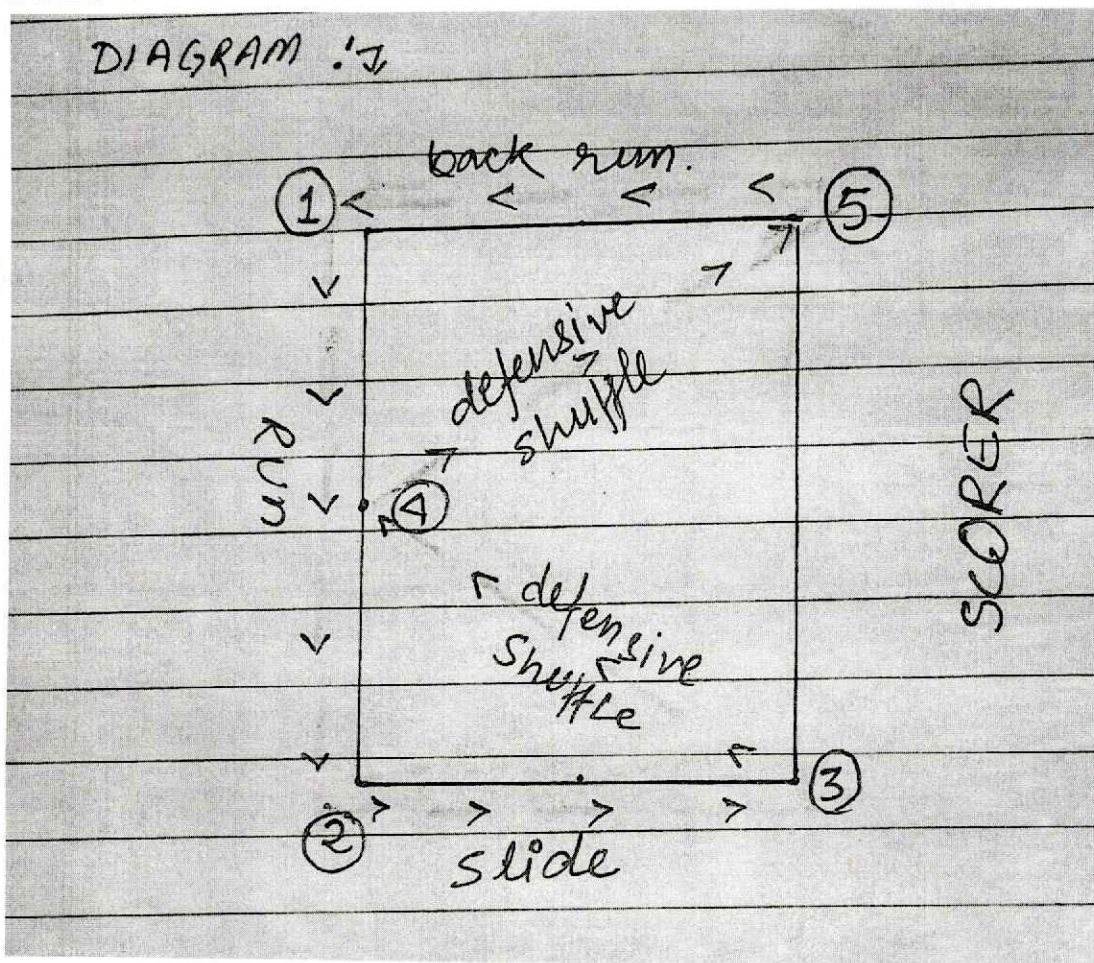
*Push* *Arvind* *Ami*



## AGILITY SKILL TEST

- Participant is required to do 5 complete set of agility drill in 50 secs.
- Participant stands on the spot 1, on the whistle he starts running towards spot 2. Then slides to spot 3, from spot 3 he starts defensive shuffle to spot 4 and continue to spot 5, from spot 5 he does back run to spot 1 and continues accordingly.
- EQUIPMENTS:- stop watch, cones
- SCORING:-

3 repetitions:	- 1 point
4 repetitions:	- 2 point
5 above repetitions:	- 3 point
- DIAGRAM:-



Amish  
Amish

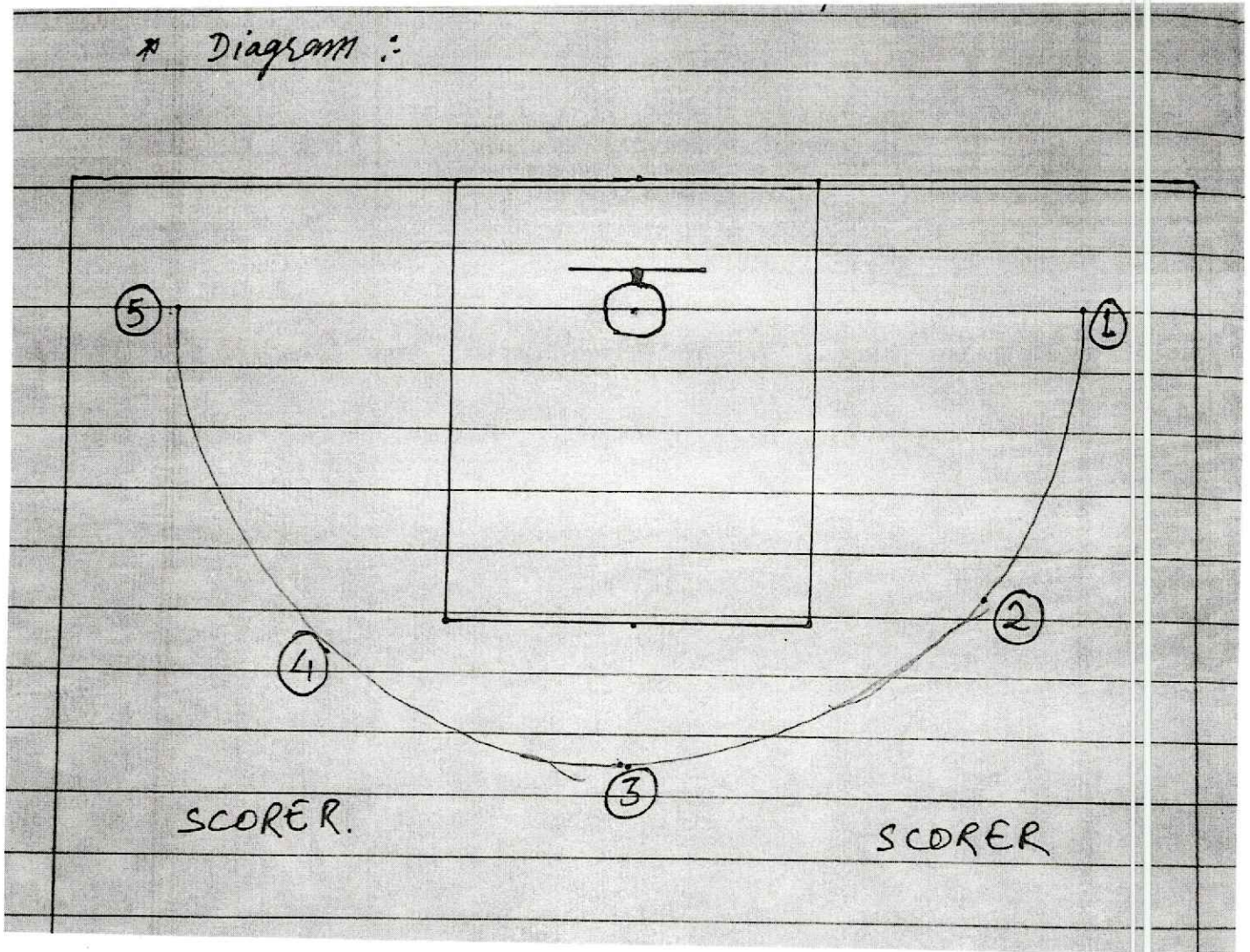


## PERIMETER FIXSPOT SHOOTING TEST

- Participant is required to shoot the ball from the fixed sport on the perimeter at a distance of 6.75 meter away from the center of the basket in 45 sec time.
- Five spots are marked and 02 balls are provided on each spot.
- EQUIPMENTS:-Basketballs, stopwatch.
- SCORING:-

1-3 basket made:	- 1 Point
4-6 basket made:	- 2 points
7-10 basket made:	- 3 points
- DIAGRAM:-

\* Diagram :-



*Bush*

*Amir*

*Amir*

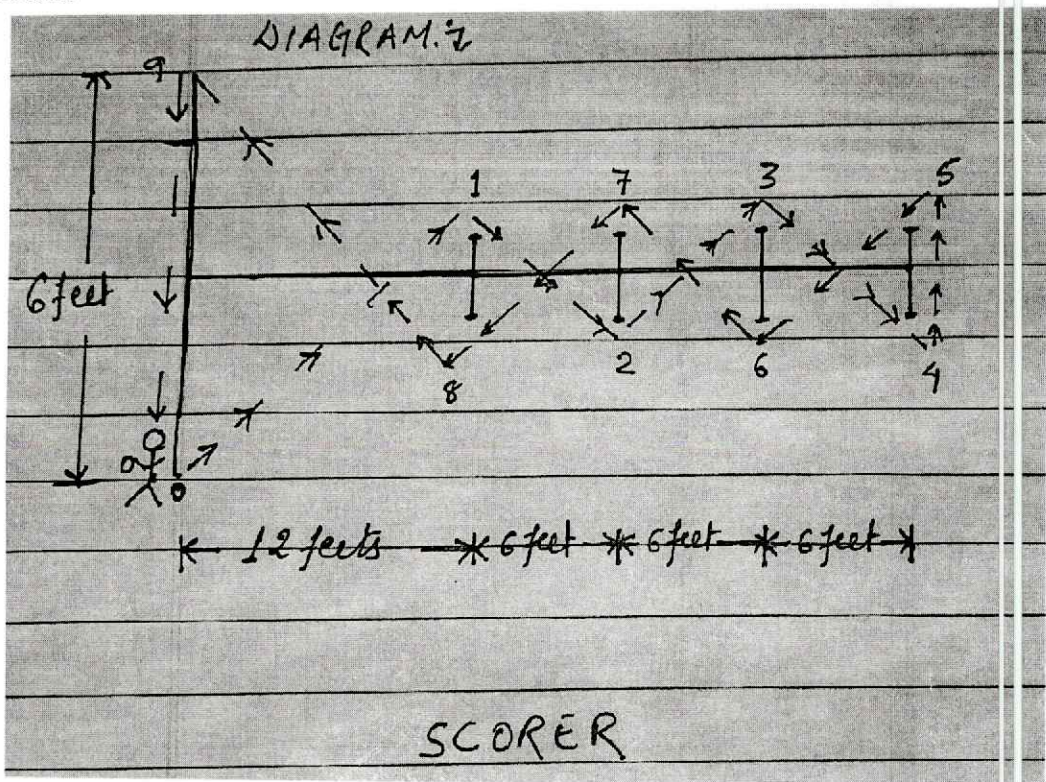


# BASKETBALL SKILL TESTS (21-23 yrs)

## 1. BASKETBALL DRIBBLE TEST

- Participant is required to cover maximum distance while dribbling around obstacles in 47 secs.
- 05 obstacles (chairs) are arranged in straight line at 6 feet apart.
- First obstacle is 12 feet away from the starting line which is 6 feet wide.
- Participant start dribbling from one side of starting line and dribble in zig-zag manner around the obstacles and turning around from the 4<sup>th</sup> obstacle and continue the same
- EQUIPMENTS: Basketball, cones, chairs, stopwatch.
- SCORING:-

0-3 full Rotation :	- 1 points
4-5 full rotation:	- 2 points
06 and above full rotation:	- 3 points
- DIAGRAM:-



Bugh

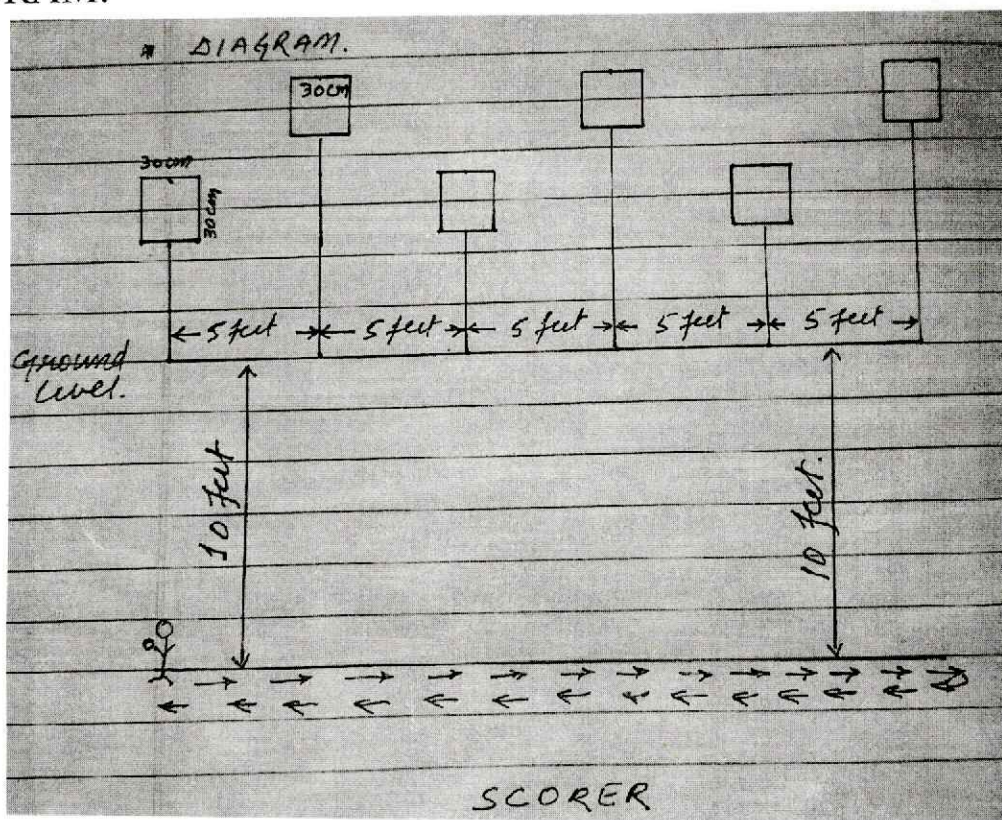
Amir

Amir



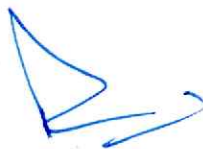
## WALL PASS TEST

- Participant is required to hit maximum number of targets while sliding with the ball along the line in 47 secs.
- 06 targets are marked on the wall 5 feet apart and 4 feet and 6 feet above ground level in alternate manner.
- Participant stands in front of the first target and on the whistle he pass towards the wall and hit the target and collect the rebound and slide towards next target and continue to the last target, and get back in the same manner.
- SCORING:-
  - 1-10 targets hit: - 1 points
  - 11-18 targets hit: - 2 point
  - 19 and above target hit: - 3 point
- DIAGRAM:-



*Bugs*

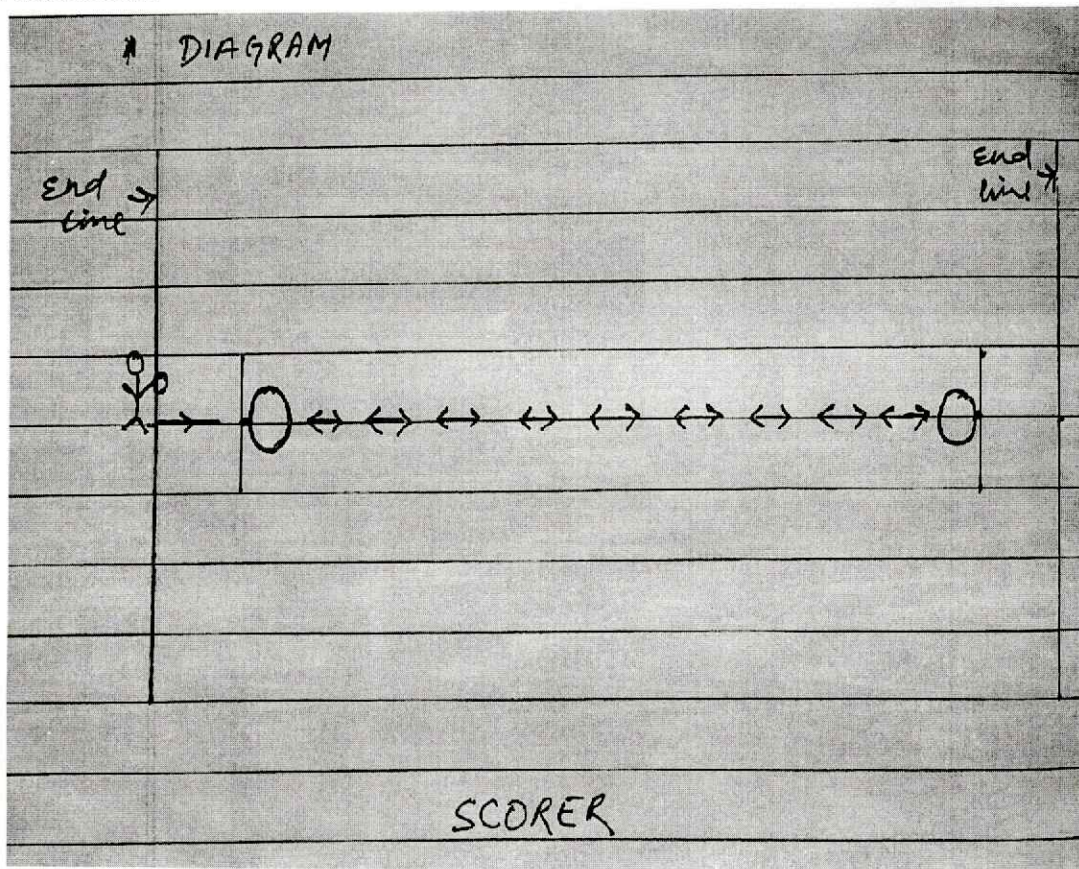
*Smith*





## FULL COURT 10 LAYUPS.

- Participant is required to make 10 layup shots on both the baskets while dribbling from one basket to another in 47 secs.
- Participant stands at the end line with the ball. On the whistle he starts dribbling towards the opposite basket and makes a layup shot, collects his rebound and comes towards the first basket with dribbling and makes a layup shot and continues till 10 layups.
- EQUIPMENTS:- basketball, stopwatch.
- SCORING:-
  - 1-6 layup made: - 1 point
  - 7-8 layup made: - 2 points
  - 9-10 layup made: - 3 points
- DIAGRAM:-



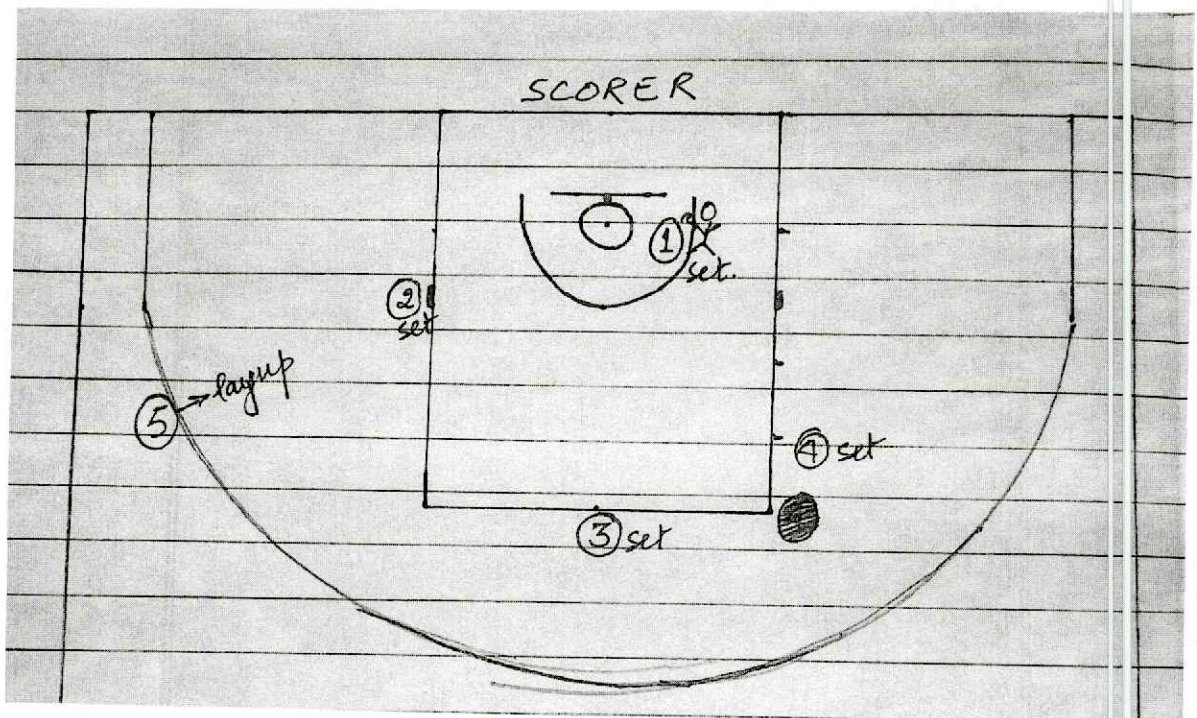
*Bush*

*Arish*



## SPEED SPOT SHOOTING TEST

- Participant is required to shoot 10 shots from the different spots marked on the floor in 45 secs.
- Participant stand on the spot no 1 and on the whistle he shoots the ball towards basket, after successful basket made, he collects the self rebound and move to spot no2 and continues to spot 3 and spot 4, from spot 5 he had to make a layup shot.
- Every time he has to collect his own rebound.
- Spot no 1-4:- set short
- Spot no5:- layup shot
- EQUIPMENTS:- Basketball, stopwatch.
- SCORING:-
  - 1-5 shot made:- 1 points
  - 6-8 shot made:- 2 points
  - 9-10 shot made:- 3 points
- DIAGRAM:-

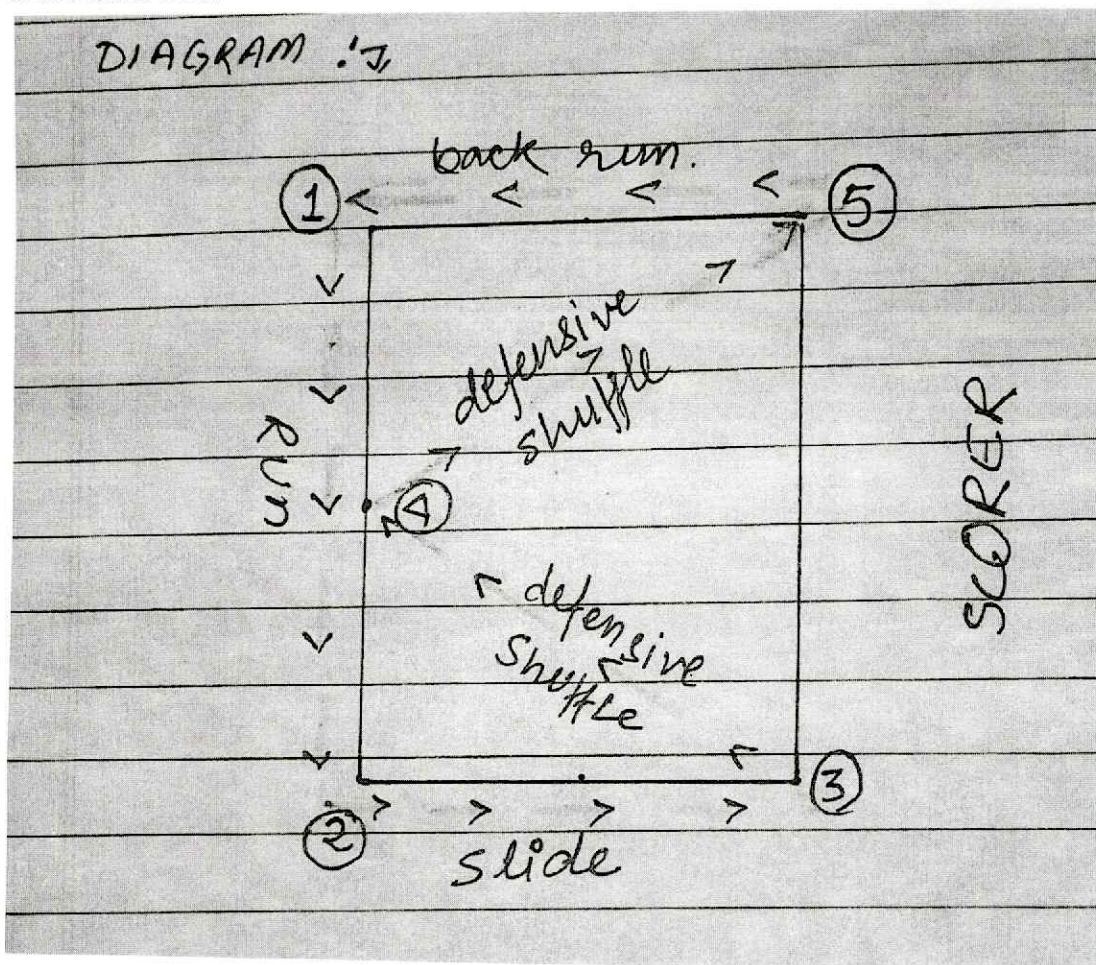


*Boys*      *Amir*      *R.*



## AGILITY SKILL TEST

- Participant is required to do 5 complete set of agility drill in 50 secs.
- Participant stands on the spot 1, on the whistle he starts running towards spot 2. Then slides to spot 3, from spot 3 he starts defensive shuffle to spot 4 and continue to spot 5, from spot 5 he does back run to spot 1 and continues accordingly.
- EQUIPMENTS:- stop watch, cones
- SCORING:-
  - 3 repetitions: - 1 point
  - 4 repetitions: - 2 point
  - 5 above repetitions:- 3 point
- DIAGRAM:-



*Drugs*

*Amir*

*A*

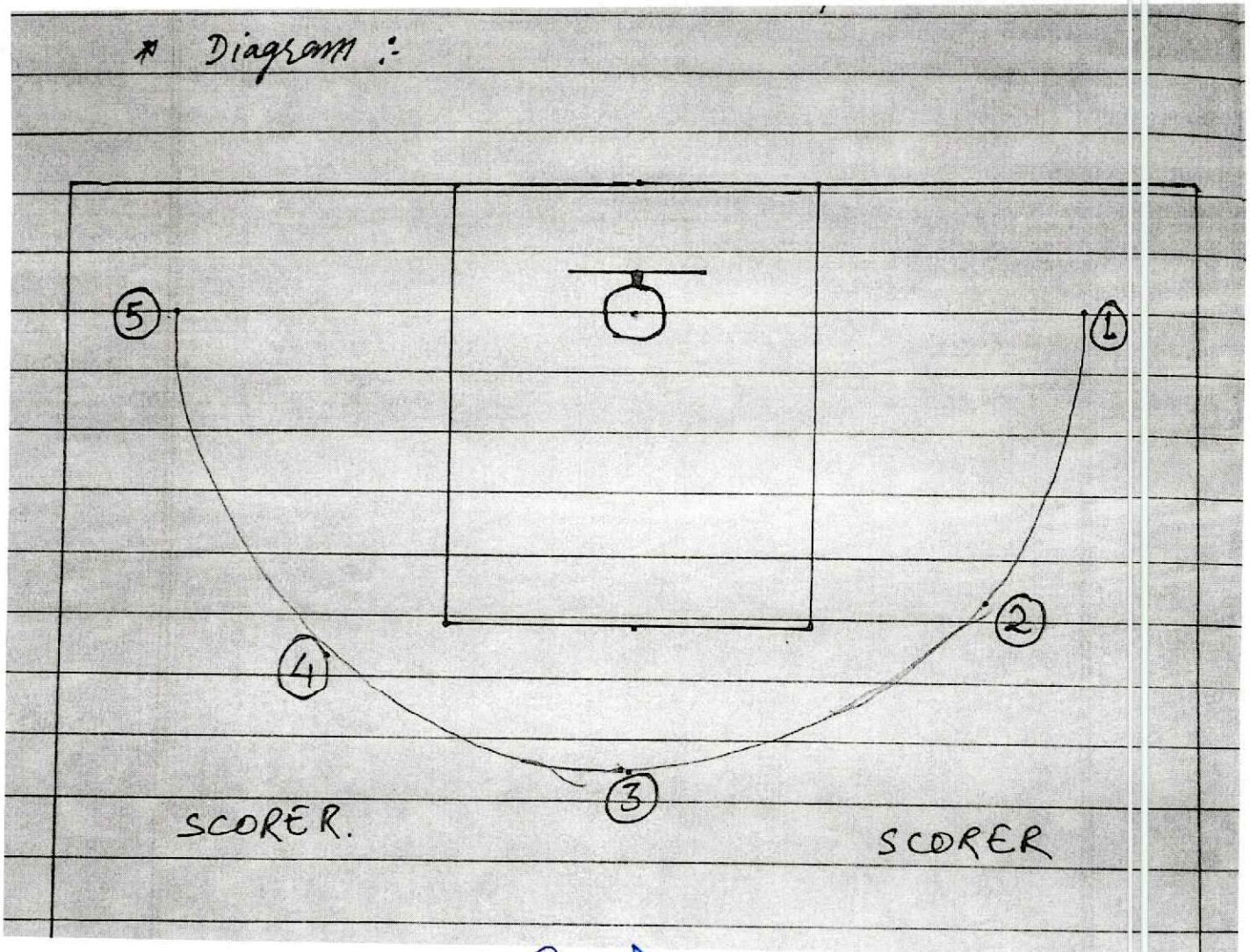


## PERIMETER FIXSPOT SHOOTING TEST

- Participant is required to shoot the ball from the fixed sport on the perimeter at a distance of 6.75 meter away from the center of the basket in 45 sec time.
- Five spots are marked and 02 balls are provided on each spot.
- EQUIPMENTS:-Basketballs, stopwatch.
- SCORING:-

1-3 basket made:	- 1 Point
4-6 basket made:	- 2 points
7-10 basket made:	- 3 points
- DIAGRAM:-

\* Diagram :-



Bush

Anand

