



373ee12gm

Practical 12

Name of the Sports: Badminton

Name of the Test: Lockhart and McPherson Badminton Skill Test

Aim

To assess the general playing ability of badminton.

Required Equipment: Unobstructed 10 feet high and 10 feet wide wall, badminton racket, new indoor shuttlecocks, stopwatch, score sheets, marking chalk and tape.

Test Dimension: A restraining line is drawn at a distance of 3 feet from the base of the wall and a starting line 11 feet to the restraining line is drawn at a distance of 3 feet 6 inches from the restraining line that is at a distance of 3 feet 6 inches from the base of the wall. A horizontal net line (1-inch wide) is marked on the wall at a height of 5 feet from the floor.

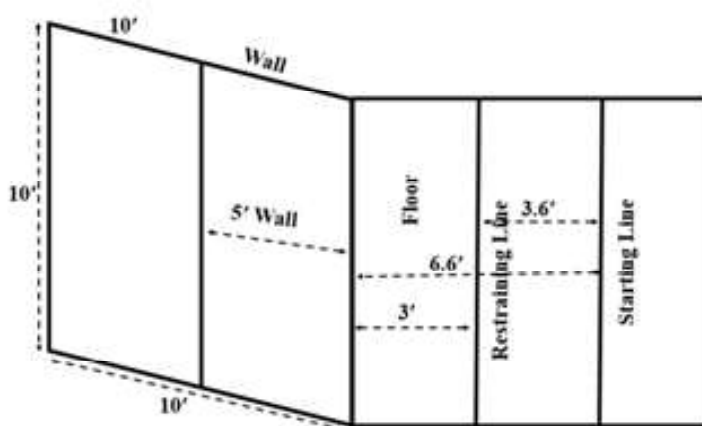
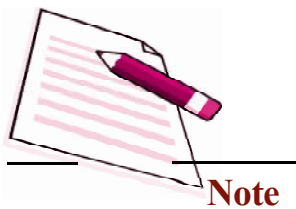


Figure 12: Wall and floor marking of the test

Testing Procedure: The participant is asked to stand behind the starting line with racket in one hand and a shuttlecock in the other. On the signal 'GO' the player is required to serve legally against the wall on or above the net line continuously for 30 seconds from the area between starting line and the restraining line. If player misses the shuttlecock, he is allowed to restart with a legal service from behind the starting line. Each examinee is allowed three trials with short intervals of 30 seconds in between.

Scoring: The total number of legal hits made on or above the net line in all three 30 seconds trials is the score of the participant in the skill test.



Effect and Observations

Perform Lockhart and McPherson Badminton Skill test for 8 consecutive days and fill the below table with your score.

Physical Effects	D 1	D 2	D 3	D 4	D 5	D 6	D 7	D 8
Numbers of Legal hits (in 30 Seconds)								



Note

Observation

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Remarks

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(Signature of the Instructor)

