



# Practical 13

**Name of the Sports:** Football

**Name of the Test:** Johnson Wall-Volleying Soccer Test

### Aim

To assess the general playing ability of football.

**Required Equipment and Facility:** Target area marked on a wall 24 feet wide and 8 feet high, Footballs, kicking board, marking tape and chalk.

### Test Dimensions:

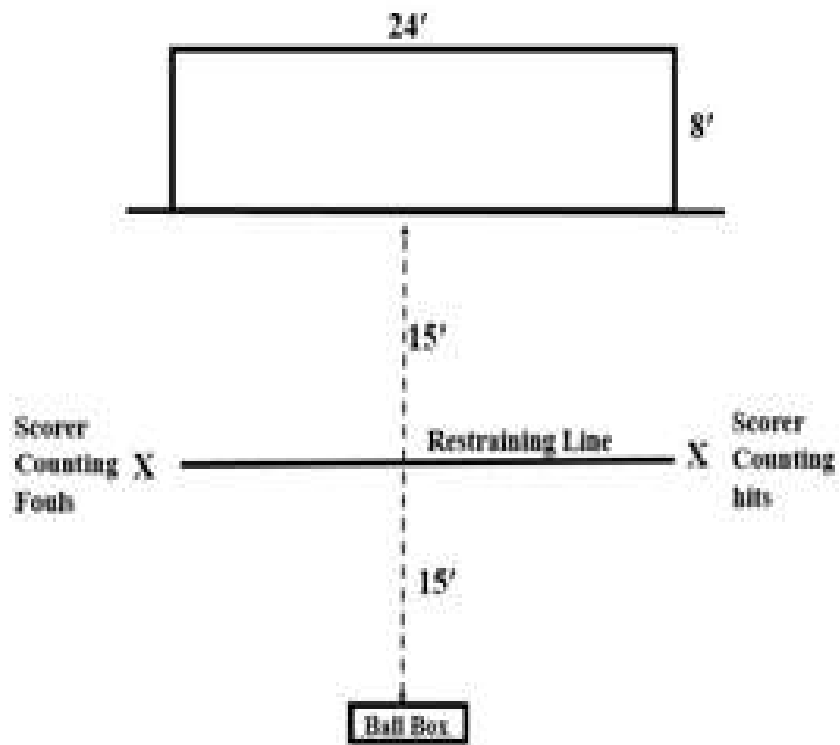
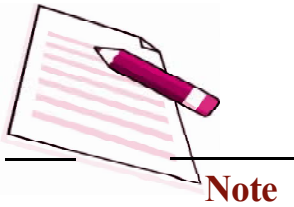


Figure 13: Marking of floor and wall of test.

**Testing Procedure:** At the starting of the test, the participant holds a soccer ball behind the restraining line and puts it in play by kicking it against the wall (target area). The ball can be kicked on 'the fly' or dropped to the ground and kicked. A test bout is 30 second, three such bouts are performed. A hit is counted for a ball played legally from behind the restraining line, strikes the target area and rebounds across the rest line. Faults are counted for any infringement over the restraining



line by the participant. No penalty is counted for the use of space balls.

**Scoring Procedure:** The participant’s score is the aggregate number of hits on the three trials less the number of faults.

**Table 13: Norms for grading of the participant.**

Grade	Score
Superior	42 and above
Good	37 to 41
Average	31 to 36
Below Average	25 to 30
Poor	24 and below



**Note**

**Effect and Observations**

Perform Johnson Wall-Volleying Soccer 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
Aggregate Number of hits (in 30 Seconds)								

**Observation**

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**Remarks**

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**(Signature of the Instructor)**

