Appendix: A

Expert Observation Scores

Procedures

A panel of three Basketball coaches evaluated the basketball elements performed by players on 480 video clips. All three experts had 15 or more years’ experience judging at local, state, and national levels. Each video clip contained one element performed by one player. The video clips were numbered 1 – 30 and included the elements. The video clips were viewed by the judging panel using a computer screen with each clip being played in sequential order from 1 to 30. Elements were randomly sequenced in the presentation. Each judge independently rated each skill using five point scales.

Rating Scale for Skill Observation

Rate on a scale of 1-5

5 indicates player is advanced with this skill,
4 indicates player performs the skill generally with success,
3 indicates that player has learned how to execute the skill, and can do it if not pressured too much,
2 indicates that player struggles with the skill and usually performs it with limited success,
1 indicates that player just can’t perform the skill.
Appendix: B

Knowledge Test No-1

Name- ___________________________  Scores- ___

Choose the correct option:

1) What is meant by Triple Threat Position?
   a) A player passes the ball
   b) A player dribbles the ball
   c) A player shoots the ball
   d) A player is in a position to pass, shoot or dribble

2) What is the position of the player and ball during low dribble?
   a) A player bends forward and dribbles the ball up to knee level
   b) Keeps the ball up to waist level in crunch position
   c) A player moves faster in front court
   d) All of the above

3) What is the position of the ball during high or speed dribble?
   a) Bounce the ball up to waist level
   b) Move forward faster
   c) Don’t look at the ball, dribble with head up
   d) All of the above
4) What type of pass is the most controlled and accurate pass?
   a) Chest passes
   b) Cross court
   c) Lob pass
   d) One hand overhead pass

5) The safest way to catch a hard pass is to
   a) Absorb the shock with both hands held stiffly
   b) Bat the ball to the floor to avoid injury
   c) Relax the hands and absorb the shock with the fingers
   d) Catch it with only relaxed hands

6) An opponent has their arms up for defense. What type of pass should be used by the offensive player?
   a) Two handed overhead pass
   b) Chest passes
   c) Lob pass
   d) Bounce pass

7) While dribbling, players should be looking upon
   a) Downward in order to control the ball
   b) Downward in order to see the feet of an opponent
   c) Forward in order to ‘see the floor’ and open teammates
   d) Forward in order to alternate hands quickly
8) What is the most efficient movement when shooting a lay-up form the right side of the basket would be to?

a) Take off on the left foot and shoot with the right hand
b) Take off on the right foot and shoot with the right hand

c) Take off on the foot and shoot with the left hand
d) Take off on the right foot and shoot with the left hand

9) While shooting a jump shot the shooter should

a) Jump and shoot at the same time
b) Jump and shoot on the way down
c) Jump and shoot at the height of the jump
d) Jump and shoot as soon as the feet leave the ground

10) After a basket, when the ball is put into play from

a) Anywhere along the baseline (end line)
b) A specific spot on the base line
c) Anywhere on the side-line
d) A rebound

11) While attacking if you are guarded closely by a defender, which type of pass will be mostly used?

a) Over head pass
b) Bounce pass
c) Chest passes
d) Hook pass
12) What should a defender watch while defending?
   a) The opponent’s eyes
   b) The opponent’s chest
   c) The opponent’s feet
   d) The ball

13) When does the offensive player gets the chance of free throw?
   a) When defensive player push the ball controller
   b) Interruption accurse at the time of shooting
   c) Defensive player use bad wards
   d) Double dribble by the defensive player

14) The most important factor which is essential for effective dribbling is to
   a) Keep the eyes on the ball
   b) Go as fast as possible
   c) Bound the ball waist high
   d) Maintain control

15) What is the correct position to guard an opponent?
   a) Face the opponent than the ball
   b) Guarding as close to the opponent as possible
   c) Keep playing the opponent slightly to the right
   d) Stay between the opponent and the basket

16) What is a good offensive man oeuvre when catching a pass before taking a shot or drive to the basket?
   a) Turn and face the basket
   b) Fake to the right or left
c) Jab and go
d) Rocker step

17) What should the defender be able to see when the other player is covering the ball?
   a) The opponent's eyes
   b) The ball
   c) His opponents
   d) The ball and his opponents at the same time

18) What is the penalty for a violation? (i.e.: double dribble, travelling)
   a) One free throw
   b) Two free throws
   c) A jump ball
   d) Opponents ball out of bounds

19) A ball bounces out of a player's hand and lands on the side-line
   a) In bounds, play continues
   b) In bounds, jump ball between the two teams
   c) Out of bounds, opposing team awarded a throw-in
   d) Out of bounds, defensive team awarded a throw-in

20) What is mean by switch dribble?
   a) Control dribble
   b) High dribble
   c) cross- over dribble
   d) Reverse dribble
21) Which type of dribble is commonly used when you are closely guarded by opponent player?
   a) Speed dribble
   b) Stop-n- go dribble
   c) Zigzag dribble
   d) Control dribble

22) When the player is in open court without guarded by any opponent which type of dribble is used?
   a) Reverse dribble
   b) Cross-over dribble
   c) Control dribble
   d) Speed dribble

23) When opponent player performs foul, which traditional shot is given to him?
   a) Lay-up shot
   b) Jump shot
   c) Free throw
   d) Set shot

24) Which type of pass is used to pass over the defender?
   a) Chest pass
   b) Push pass
   c) Hook pass
   d) Overhead pass
Appendix-C

Knowledge Test No-2

Name- ___________________________ Score- \\

Multiple choice Questions:

Choose the correct option:

Use the diagram below to answer the question No- 1, 2 and 3

1) If a player shoots from point C, she gets
   a) 1 point
   b) 2 point
   c) 3 point
   d) None of the above

2) If a player shoots from point A (Free throw), she gets
   a) 3 point
   b) 1 point
   c) 2 point
   d) None of the above

3) If a player shoots from point B, she gets
   a) 2 point
   b) 3 point
c) 1 point  
d) None of the above

4) What is dribbling violation in Basketball?
   a) Dribble with both the hands  
   b) Running with the ball  
   c) Kick the ball  
   d) All of the above

5) What is meant by foul in Basketball?
   a) Illegal physical contact with an opponent  
   b) To stop the movement of an opponent  
   c) Running with the ball by player  
   d) All of the above

6) The most safe way to catch a hard pass in Basketball is
   a) To Absorb the shock with both hands held stiffly  
   b) To Bat the ball to the floor to avoid injury  
   c) To Relax the hands and absorb the shock with the fingers  
   d) To Catch it with only relax hands

7) How many steps are taken by the player at the time of lay-up shot in Basketball?
   a) 3 steps  
   b) 2 step  
   c) 4 step  
   d) 2 ½ step
8) What is suitable dribble while changing the direction?
   a) Zigzag dribble
   b) Speed dribble
   c) Control dribble
   d) Retreat dribble

9) What is the correct decision when Basketball is out of side line or end line?
   a) Continue the game
   b) Jump ball between the two teams
   c) Opponent team gets throw in
   d) Defensive team awarded a throw in

10) How many players do play from each team in Basketball?
    a) Six players
    b) Five players
    c) Ten players
    d) Seven players

11) What is a good offensive movement just before taking a shot or drive to the basket?
    a) Turn and face the basket
    b) Fake to the right or left
    c) Jab and go
    d) Rocker step

12) How many quarters are played in Basketball?
    a) Two quarters
b) Three quarters
c) Four quarters
d) Five quarters

13) What is the penalty for violation?
   a) One free throw
   b) Two free throws
   c) A jump ball
   d) Opponent team is awarded throw in

14) Which type of pass should be used by the Basketball player to cover more distance?
   a) Bounce pass
   b) Overhead pass
   c) Chest pass
   d) Back pass

15) While dribbling Basketball, players should look at
   a) Down ward in order to control the ball
   b) Down ward in order to see the feet of an opponent
   c) Forward in order to ‘see the floor’ and open team mates
   d) Forward in order to alternate hands quickly

16) Which type of passes should be used by a Basketball player for short passes?
   a) Chest pass and bounce pass
   b) Overhead pass
   c) Baseball pass
d) Hook's pass

17) A Basketball player is out of the match after
   a) Three fouls
   b) Two fouls
   c) Six fouls
   d) Five fouls

18) How the Basketball game is started with?
   a) Jump ball
   b) Throw in
   c) After toss
   d) All of the above

19) The Basketball thrown towards another player is called
   a) A rebound
   b) A dribble
   c) A pass
   d) A pivot

20) When a Basketball player has move with the ball, she must
   a) Carry it securely
   b) Dribble the ball
   c) Pass the ball
   d) Shoot the ball

21) When a Basketball player grabs a missed shot from the board it is
   a) A basket
   b) A rebound
c) A jump ball
d) Throw in

22) After successful basket, which team gets the ball to start the game?
   a) Same team
   b) Opponent team
   c) Referee decides
   d) Jump ball

23) While attempting lay-up shot
   a) One should take off with the opposite leg of shooting hand
   b) One should run with ball and shoot
   c) One should shoot with both hands
   d) All of the above

24) While attempting Jump shot in Basketball, Shooter should release the ball
   a) At the maximum height of the jump
   b) Jumping and shooting at the same time
   c) Jumping and shooting on the way down
   d) All of the above

25) If the player dribbles the ball with both the hands, it is
   a) Double dribble
   b) Carry the ball
   c) Legal dribble
   d) None of the above
# Appendix - D

Observation Chart

<table>
<thead>
<tr>
<th>Name-----------------</th>
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Rating Scale- 1-Poor, 2-Satisfactory, 3- Average, 4-Good, 5- Excellent

### Chest Pass

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<th>Test-2</th>
<th>Test-3</th>
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## Overhead Pass

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## Skill- Dribbling

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## Control Dribble

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## Skill- Shooting

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### Free Throw

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Appendix - E

Lesson Plan

SKILL - Ball handling skills

PURPOSE-The educational approach to ball handling involves -Tapping, rotating etc. This will be practiced as a part of the warm up activities during teaching session.

EQUIPMENTS - A large indoor or outdoor area, one basketball per student.

WARM UP - Slow jog, walk on heel and toe, sideways move, neck rotation, arm rotation.

SPECIFIC WARM UP- One sprint, crab walk, moves backward in defensive shuffle.

TEACHING PART-

Skill- Different ball handling task

1) Body circles- Circle the ball around various parts of the body. Passing from hand to hand. Keep your head up, Keep your body still, and Keep the ball under control.

2) Figure of eight- Move the ball from hand to hand through the legs in a figure of eight rotation.

3) Single leg circle of ball- Pass the ball between legs and around to front.
4) **Tapping**- Tapping the ball with finger tips hand to hand.

5) **Funnel**- Pass the ball quickly back and forth between the hands, starting at the head level and going down the body to the chest, waist, knees and ankles.

**VIDEO FEED BACK**-

The students will Watch video recording of their own performance and observe clips of ball handling skills of experts. There will be review and discussion on learnt skill.

**PRACTISE SESSION**-

Practice of ball handling skills to improve the ball control. Correction of the skill may be done as per requirement.

**LEAD UP GAME**-

Tunnel passing - Two teams of equal numbers will stand on marking line with the first player holding the ball in crunching position. As the game starts, the first player pass the ball through her legs to the next player. This passing continuous till last player holds the ball and run fast in front of the line and again start passing through legs. The team which completes the rotation first is the winner.

**COOL DOWN**- Side stretch, side bending, suryanamaskar
Appendix- F

Permission Letter

Prof. Gurunath Pawar
Huzurpaga Mahila Vanijya
Mahavidyalaya, Pune
Date:

To,
The Principal
Pune Vayam Shala
Gultekadi, Pune

Subject: Permission for Research Work

Respected Sir,

This is to inform you that, I would like to conduct an experimental research on Basketball skill learning for junior girls. So I request you allow me to conduct my study at Pune Vyayam Shala for a period of Four months (Aug.2012 to Nov.2012)

Looking forward for your guidance and co-operation.

Thanking you

Yours Sincerely

Prof.Gurunath Pawar
Appendix- G

To whom so ever it may concerned

This is to certify that Mr. Gurunath Pawar conducted his research experiment on 30 junior girls’ basketball players of Pune Vyayam Shala during the Aug. 2012 to Nov. 2012.

His conduct during the experiment was good and he sincerely completed his work. I wish him all the very best for his Ph.D. work.

Date:
# Appendix- H

List of the participants students

## Experimental Group

<table>
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<tr>
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<tr>
<td>1</td>
<td>Rashmi Deshmukh</td>
<td>12-10-1999</td>
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<td>Deepti Dharmawat</td>
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Appendix- I

List of the participants students

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