



## TESTS USED IN TALENT IDENTIFICATION

Practicing test batteries by using equipments requires experience and specialization. Besides it is not certain that sports motor tests can identify talent most accurately. However these tests can provide valuable data about the young person's present level and performance. It can not be said that initial and final tests are totally insufficient, since they will reveal the talent of making use of performance components.

However, the tests carry the risk of children's and youngsters' inevitably early elimination if they are not executed consciously. For example; gifted late bloomer kids (Retarded) have no chances in this case.

While evaluating physical motor characteristics, laboratory and field tests are applied. The laboratory measurements provide most accurate results. On the other hand lab results grant the opportunity to cooperate with scientists and coaches. But except the basic measurements, mostly Field Tests are required.

### Tests For Conditional Motor Characteristics

Some test battery samples which were applied in talent identification in handball are given below. In one sample norm values are given as average values for age in another sample, graded norm scale is given (Bube, H. ve ark. 1972).

#### 1. Throwing handball far

The handball's diameter must be 34,55 cms and weight must be 325 grams.

Throw on standing step: 3 tries can be made without stepping onto the line.

Note: The throw distance is from the throw line to the point where the ball touches. Means scores according to ages given below.

Ball throw test norm values

Ages	14	15	16	17
Boys	31m	35m	38m	40m
Girls	25m	27	29	30m

#### 2- Agility Test

This test requires subjects run a 4 x10 m distance as fast as they can. 10 meters ahead from starting point is marked with a white line (length: 1 m ,width: 5 cms ). Test starts upon a loud signal by tester. When the last 10 m run is finished the time is recorded with a stopwatch ( 0.01 second sensitive).



### 3- 30m Run

Subjects start at high start position from the start line. The time of the run is recorded with even milliseconds. The run durations must be like the norm values given below.

Ages	16	17	18	19
Boys	4,5sn	4,3sn	4,2sn	4,0sn
Girls	4,7sn	4,6sn	4,5sn	4,3sn

### 4- Dribbling (30 m)

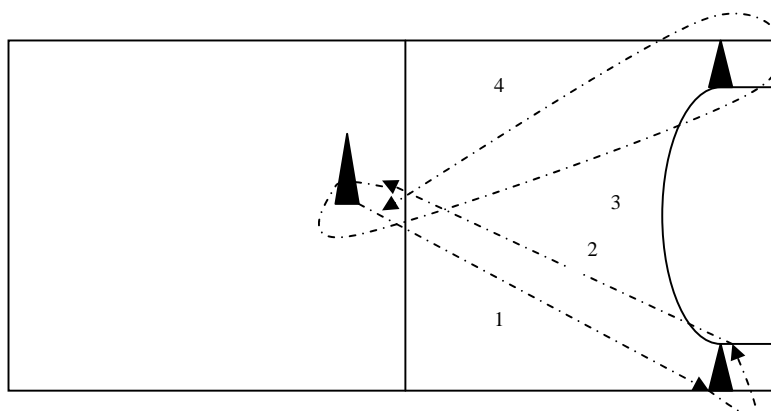
The player is ready at the start line. Upon the signal the player starts dribbling with one hand. Time is recorded with milliseconds. The results must be like the norm values given below:

Ages	14	15	16	17
Boys	5,3 sc	5,00sc	4,8sc	4,6sc
Girls	6,00sc	5,7sc	5,4sc	5,2sc

### 5- 40 m Dribbling ( Changing Direction )

The player starts at midfield with high start. Upon the signal he / she runs dribbling to one side of the court then rotates around the flag at the corner once and runs back to the mark at midfield. He / she rotates one tour around the mark then runs to the other side of the court. And runs back to the mark at midfield. Flags must be used for return points (vertical sticks height should be 1,5 m ). The recorded time values must be like the norm values given below:

Ages	16	17	18	19
Boy	12,9sn	12,4	12,1 sn	12,0 sn
Girl	13,5 sn	13,1 sn	13,0 sn	12,9 sn





## 6- Shooting to Handball Goalpost

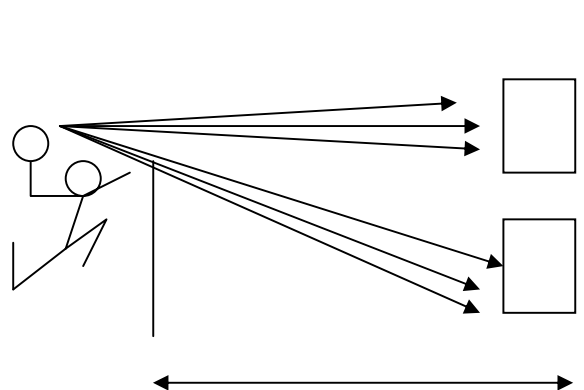
The shot is taken within 3 steps rule on standing step. The shot must be performed with 7 m. throwing technique. There are targets in shape of square (60 cm x 60 cm) on the goalposts' both corners. The player takes 3 shots to each target on both sides. Each score appropriate to the technique is recorded as one point. The norm values are given below:

Norm values of shooting test

Ages	16	17	18	19
Boy	4	4	5	5
Girl	4	4	5	5

## 7- Jumping Shot to Target

The shot is taken strongly to the goalpost by jumping after 2 or 3 steps. The point where the shot is taken must be in a field making 90 degrees angle with goalpost. Boys take their shots from 10 meters, girls from 9 meters. There are targets in shape of rectangle (50 cm x 70 cm) on the goalposts' both corners. The player takes 3 shots to each target on both sides. Each score appropriate to the technique is recorded as one point.



Erkek: 10m  
Bayan: 9m

The norm values are given below

Ages	14	15	16	17
Boy	3	3	4	5
Girl	2	2	3	4

Note: Each shot hitting the target is recorded as a score. Girls between 12-15 years old take their shots on standing step. Girls between 16-17 years old make jumping shots.



## A Test Battery and Evaluation Criteria Which Applied In Czech Republic are Given Below As An Example (Tuma, M. 2007).

The tests consist of the following:

Running 2x15m, dribble 30m, five jumps, ball throw, running 10x20m, Cooper test (12 minutes running). Each test is an indicator of a different motoric ability. The movements that create content of the tests are currently used in the game. We will now describe the tests and the method of measurement.

### Running 2x15m

The distance of 15m is marked by two parallel lines. The participant starts from one of them on a starting signal. The change of the direction is allowed only after the other line is touched. The amount of time taken to cross the second line is recorded (Figure 1).

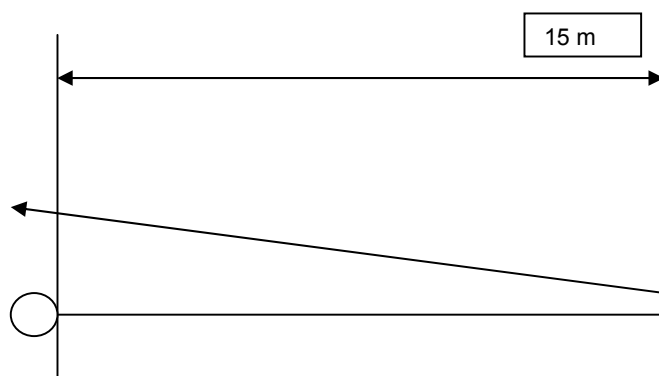


Figure 1

### 30m dribble

(Indicates dribbling skill)

The distance of 30m is marked with two parallel lines. The participant starts from one marker on a starting signal. The first bounce of the ball must be realised within the area distance of 1.5 meters, which is marked by a short line. The participant has to catch the ball after crossing the second line. The amount of time taken to cross the second line is recorded (Figure 2).

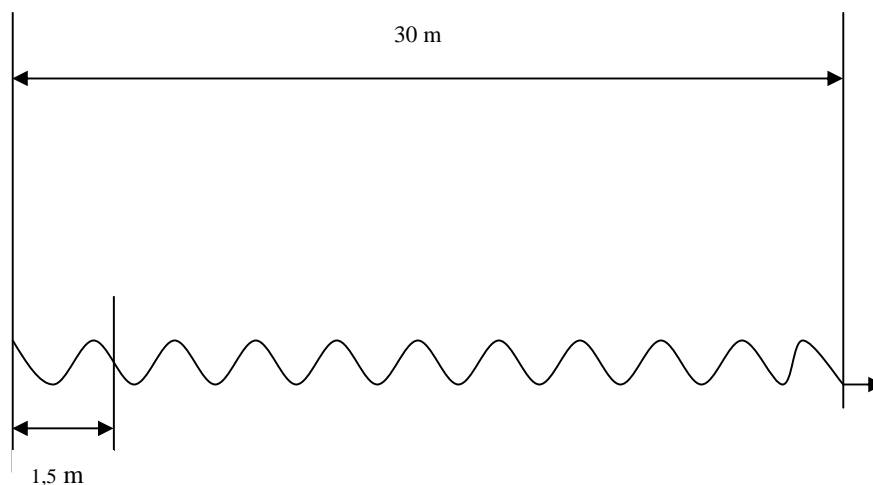


Figure 2



### Five jumps

(Indicates “take-off” force of legs)

The measuring tape is extended on the floor. The participant stands on the jumping leg behind the starting line. He/she performs five jumps only on their jumping leg (the last landing might be on both legs) without a break (Figure 3). The distance from the starting line to the point of last contact of the leg (or other part of body) with the floor is measured.

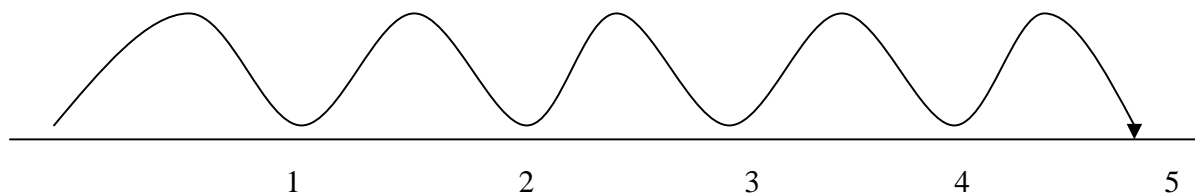


Figure 3

### Ball throw

(Indicates the swinging force of arms)

The participant stands behind the line and throws a lightweight (for women and children) or a kg ball (men) as far as possible in the marked sector. During the throw the player must have constant contact with the ground with at least some part of one leg (like the 7m throw). The player is not allowed to step over the line until the ball is thrown and has three immediate subsequent attempts. We recorded the length of the throw with precision to 0.1m (Figure 4).

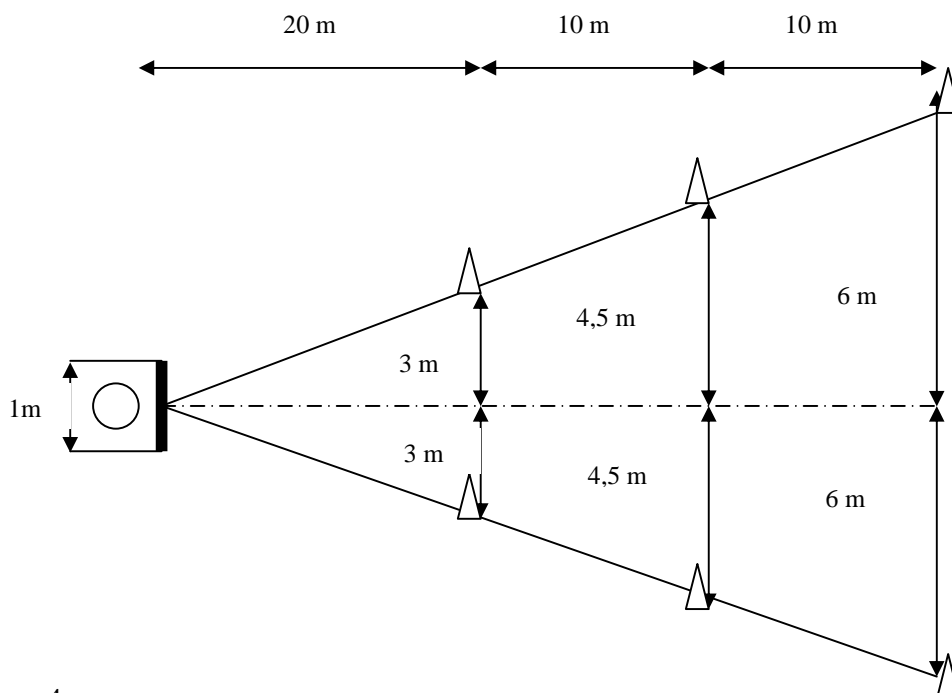


Figure 4



### 10x20 m run

(Indicates special endurance)

The distance of 20m is marked with the outer goal line and centre line. The participant starts from the centre line and runs repeatedly ten times. The change in the direction is only allowed after the other line has been touched. The time taken from the start and crossing the centre line for the tenth time is recorded. Each player has to run once.

### 12 minute run

(Indicates endurance)

A 100m distance is marked on the playing court with the 4 cones (Figure 5). The players run continuously for 12 minutes. The test is brought to an end with an audio signal (whistle). Immediately afterwards the players have to stop and sit (or lie down) at the place of their last step. It is helpful to note the distance that was covered.

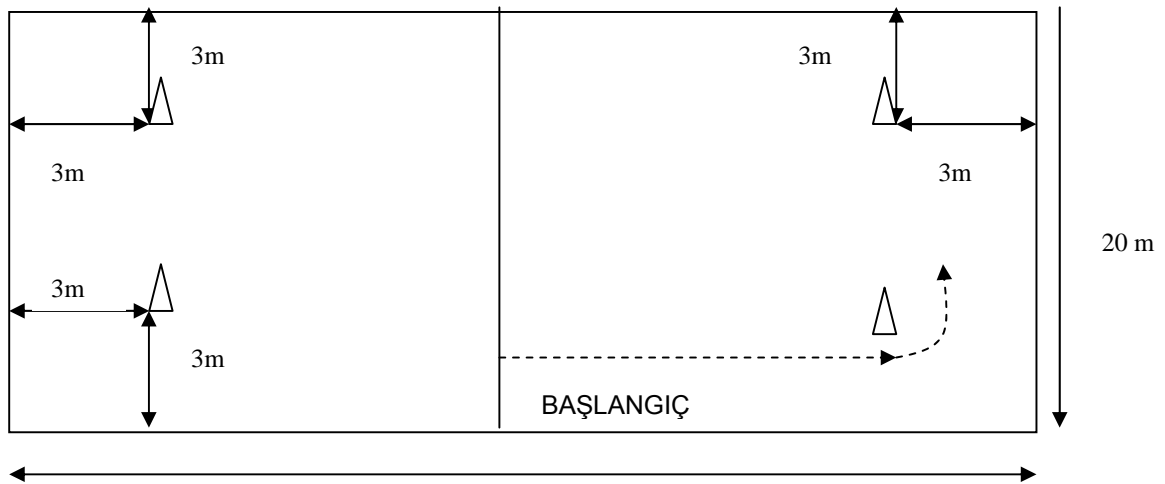


Figure 5

40 m

Table 1: Norms of motoric tests for 15-16 years boys



point	Running 2 x 15 m		30 m dribble		Ball throw	Five jump	Running 10 x 20 m	12 min. run
	Electronic Device	Stop watch	Electronic Device	Stop watch				
0	5,98 or more	5,8 or more	4,92 or more	4,9 or more	18,50 or less	10,35 or less	44,7 or more	2540 or less
1	5,91 – 5,97	5,7	4,84 – 4,91	4,8	18,60 – 19,90	10,40 – 10,80	44,1 – 44,6	2550 – 2620
2	5,84 – 5,90		4,76 – 4,83	4,7	20,00 – 21,30	10,85 – 11,25	43,5 – 44,0	2630 – 2700
3	5,77 – 5,83	5,6	4,68 – 4,75		21,40 – 22,70	11,30 – 11,70	42,9 – 43,4	2710 – 2780
4	5,70 – 5,76		4,60 – 4,67	4,6	22,80 – 24,10	11,75 – 12,15	42,3 – 42,8	2790 – 2860
5	5,63 – 5,69	5,5	4,52 – 4,59	4,5	24,20 – 25,50	12,20 – 12,60	41,7 – 42,2	2870 – 2940
6	5,56 – 5,62		4,44 – 4,51		25,60 – 26,90	12,65 – 13,05	41,1 – 41,6	2950 – 3020
7	5,49 – 5,55	5,4	4,36 – 4,43	4,4	27,00 – 28,30	13,10 – 13,50	40,5 – 41,0	3030 – 3100
8	5,42 – 5,48		4,28 – 4,35	4,3	28,40 – 29,70	13,55 – 13,95	39,9 – 40,4	3110 – 3180
9	5,35 – 5,41	5,3	4,20 – 4,27		29,80 – 31,10	14,00 – 14,40	39,3 – 39,8	3190 – 3260
10	5,34 or less	5,2 or less	4,19 or less	4,2 or less	31,20 or more	14,45 or more	39,2 or less	3270 or more

The player can earn 0 – 10 points in one test. The maximum score for all tests combined is 60 points. Naturally, 30 points is used as the average.

### Measurement Protocol

In measurements; after height, weight, hand length and fathom distance measurement motoric test measurements should be performed. Firstly coordination and speed tests and then explosive power test and finally speed endurance test should be performed. Before motoric tests, all players must be allowed for 15 min. warm-up activities and short-trial. Each test phase should last approximately 40 min.

### References

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