



Basketball Throw a test of Upper Body Strength

Muscular strength is defined as the maximum tension or force that a muscle can exert in a single contraction. Weight lifting is the classic activity that demands great amounts of muscular strength. However, strength is an important part of almost every sporting activity. The basketball throw challenge is designed to give an indication of upper body strength.

Equipment

- 1 Standard basketball (no. 5)
- 1 Tape measure (minimum 15 metres)
- Clear packing tape

Procedure

- The student sits on the ground with their buttocks, back, shoulders and head resting against a wall, with the legs stretched horizontally in front of the body.
- Using a two-handed chest pass, the student attempts to throw the basketball as far as possible. One arm or other types of pass are not allowed.
- The head, back, shoulders and buttocks should remain in contact with the wall at all times.



Scoring

- Allow two trials per student.
- Record the furthest distance thrown to the nearest 5 cm. (eg. 5.35m, 7.8m)
- Measure to the point at which the basketball first contacts the ground.



Tips

- Set up this station in a location that will not interrupt any other stations if the ball goes astray.
- Ensure the participant is sitting with buttocks, and back right up against the wall.
- Instruct the participants to direct the ball upwards and out for best results.
- Select a volunteer to help retrieve the ball after it has been thrown. The measurer should focus on marking the throw distance with his/her foot as opposed to catching the ball.