

Alternate Hand Wall Toss Test

Recommended for Years 4-8

Purpose:

To measure hand-eye co-ordination

Equipment required:

Tennis ball, smooth solid wall, stopwatch (optional)

Procedure:

A mark is placed a certain distance from the wall (e.g. 2 metres).

The person stands behind the line and facing the wall.

The ball is thrown from one hand in an underarm action against the wall and attempted to be caught with the other hand.

The ball is then thrown back against the wall and caught by the starting hand.

The test can continue for a nominated number of attempts or for 30 seconds.

Scoring:

The table below lists general ratings for the Wall Toss Test, based on a 30 second period.

Rating	Score (in 30 seconds)
Excellent	>35
Good	30-35
Average	20-29
Fair	15-19
Poor	<15