

Alternate Hand Wall Toss Test

Name:

Age:

Date of test:

Examiner:

Purpose

The Alternate Hand Wall Toss Test is designed to monitor an athlete's hand-eye coordination. This is essential for evaluating the ability to coordinate vision and hand movements, which is crucial in many sports and physical activities.

Equipment needed

- Tennis ball
- Stopwatch
- Smooth wall

Test procedure

1. Instruct the athlete to warm up for 10 minutes to prepare for the test.
2. Position the athlete two meters away from a smooth wall.
3. On the command "GO," the athlete will start throwing a tennis ball with their right hand against the wall and catching it with their left hand, then alternate by throwing with the left hand and catching with the right.
4. This cycle continues for 30 seconds.
5. Count the number of successful catches during the 30-second interval.
6. Record the total number of catches achieved in the test.

Results

Number of catches:

Normative data

The following normative data for 15 to 16-year-olds is available for this test (Beashel & Taylor, 1997):

- Excellent: >35
- Above average: 30 - 35
- Average: 25 - 29
- Below average: 20 - 24
- Poor: <20

Additional notes

Healthcare professional information

Name:

Signature: 

Date:

References

Beashel, P., & Taylor, J. (1997). Fitness for health and performance. In P. Beashel & J. Taylor (Eds.), *The world of sport examined* (p. 66). Thomas Nelson and Sons.

Mackenzie, B. (2009). *Hand eye coordination test*. BrianMac Sports Coach. <https://www.brianmac.co.uk/handeye.htm>