

Medicine Ball Throw Test

Name: Darren Fisher Age: 29 Gender: Male Weight: 85 kg

Date: May 30 2024

Overhead medicine ball throw (forwards)

Equipment required

- Tape measure
- Medicine ball (2-5 kg, depending on capabilities)

Pre-test

- Explain the test procedures to the subject.
- Perform screening of health risks and obtain informed consent.
- Perform a standard warm-up.
- Mark the take-off line clearly.

Test procedure

1. The subject stands at the line with feet side by side and slightly apart, facing the direction of the throw.
2. Hold the ball with hands on the side and slightly behind the center.
3. Bring the ball back behind the head, then throw it vigorously forward as far as possible.
4. The subject is encouraged to step forward over the line after releasing the ball.
5. Allow three throws. Use the best result.

Scoring

Medicine ball weight: 4 kg

Distances thrown (recorded to the nearest 0.5 foot or 10 cm)

1. 14.5 m

2. 15 m

3. 14.7 m

Additional notes

Best throw was the second attempt with optimal technique and good force transfer

Seated medicine ball throw (“power throw”)

Equipment required

- Tape measure
- A spot to sit against the wall
- Medicine ball (2-5 kg, depending on capabilities)

Pre-test

- Explain the test procedures to the subject.
- Perform screening of health risks and obtain informed consent.
- Perform a standard warm-up.
- Mark the take-off line clearly.

Test procedure

1. The athlete sits on the floor with legs fully extended and back against a wall.
2. Hold the ball with hands on the side and slightly behind the center, back against the chest.
3. Throw the ball vigorously as far forward as possible while maintaining the back against the wall.
4. Allow three throws. Use the best result.

Scoring

Medicine ball weight: 4 kg

Distances thrown (recorded to the nearest 0.5 foot or 10 cm)

1. 6.7 m

2. 7 m

3. 7.1 m

Additional notes

Consistent performance with technique improvement on the second throw and better performance on the third.

Healthcare professional's information

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