

## Sports Assessment Station 12– Flexibility – Sit and Reach

### Objective:

Athlete will be evaluated on lower back and thigh flexibility.

### Materials:

Sit and Reach box or floor tape, measuring tape

### Time:

3 minutes

### Volunteers:

- Required: 1
  - The volunteer will explain the procedure, demonstrate, and measure the stretch.
- Ideal: 2
  - Volunteer 1 will explain the procedure, demonstrate, and measure the stretch.
  - Volunteer 2 will do the same as Volunteer 1, but with another athlete.

### Sit and Reach box Setup:

The athlete should take off their shoes and the box should be placed so that the feet are flat against the inside of the box. Have the athlete extend their arms out with one hand on top of the other. Note the measurement that the athlete arms are at when extended.

### Sit and Reach box Procedure:

1. Have the athlete put one hand on top of the other.
2. Tell them to stretch as far as possible, without bending their knees.
3. Let them try 3 times, marking each time how far they go.
4. Record the best stretch.
5. Encourage the athlete to stretch as far as possible.

### Reaching Setup (without a Sit and Reach box):

Use the measuring tape to make a 50 cm straight line. Have the athlete extend their arms out straight in front of them with one hand on top of the other. Measure straight down from the middle finger and mark the position.

### Reaching Procedure:

1. Have the athlete put one hand on top of the other.
2. Tell them to stretch as far as possible without bending their knees.
3. Let them try 3 times, marking each time how far they go.
4. Record the best stretch.
5. Encourage the athlete to stretch as far as possible.

### Evaluation:

1. Subtract the starting position from the athlete's best stretch.
2. Write the difference on the athlete's assessment sheet.