

Sports Assessment Station 2 – Upper Body Power – Medicine Ball Throw

Objective:

Athlete will be evaluated on upper body power.

Materials:

Measuring tape, medicine ball (1 kg, 2 kg), floor tape

Time:

3 minutes

Volunteers:

- Required: 1
 - The volunteer will explain the procedure, demonstrate the skill, and measure the distance the medicine ball is thrown.
- Ideal: 2
 - Volunteer 1 will explain the procedure and measure the distance the ball is thrown.
 - Volunteer 2 will demonstrate how to throw the ball and help measure the distance the ball is thrown.

Setup:

This station should be near a wall.

Procedure:

Volunteer 1 –

1. Have the athlete sit on the floor with their back against the wall.
2. Give the female athletes the 1 kg ball and the male athletes the 2 kg ball.
3. Tell them to throw the ball straight out in front of them with no arch.
4. Tell the athlete to keep their shoulder blades against the wall when they throw the ball.
5. Tell the athlete that after they throw the ball their arms should freeze when they let go of the ball.
6. Have the athlete throw the ball 3 times and record the measurement with the longest length.
7. Encourage the athlete to throw the ball as far as possible.

Volunteer 2 –

1. Demonstrate how to throw the ball with keeping your shoulder blades against the wall and freezing your arms at the point of release.
2. Retrieve the ball after it is thrown, return the ball to the athlete, and help measure.
3. Encourage the athlete to throw the ball as far as possible.

Evaluation:

1. If there is arch on the ball or if their shoulder blades come off the wall have the athlete try again after you demonstrate how to throw the ball correctly.
2. Measure the distance from their hands to where the ball lands in meters.
3. Write the distance in meters on the athlete's assessment sheet.