

Sports Assessment Station 8– Hand-eye Coordination - Catching and Throwing

Objective:

Athlete will be evaluated on hand-eye coordination.

Materials:

Measuring tape, floor tape, 30 x 30 cm target, 3 tennis balls

Time:

3 minutes

Volunteers:

- Required: 1
 - The volunteer will explain the procedure, demonstrate the skill, and count the number of catches and throws performed correctly.
- Ideal: 2
 - Volunteer 1 will explain the procedure, demonstrate the skill, and count the number of catches and throws performed correctly.
 - Volunteer 2 will retrieve lost balls and count the number of catches and throws performed correctly.

Setup:

Measure 3 meters from a wall and put a piece of tape on the floor. Put the 30 by 30 target on the wall 1.5 meters from the ground.

Procedure:

1. Demonstrate the skill.
2. Tell the athlete that they will throw the ball at the target and then let the ball bounce one time then catch the ball.
3. Tell them to stand at the line on the floor and not to cross the line when they throw the ball.
4. Tell the athlete to use only their hands to catch the ball; do not use chest or arms.
5. The athlete should throw the ball over-handed.
6. This is not a test to analyze their form, only judge if they can hit the target and catch the ball.
7. The athlete should practice twice before you start counting.
8. The athlete should throw the ball at the target 10 times.

Evaluation:

1. You should record how many times out of 10 the ball is thrown and hits the target.
2. You should count the number of balls (out of 10) that are caught with the athlete's hands.
3. Do not count balls that are caught using the chest or arms.
4. Do not count balls that do not hit the target.
5. Write the count (out of 20) on the athlete's assessment sheet.