

## **Sports Assessment Station 10 – Balance – Walk a Line**

### **Objective:**

Athlete will be evaluated on balance.

### **Materials:**

Measuring tape, floor tape

### **Time:**

3 minutes

### **Volunteer:**

- Required: 1
  - The volunteer will explain the procedure, demonstrate, and assess the athlete.
- Ideal: 2
  - Volunteer 1 will explain the procedure and assess the athlete.
  - Volunteer 2 will demonstrate the procedure and assess the athlete.

### **Setup:**

Measure a distance of 3 meters. Make a straight line using the floor tape for 3 meters. The width of the line should be 6 cm.

### **Procedure:**

Volunteer 1 –

1. Tell the athlete to walk heel to toe the entire way down the line without looking at their feet.
2. Stand at the end of the line and tell the athlete to look at you as they are walking down the line.
3. The athlete may place their hands on their hips or out to the side, whichever is more comfortable.
4. Have the athlete take 8 steps forward and then 8 steps backward.
5. Encourage the athlete.

Volunteer 2 –

1. Demonstrate how to walk the line without looking at your feet.
2. Count the number of times the athlete's foot steps completely off the line.
3. Encourage the athlete.

### **Evaluation:**

1. Count how many correct steps the athlete takes.
2. Write the number of steps on the athlete's assessment sheet.