

Sports Assessment Station 6 – Lower Body Strength – Wall Sits

Objective:

Athlete will be evaluated on lower body strength endurance.

Materials:

Wall, 1-2 stop watches

Time:

3 minutes

Volunteers:

- Required: 1
 - The volunteer will explain the procedure, demonstrate the skill, and time the athlete.
- Ideal: 2
 - Volunteer 1 will explain the procedure to one athlete, demonstrate the skill, and time the athlete.
 - Volunteer 2 will do the same thing with another athlete.

Setup:

This station should be at a wall.

Procedure:

Volunteer 1 –

1. Demonstrate a wall sit.
2. Have the athlete stand about 25 cm from the wall.
3. Tell the athlete to lean against the wall and slide down.
4. As the athlete is sliding down on the wall, tell them to “freeze” when they have reached the correct position.
5. Make sure their thighs are parallel with the floor and tell the athlete how to adjust if the thighs are not parallel to the floor.
6. Tell the athlete to fold their arms across their chest.
7. Tell the athlete that they will try to hold the position for 60 seconds.
8. The knees should not come out further than the toes. This can lead to injury.
9. Start recording the time as soon as they are in the position. Stop recording once the athlete has moved significantly (such as no longer in a sitting position, using arms to help balance them self, or is widening their stance). They are allowed to move slightly, especially if their feet are sliding.
10. Encourage the athlete.

Volunteer 2 will repeat the same procedure with a second athlete.

Evaluation:

1. Note the number of seconds the wall sit is held.
2. Write number of seconds on the athlete’s assessment sheet.