HEXAGON AGILITY



OBJECTIVE:

Measure the ability to move quickly while maintaining balance

EQUIPMENT:

Stopwatch
Tape or chalk
Tape measure



PRIOR TO TESTING:

- ☑ Using tape indoors (athletic or electric), or chalk outdoors, mark a hexagon on the floor or ground
- ☑ Length of each side should be 24 inches (2 feet)
- ☑ Each angle should be 120°
- ✓ Set up multiple stations

TEST INSTRUCTION AND EXECUTION:

Coach tests student

- 1. Student starts with both feet in the middle of the hexagon, facing the front line/coach
- 2. Test/time starts on coaches "GO"
- 3. Students must face forward toward coach implementing test
- 4. Students hops over front line with two feet and back to the middle of the hexagon
- 5. Repeat two foot hop over each line, returning to the middle after each one, always facing forward
- 6. Complete 3 full revolutions around the hexagon
- 7. Record time after student completes final jump over line (add time penalties if necessary)

SCORING

- ☑ HEX test is recorded in seconds (XX.XX)
- ☑ Time penalty: add 0.5 seconds for every missed or touched line
- ☑ Disqualification:
 - Student turns away from coach implementing test
 - Student loses control and falls over/out of the hexagon
 - Student "gallops"/does not two foot hop over each line