

HEX TEST



OBJECTIVE:

Measure the ability to move quickly while maintaining balance

EQUIPMENT:

stopwatch
tape or chalk
tape measure

1 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

2 TEST INSTRUCTION & 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. Student 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 last line (add time penalties if neccessary)

3 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

