

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 line

3 SCORING

- ☒ HEX test is recorded in seconds (XX.XX)
- ☒ Disqualification:
 - Student turns away from coach implementing test
 - Student misses a line or losses control and falls over/out of the hexagon
 - Student "gallops"/does not two foot hop over each line

