

Hexagon Agility Test

Name: Sarah Thompson Age: 18

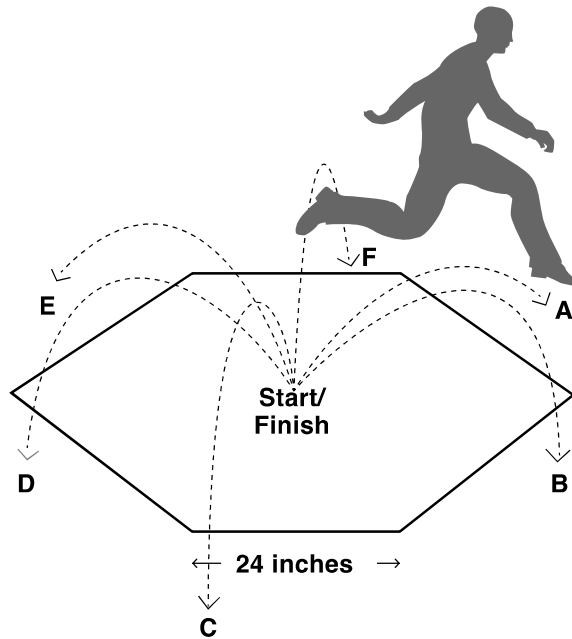
Examiner: John Parker Date accomplished: June 14, 2024

Test setup

- **Hexagon dimensions:** Each side measures 24 inches (60.96 cm)
- **Equipment needed:** Floor marking tape, stopwatch

Test procedure

1. Have the examinee stand with both feet together at the center of the hexagon.
2. Start the stopwatch, and at the same moment, have them jump with both feet over each line of the hexagon, each time returning to the center and continuing clockwise.
3. Have the examinee complete three circuits as quickly as possible.
4. Record the time.
5. Conduct two trials per session.



Results

Trial 1: 14.8 seconds Trial 2: 14.2 secs

Best time: 14.2 secs

Assessment

Compare recorded times against normative data tables to determine agility rating (poor, below average, above average, excellent), categorized by gender and age.

Gender	Poor	Below	Average	Above average	Excellent
Male	> 17.8 secs	15.6 - 17.8 secs	13.4 - 15.5 secs	11.2 - 13.3 secs	< 11.2 secs
Female	> 21.8 secs	18.6 - 21.8 secs	15.4 - 18.5 secs	12.2 - 15.3 secs	< 12.2 secs

Examinee agility rating: Above average

Examiner observations

Notes on examinee's form and quickness:

Sarah demonstrated good form, maintaining a low center of gravity and quick, controlled jumps. However, she occasionally hesitated slightly when changing directions, which could be improved.

Recommendations for improvement:

Practice more agility drills focusing on directional changes. Work on increasing the speed of transitions between jumps. Incorporate plyometric exercises to improve explosive power.

Signature

Tester's signature: _____ 

Date: June 14, 2024

Anot, R. B., & Gaines, C. (1986). *Sportstalent*. Penguin Books.

Mackenzie, B. (2002). *Hexagonal obstacle agility test*. www.brianmac.co.uk. <https://www.brianmac.co.uk/hexagonal.htm>