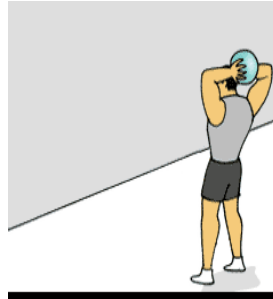


POWER TEST – OVERHEAD MEDICINE BALL



Purpose

This test is done as a way to measure explosive power in the upper body. This test is good for athletes who use a lot of upper body strength, like rowers and tennis players. But it is also a good test to do on a soccer player to measure their throw-in ability.

Procedure

1. This test is similar to a soccer sideline throw-in as you will have the client stand with two feet slightly apart and a medicine ball in both hands above the head.
2. Have the client bring the ball slightly behind the head and throw it as far forward as possible.
3. Three attempts are allowed and you will record the best distance.

Equipment

- Measuring tape
- 2-5 kg medicine ball depending on the client's ability

Results

Measure the distance from the starting point of the feet until the initial landing point of the ball.