

AGILITY TESTING – TWO HOP JUMP TEST



Purpose

The purpose of this test is to test the power of the legs as well as coordination.

Procedure

1. The client starts behind a set line with feet shoulder width apart.
2. Have them bend down while swinging their arms and jump forward as far as they can.
3. Without stopping or hesitating, have them jump forwards again. Make sure that they remain stable after landing the second jump.
4. Allow the client to have two trials and record the best one.
5. Make sure that both jumps land on both feet, as well as push off from both feet. Do not allow the client to step out of their landings or fall out of them. If they do, retest.

Equipment

- A clearly marked starting point
- A measuring tape

Results

Record the distance from the starting line to the heels of the client after landing the second jump.