



Stork Stand test

To test balance

Equipment needed: stop watch



- Athlete should lift one foot and place the sole against the inside of the supporting leg, just below or at the knee (stork)
- Arms may be in front of body, at hips or at sides or overhead (more difficult)
- Athletes should focus on a spot on the wall
- When athletes are ready, start timing- stop timing when form is improper in any way i.e.) hopping, large sway or wobble, other foot touching ground, using support
- Record time, switch legs
- Record the time even if it's a second