



Wall sit test

To test leg strength

Equipment: stop watch, flat wall, tape

- Athlete stands approximately 25cm from wall, feet shoulder width apart-this will vary depending on height of athlete
- Athlete leans back against the wall and slides down until knees are **90 degrees**-ensure that athletes are not standing too high or sliding lower than 90 degrees
- You can mark 90 degrees for the athlete with tape on the ground
- Hands should be folded across chest or resting on thigh
- When athlete is in position, start timing
- Stop timing when athlete changes position significantly-knees must remain in 90 degrees

Tips for Volunteers and Coaches:

- Stand beside the athlete to make sure that they are at 90 degrees
- Correct the athlete as soon as their form changes

