

What is my Report Card telling me?



BALANCE FITNESS

Single Leg Stance, Eyes Closed

Balancing on one foot is a challenge but doing so with your eyes closed is even more difficult! We use our vision to orient ourselves and stay upright. However, there are many times in life (and sport) when we cannot depend on our vision. When turning or head quickly or moving forward with our vision focused elsewhere (like the ball or the basket) we need to depend on our balance without relying on vision. You can improve your numbers here with practice. Check out the balance fitness handout!

Single Leg Stance, on Foam

For this test we took away your ability to sense the ground. This is important because you might not always be able to depend on the ground for accurate (or expected) feedback. Many of you train or compete on surfaces that aren't hard or predictable. Even if you are on a court consider the times you step on someone's foot or land unpredictably from a jump. Training your balance for these unpredictable situations will help to keep you safe while competing and give you a competitive edge.