

Key Test Protocol

1. Athlete begins at the base of the key.
2. On one leg, the athlete hops forward to the free throw line, across the free throw line, and back down to the base of the key, all while facing forward (they will hop forward, laterally, and then backward). They repeat this to hop forward to the free throw line, across the free throw line and then back to the same spot they began to end the test. (this is considered one trial)
3. Repeat this process with the other leg.
4. Do two trials on each leg and time each trial in terms of seconds.

Trial 1: Right _____

Left _____

Trial 2: Right _____

Left _____

