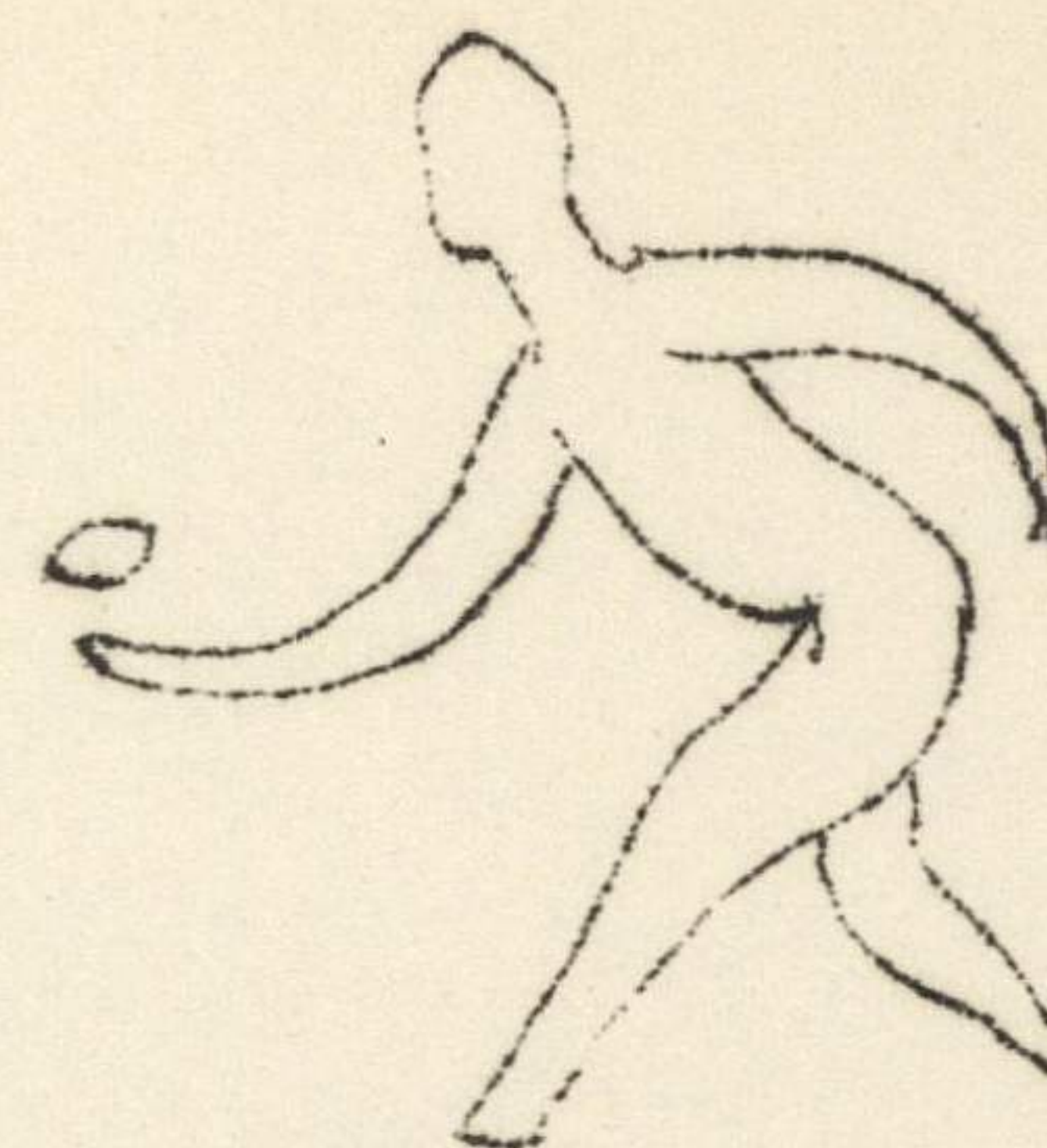


## HAND BALL



1. Speed Test

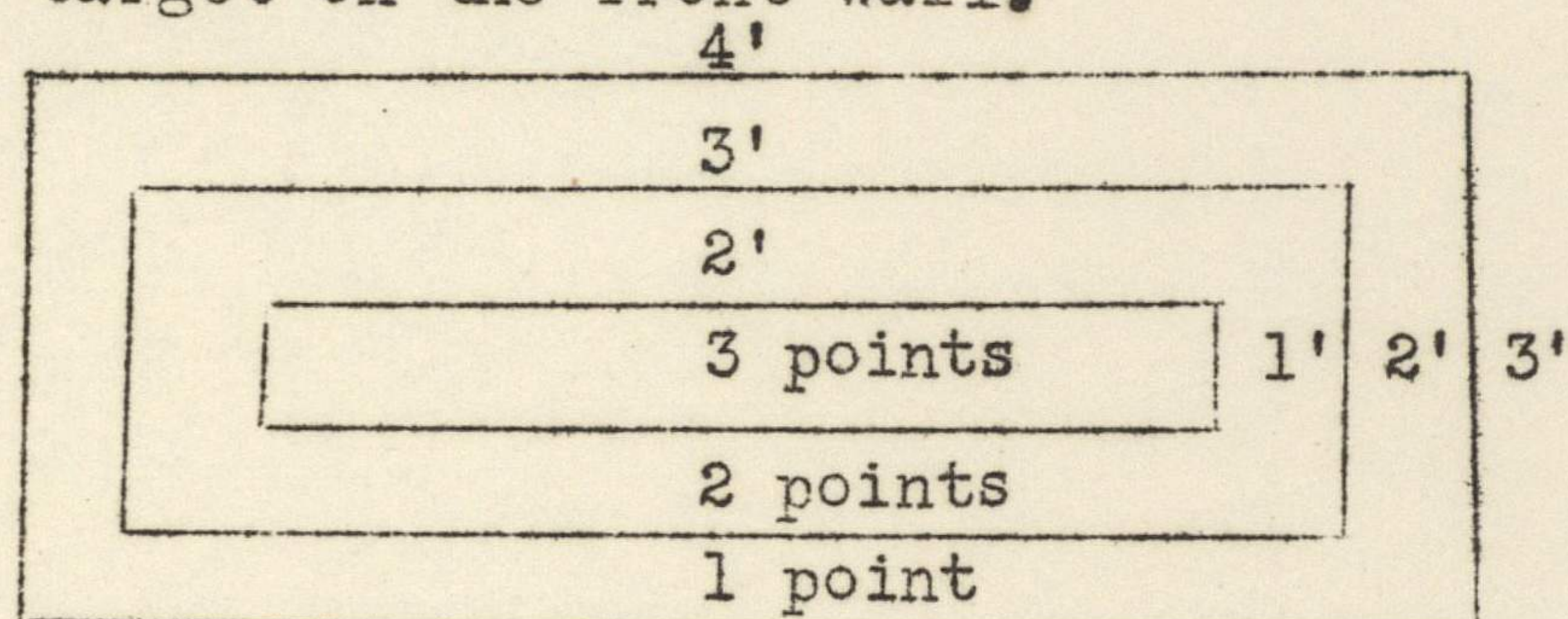
1. Hit ball with right hand against a wall 15 feet away as many times as possible in 15 seconds. Start by dropping ball to the floor. Score total returns.

2. Repeat test over but alternate left and right hand returns.

2. Accuracy Test.

From a position behind service line drop the ball from hand to floor and hit ball at target on the front wall.

Score total points in five attempts.

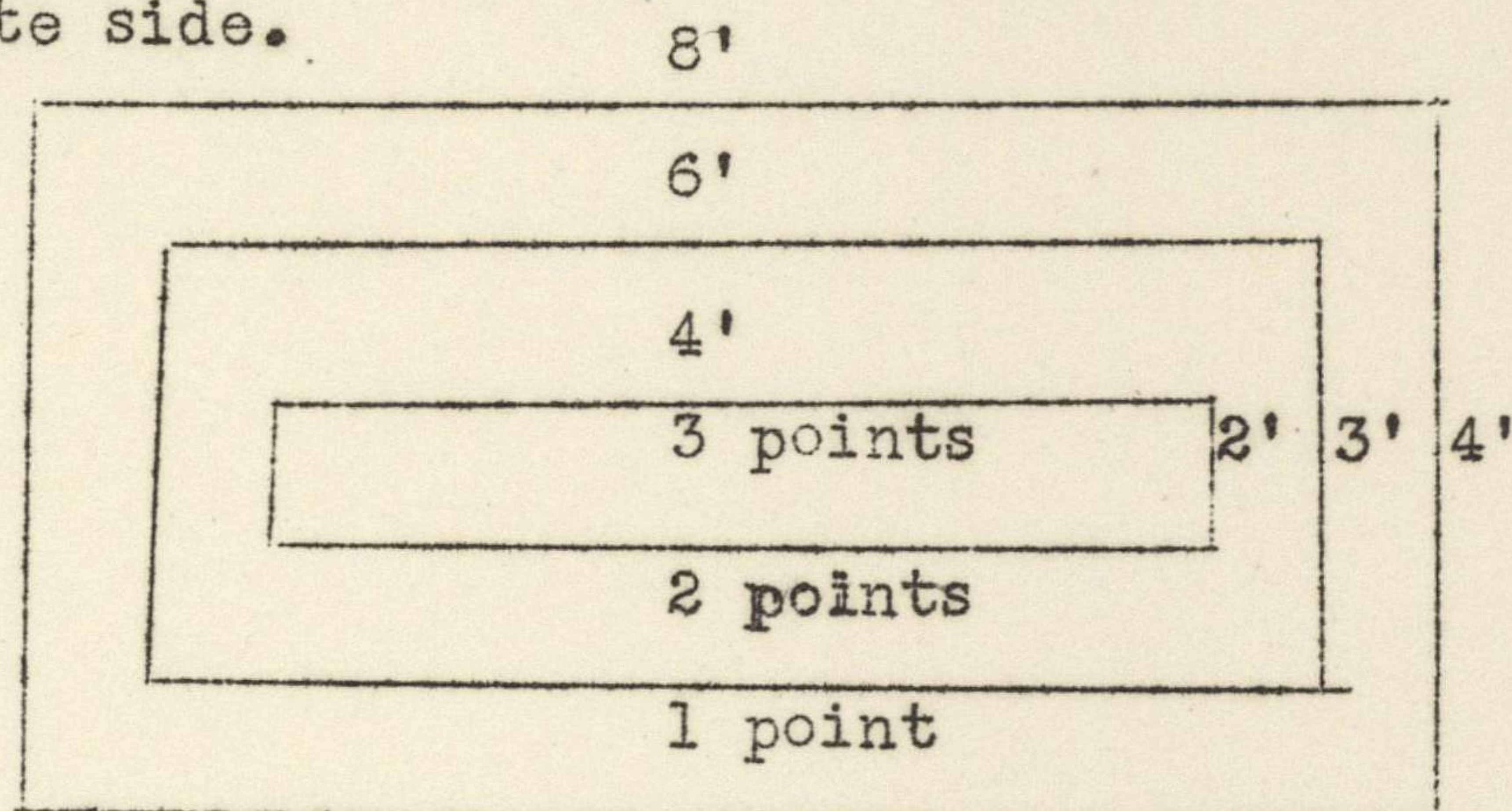


3. Volley Test

Hit the ball on a volley against a wall 10 feet away as many times as possible in 15 seconds. Use either or both hands. Score total returns.

4. Service Test

From a position behind the service line hit 5 balls at front wall and to the target on the floor in service area. Use a cross court service that is served from one side of the court to the service court on the opposite side.



Score total points

5. Back Wall Return

Stand 3 feet from the corner of the back and side wall--toss ball to the back wall and by use of right hand full arm swing play the ball to front wall. Score according to value on the target. Record score for five balls. The target is the same as used in test 2.