

Standing catch

Distance	Baseline data	Mid-point data	End data
10m			
20m			
30m			
Total standing catch			

Moving catch

Position	Baseline data	Mid-point data	End data
Left			
Middle			
Right			
Total moving catch			

Throwing

Throw	Baseline data	Mid-point data	End data
1			
2			
3			
4			
5			
Total throwing			