

TRS Comparative Data

8 years old

10 weeks comparison

Subject numbers: 46.

Children stood 3m behind the screen as I threw a small basketball from 2m in front of the TRS.

Week 1 – 24% catch success rate of 2/3 balls caught.

Week 10 – 65% success rate of 2/3 balls caught.

10 years old

Subject numbers: 29

Children stood 3m behind the screen as I threw a tennis ball from 2m in front of the TRS.

Week 1 – 41% catch success rate of 2/3 balls caught

Week 10 – 75% catch success rate of 2/3 balls caught

11 years old

Subject numbers: 31

Children stood 3m behind the screen as I threw a tennis ball from 2m in front of the TRS.

Week 1 – 52% success rate of 2/3 balls caught

Week 10 – 77% success rate of 2/3 balls caught

Without the use of the screen most children were getting their hands ready earlier in position for them to catch when they were participating in ball games. Having the hands out ready resulted in a higher success rate when catching under pressure in game situations.

The kids loved the drills used it added an element of surprise and had them thinking and concentrating more on what they are doing.

I have not used it with any specific children with ADHD but I could see the benefits in terms of sustained concentration and applying themselves.

Throughout the trial to keep the testing reliable all balls were thrown at the same pace and same place at the screen. The levels of ability varied depending on the cohort.