

## Coordination Skills Glossary

**Asymmetrical bilateral coordination:** Both sides of the body are working together, but they are doing a different yet complimentary task.

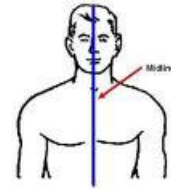
**Bilateral Coordination:** Both sides of the body are working together at the same time doing the same task.

**Hand preference:** one hand is chosen or preferred over the other

**Hand dominance/handedness:** one hand has the most influence or control, and is more reliable for use across a range of skilful acts

**Helper Hand:** the non-dominant hand; used to support or help the dominant hand by holding the object you are working on still

**Midline:** an imaginary line that divides the body into a right and a left half



### References

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