








Website review hand-eye-coordination.com

Generated on January 19 2026 17:45 PM

The score is 78/100





SEO Content

|  | Title | Hand-Eye Coordination: Definition, Activities, and Ways to Improve Length : 66 Perfect, your title contains between 10 and 70 characters. | | | | | | | | | | | | |
|--|---|---|----------|---------|-------|--|-------------|---|------|---------|-----|------------------------------------|---|---|
|  | Description | What is hand-eye coordination? Learn its meaning, importance, exercises, and games to improve hand-eye coordination in kids and adults. Length : 135 Great, your meta description contains between 70 and 160 characters. | | | | | | | | | | | | |
|  | Keywords | Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords. | | | | | | | | | | | | |
|  | Og Meta Properties | Good, your page take advantage of Og Properties. <table><tr><th>Property</th><th>Content</th></tr><tr><td>title</td><td>Hand-Eye Coordination: Definition, Activities, and Ways to Improve</td></tr><tr><td>description</td><td>What is hand-eye coordination? Learn its meaning, importance, exercises, and games to improve hand-eye coordination in kids and adults.</td></tr><tr><td>type</td><td>website</td></tr><tr><td>url</td><td>https://hand-eye-coordination.com/</td></tr></table> | Property | Content | title | Hand-Eye Coordination: Definition, Activities, and Ways to Improve | description | What is hand-eye coordination? Learn its meaning, importance, exercises, and games to improve hand-eye coordination in kids and adults. | type | website | url | https://hand-eye-coordination.com/ | | |
| Property | Content | | | | | | | | | | | | | |
| title | Hand-Eye Coordination: Definition, Activities, and Ways to Improve | | | | | | | | | | | | | |
| description | What is hand-eye coordination? Learn its meaning, importance, exercises, and games to improve hand-eye coordination in kids and adults. | | | | | | | | | | | | | |
| type | website | | | | | | | | | | | | | |
| url | https://hand-eye-coordination.com/ | | | | | | | | | | | | | |
|  | Headings | <table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>10</td><td>10</td><td>8</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">• [H1] What Is Hand-Eye Coordination and How to Improve It?• [H2] Aaron Jackson• [H2] Introduction• [H2] What Is Hand-Eye Coordination? | H1 | H2 | H3 | H4 | H5 | H6 | 1 | 10 | 10 | 8 | 0 | 0 |
| H1 | H2 | H3 | H4 | H5 | H6 | | | | | | | | | |
| 1 | 10 | 10 | 8 | 0 | 0 | | | | | | | | | |



SEO Content

| | | |
|--|-----------------|--|
| | | <ul style="list-style-type: none">• [H2] Importance of Hand-Eye Coordination• [H2] Hand-Eye Coordination in Children• [H2] Hand-Eye Coordination in Adults• [H2] How to Improve Hand-Eye Coordination• [H2] Hand-Eye Coordination Tests• [H2] Conclusion• [H2] FAQ• [H3] About the Author• [H3] Connect with me• [H3] 1. Academic Skills• [H3] 2. Sports and Physical Performance• [H3] 3. Daily Activities• [H3] 1. Ball Toss Test• [H3] 2. Tapping Speed Game• [H3] 3. Reaction Time App Test• [H3] 4. Cup Stacking Challenge• [H3] 5. Clinical Finger-to-Nose Test• [H4] What is hand-eye coordination?• [H4] How to improve hand-eye coordination?• [H4] What are the best toys for hand-eye coordination?• [H4] Do video games improve hand eye coordination?• [H4] What are examples of hand-eye coordination activities?• [H4] How to test hand-eye coordination?• [H4] Do men have better hand eye coordination than women?• [H4] What games help hand-eye coordination? |
|  | Images | We found 11 images on this web page. Good, most or all of your images have alt attributes. |
|  | Text/HTML Ratio | Ratio : 54% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent. |
|  | Flash | Perfect, no Flash content has been detected on this page. |
|  | Iframe | Great, there are no Iframes detected on this page. |

SEO Links

| | | |
|--|-------------------------|--|
|  | URL Rewrite | Good. Your links looks friendly! |
|  | Underscores in the URLs | Perfect! No underscores detected in your URLs. |


SEO Links

| | | |
|--|---------------|---|
|  | In-page links | We found a total of 8 links including 0 link(s) to files |
|  | Statistics | <p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 0%</p> <p>Internal Links 100%</p> |

In-page links

| Anchor | Type | Juice |
|--------------------------------|----------|---------------|
| Introduction | Internal | Passing Juice |
| What Is It? | Internal | Passing Juice |
| Importance | Internal | Passing Juice |
| Children | Internal | Passing Juice |
| Adults | Internal | Passing Juice |
| How to Improve | Internal | Passing Juice |
| Tests | Internal | Passing Juice |
| FAQ | Internal | Passing Juice |

SEO Keywords

| | | |
|--|----------------|---|
|  | Keywords Cloud | <p>coordination reaction motor hand-eye</p> <p>how eye hand activities games speed</p> |
|--|----------------|---|






Keywords Consistency

| Keyword | Content | Title | Keywords | Description | Headings |
|--------------|---------|-------|----------|-------------|----------|
| coordination | 47 | ✓ | ✗ | ✓ | ✓ |
| hand | 27 | ✓ | ✗ | ✓ | ✓ |
| eye | 21 | ✓ | ✗ | ✓ | ✓ |
| | | | | | |










Keywords Consistency

| | | | | | |
|----------|----|---|---|---|---|
| hand-eye | 20 | ✓ | ✗ | ✓ | ✓ |
| motor | 18 | ✗ | ✗ | ✗ | ✗ |

Usability

| | | |
|---|--------------|---|
|  | Url | Domain : hand-eye-coordination.com Length : 25 |
|  | Favicon | Great, your website has a favicon. |
|  | Printability | We could not find a Print-Friendly CSS. |
|  | Language | Good. Your declared language is en. |
|  | Dublin Core | This page does not take advantage of Dublin Core. |

Document

| | | |
|--|-----------------|--|
|  | Doctype | HTML 5 |
|  | Encoding | Perfect. Your declared charset is UTF-8. |
|  | W3C Validity | Errors : 0 Warnings : 0 |
|  | Email Privacy | Great no email address has been found in plain text! |
|  | Deprecated HTML | Great! We haven't found deprecated HTML tags in your HTML. |
|  | Speed Tips | <div>  Excellent, your website doesn't use nested tables. </div> <div>  Perfect. No inline css has been found in HTML tags! </div> <div>  Great, your website has few CSS files. </div> |

Document

- ✓ Perfect, your website has few JavaScript files.
- ✓ Perfect, your website takes advantage of gzip.

Mobile



Mobile Optimization

- ✓ Apple Icon
- ✓ Meta Viewport Tag
- ✓ Flash content

Optimization



XML Sitemap

Great, your website has an XML sitemap.

<https://hand-eye-coordination.com/sitemap.xml>



Robots.txt

<http://hand-eye-coordination.com/robots.txt>

Great, your website has a robots.txt file.



Analytics

Missing

We didn't detect an analytics tool installed on this website.

Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.