Website review

coordinationexercises.com

Generated on February 12 2026 13:26 PM

The score is 77/100

SEO Content

✓	Title	Coordination Exercises: Improve Balance, Agility, and Hand-Eye Skills **Length : 69** Perfect, your title contains between 10 and 70 characters.
✓	Description	Learn the best coordination exercises for kids, seniors, and athletes. Improve balance, agility, and hand-eye coordination with simple home workouts. **Length : 149** 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.

Property	Content
title	Coordination Exercises: Improve Balance, Agility, and Hand-Eye Skills
description	Learn the best coordination exercises for kids, seniors, and athletes. Improve balance, agility, and hand-eye coordination with simple home workouts.
type	website

○	Headings	

H1	H2	H3	H4	H5	H6
1	10	21	10	0	0

- [H1] Exercises for Balance and Coordination: Improve Balance, Agility, and Hand-Eye Skills
- [H2] Introduction
- [H2] What Are Exercises for Coordination and Balance?
- [H2] Benefits of These Exercises

SEO Content

- [H2] Types of Exercises
- [H2] Exercises for Different Groups
- [H2] Examples of Exercises
- [H2] Exercises at Home
- [H2] Tips for Training
- [H2] Conclusion
- [H2] FAQ
- [H3] Nick Miller
- [H3] Balance Exercises
- [H3] Hand-Eye Exercises
- [H3] Bilateral Exercises
- [H3] Fine Motor Exercises
- [H3] Full-Body Exercises
- [H3] Kids
- [H3] Seniors
- [H3] Athletes
- [H3] Patients
- [H3] Juggling
- [H3] Balance Board
- [H3] Agility Ladder Drills
- [H3] Throwing and Catching
- [H3] Yoga
- [H3] Dancing
- [H3] Tai Chi
- [H3] Piano Hand Exercises
- [H3] Single-Leg Stance
- [H3] Heel-to-Toe Walking
- [H3] Wall Ball Toss
- [H4] About the Author
- [H4] Connect with Nick
- [H4] What are coordination exercises?
- [H4] Why are coordination exercises important?
- [H4] What are examples of coordination exercises?
- [H4] Can kids do these exercises?
- [H4] What are the best exercises for seniors?
- [H4] Can exercises help after a stroke or with Parkinson's?
- [H4] Do exercises improve hand-eye skills?
- [H4] Can I do exercises at home without equipment?

✅	Images	We found 9 images on this web page. Good, most or all of your images have alt attributes.
✅	Text/HTML Ratio	Ratio : **55%** 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.
✓	In-page links	We found a total of 6 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0% External Links : Passing Juice 0% Internal Links 100%

In-page links

Anchor	Type	Juice
Overview	Internal	Passing Juice
Benefits	Internal	Passing Juice
Types	Internal	Passing Juice
Examples	Internal	Passing Juice
Tips	Internal	Passing Juice
FAQ	Internal	Passing Juice

SEO Keywords

○	Keywords Cloud	coordination more agility exercises balance like body improve overall skills

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
exercises	56	✓	✗	✓	✓

Keywords Consistency

coordination	39	✔	✘	✔	✔
balance	18	✔	✘	✔	✔
improve	17	✔	✘	✔	✔
body	15	✘	✘	✘	✔

Usability

●	Url	Domain : coordinationexercises.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	✔ Excellent, your website doesn't use nested tables.

Document

		✖	Too bad, your website is using inline styles.
		✔	Great, your website has few CSS files.
		✔	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://coordinationexercises.com/sitemap.xml

	Robots.txt	http://coordinationexercises.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.