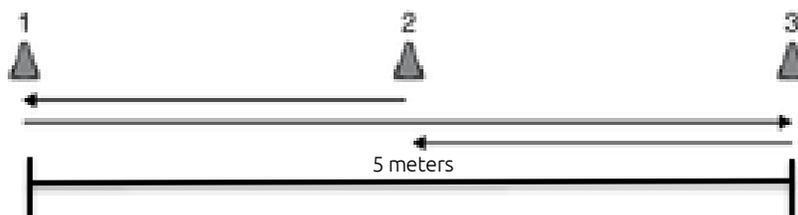




# Agility Test

To test the ability to move quickly and change directions with balance and control

**Equipment:** A flat, non-slip floor, tape measurer, stop watch, 3 cones



- The 2 end cones are set 5 meters apart on a straight line. The third cone is placed in the middle (2.5 meters from either end).
- The athlete starts at the middle cone.
- The tester gives the signal to start and points in a specific direction, right or left.
- The athlete runs and touches the first cone (either right or left), returns past the middle cone (start) to the far cone and touches that one and then returns to the middle (start) cone, touching that one- this is done as fast as possible as a sprint.
- The tester starts the stop watch on giving the 'Go' command and stops the watch when the athlete touches the middle cone at the end.
- The point of the test is to see how fast the athlete can react to the directional instruction and to see how agile they are while moving pylon to pylon.
- The better of two tries are recorded for scoring.

## NOTE:

- Make sure to encourage the athlete to move as fast as possible.
- If necessary, run with them for encouragement.
- Ensure that they are touching each time they are at a pylon.