



Sprint test

To test speed

Equipment needed

- Pylons or markers for start and finish
- Stop watch
- Measuring tape

Sprint Test

- Set the finish line at 30 metres
- Mark start and finish line
- Allow athletes to warm up arms, arm circles, arm swings, high knees
- Explain test to athletes
- Ensure his/her foot is behind the line and give him/her a countdown
- Allow athlete two try's- take the best score and record
- Use two volunteers-one at start one at finish to increase accuracy

Tips:

- Use creative ways to get athletes to run their hardest
 - i.e. get coach to run alongside to encourage athlete
 - i.e. get everyone to cheer each other on

