**Speed & Agility Test Recording Sheet.**

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| **Exercise Task** | **Time 1.**  | **Time 2.** |
| **T Agility Test** |  |  |
| **Sideways Step Over Drill.** |  |  |
| **Lateral Double Leg Hurdle Jumps.** |  |  |
| **Sprints & Backward Runs.** |  |  |
| **Star Flip Cone Drill.** |  |  |
| **Traditional W Drill.** |  |  |
| **Bob, Weave and Jump Test.** |  |  |

**T Agility Test**



**Time each player from start to finish. Set off to cone 1, then sideways to cone 2, sideways to cone 3, sideways back to cone 1 and then backwards to the finish. Have a warm up go, then 2 timed goes.**

**Sideways step over drill.**



**Step over each cone sideways, there and back 6 times. Time the run from start to finish. Have a warm up go then 2 timed goes.**

**Lateral Double Leg Hurdle Jumps.**



**Jump sideways over hurdles, 10 hurdles, time from start to finish. Have a warm up go, then 2 timed goes.**

**Sprints & backward runs.**



**Sprint to cone and then back, then sprint to next furthest cone and back and so on. Time the runs. Have a warm up go, then 2 timed goes.**

**Star flip cone drill.**



**Run to each cone and flip it over, back to the centre and back to flip the next cone until all are flipped over. Have a warm up go, then 2 timed goes. Number of cones 10.**

**Traditional W Run Drill.**



**Run backwards, fast, around the cone and sprint diagonally to nest cone. Time the runs until the athlete finishes. Have a warm up go, then 2 timed goes.**

**Bob, Weave and Jump Test.**

**Set up a start line and finish line. Place 8 poles in pairs 3m apart randomly set at various places between the start and finish lines. Between each pole attach a hoop approximately 4 feet from the ground, the athlete must bob and weave between the poles and the hoops, and also the cones on the ground dotted about. Attach hoops with tape. Have a warm up go, then 2 timed goes.**