

# Agility T-Test

## AGILITY T-TEST

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender:

Male  Female  Prefer not to say

To assess the ability of team sport athletes to change direction, including acceleration, deceleration, and lateral movement during preseason testing protocols.

Cones Stopwatch or timing cells

Place four cones in a T-shape, with the first cone at the starting point, the second cone 9.14 meters straight ahead, the third cone 4.57 meters to the left of the second cone, and the fourth cone 4.57 meters to the right of the second cone. Instruct the subject to sprint forwards 9.14 meters to the first cone and touch the tip with their right hand, shuffle 4.57 meters left to the second cone and touch it with their left hand, then shuffle 9.14 meters to the right to the third cone and touch it with their right hand, shuffle 4.57 meters back left to the middle cone and touch it with their left hand before finally backpedaling to the start line. Ensure the subject faces forward throughout the test, does not cross one foot in front of the other while shuffling, and touches the base of the cones. Start timing when the subject passes through the timing gates at the start and stop timing when they return through the gates. Take the best time out of three successful trials for analysis.

Trial 1: \_\_\_\_\_ Trial 2: \_\_\_\_\_

Trial 3: \_\_\_\_\_ Best result: \_\_\_\_\_

Ranking | Males (seconds) | Females (seconds) Excellent | 12.50

### Additional notes

Healthcare professional - Name: \_\_\_\_\_

Healthcare professional - Signature: \_\_\_\_\_

Date: \_\_\_\_\_ dd / mm / yyyy