

4 x 10 Agility Test

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Set Up

- Starting cone and Target cone 10 yards diagonally apart
- Finishing gate 10 yards from the Target cone

Sequence

- On timers mark the player sprints diagonally from the STARTING cone to the TARGET cone (1). The player touches the TARGET cone, turns and sprints back to the STARTING cone (2). The player touches the STARTING cone, turns and sprints back to the TARGET cone (3). The player touches the TARGET cone and then sprints through the FINISHING GATE(4)
- The timer stops the watch as soon as the player passes through the FINISHING GATE.