



## 'T' - Drill a test of Agility

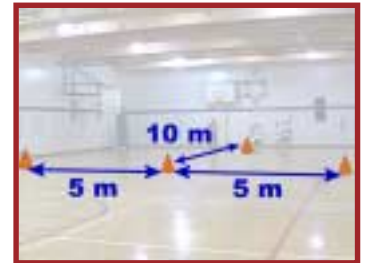
Agility is the ability to change the direction of movement of the body quickly while moving and remaining balanced. Agility is an important component of many team and individual sports including ice hockey, figure skating and alpine skiing.

### Equipment

- 4 Cones
- 1 Tape measure
- 1 Stopwatch
- Masking tape
- 10-metre area with a surface that is straight, level, and non-slip.

### Procedure

- Three cones are set five metres apart on a straight line. A fourth cone is placed 10 metres from the middle cone so that the cones form a 'T'.
- The student starts at the cone at the base of the 'T' (A).
- The timer gives the signal to 'Go' and starts the stopwatch.
- The student runs to the middle cone (B), touches the cone. The student then side steps (feet cannot cross) 5 metres to the left cone (C), touches that cone and then side steps 10 metres to the far cone (D) and touches that one. The student then side steps 5 metres back to the middle cone (B), touching that one. The athlete then side steps 10 metres back to the base of the 'T' and touches that cone (A).
- The teacher stops the watch when the student touches cone (A) and records the time.
- If the student slips during a trial, discard the result of the trial and allow the student one further attempt.



### Scoring

- Allow two trials for each student.
- Record the student's best time to the nearest 0.1 of a second. (e.g. 21.1s, 32.8s)

## Tips

- Place a piece of masking tape on the gym floor where the cones are. If the cones get knocked out of place, this will help you place them back into position quickly and easily.
- Participants should perform this drill as fast as they can, but UNDER CONTROL.
- Participants must touch the cones with their hands, not their feet.
- Demonstrate the slide step for the participants. It is not sideways running or crossovers.
- Ensure that the finish line is clear of all objects and participants so the participant finishing the drill has a safe place to cross the line.