

Sports Assessment Station 1- Speed and Agility – Shuttle Run

Objective:

Athlete will be evaluated on speed and agility.

Materials:

Measuring tape, floor tape, stopwatch, cones (optional)

Time:

3 minutes

Volunteers:

- Required: 1
 - The volunteer will explain the procedure, demonstrate the skill, and time the athlete.
- Ideal: 2
 - Volunteer 1 will explain procedure, tell the athlete when to start, and time the athlete.
 - Volunteer 2 will demonstrate the skill test and stand at the 10 meter mark so the athlete can see where they are running to.

Setup:

Measure a distance of 10 meters and use the floor tape to mark the beginning and end. If cones are available set them at both ends as well so the athlete can visualize where they are running to.

Procedure:

Volunteer 1 -

1. Explain to the athlete that they will run to the line 10 meters in front of them. (Either place a cone there or have a second volunteer stand by the line so they can see where it is located)
They will run to the line, touch the line with their hand, and then run back to the starting line and touch that line. Then they will go back to the first line, touch it again and run back to the starting line. (Down, back, down, back)
2. Let the athlete know that they should run as fast as they can from the beginning till the end.
3. Tell the athlete when to start using a ready, set, go format.
4. If the athlete falls down while performing this assessment, ensure they are not injured let them try it again from the beginning.
5. Encourage the athlete before and after the skill test.

Volunteer 2 –

1. Demonstrate the skill test.
2. Stand at the 10 meter line.
3. Encourage the athlete.

Evaluation:

1. Record the time to the nearest second.
2. Round up if the time is XX.50 or above.
3. Round down if the time is XX.49 or below.
4. Write the athlete's time on their assessment sheet.