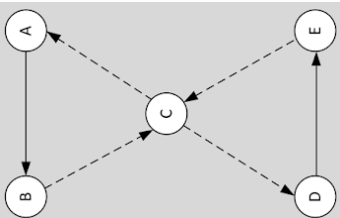

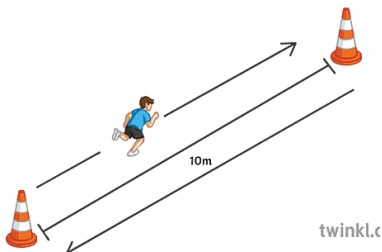




Agility tests are used by many different organisations to test someone's ability to move and change direction and position quickly and effectively. Everyone from professional sport teams (in the NFL, Australian Olympic and Paralympic teams, NRL and NRLW, NBA and WNBA, and the Premier League), the military to your own Got Game teachers will use agility tests. Complete the following agility tests and attempt two more times to beat your score. If possible, compare with a friend and try to beat their score. Set a timer for 30 seconds and count every time you reach a cone or do a jump.

Drill	Score
<p>Dot drills: This uses an X-shaped pattern to jump from dot to dot with both feet at the same time; follow the pattern of the letters.</p> 	
<p>Forward-backward sprints: Sprint forward to a cone 20m away, then jog backward to the start.</p>	
<p>Lateral plyometric jumps: Jump from side to side.</p> 	
<p>Shuttle runs: Sprint from marker to marker with frequent changes in direction.</p> 	
<p>Tuck jumps: Jump straight up from a squat position and remain tucked at the top of the jump before extending your legs to land.</p> 