Illinois agility run test

What does it measure?
Speed and agility

What do you need?
• Flat non-slip surface
• 8 cones
• Stopwatch
• Assistant

How do you do the test?
• Set up the course, as shown in the diagram.
• Warm up before beginning the test.
• Lie face down on the floor at the ‘Start’ cone.
• When your assistant gives the command ‘Go’ and starts the stopwatch, jump to your feet and run around the cones in the correct order to the finish.
• Your assistant should stop the stopwatch and record your time when you pass the ‘Finish’ cone.

<table>
<thead>
<tr>
<th>Name</th>
<th>Seconds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Comment on the reliability and validity of this test:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________