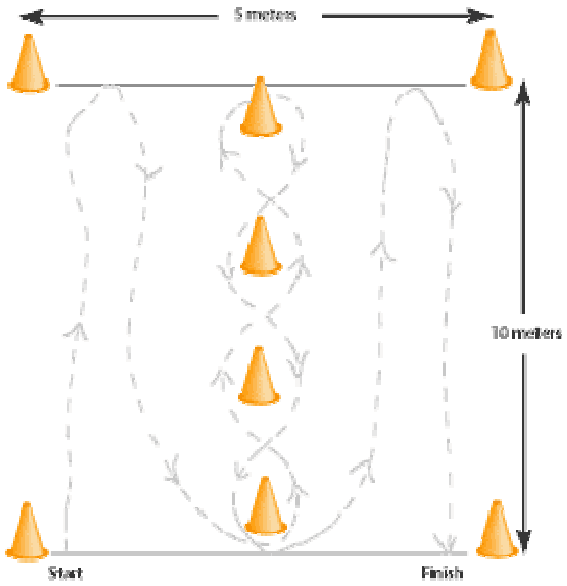
ILLINOIS AGILITY TEST



- DESCRIPTION: *The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. 4 cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart.*
- PROCEDURE: *Subjects should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated, without knocking the cones over, to the finish line, at which the timing is stopped.*
- EQUIPMENT REQUIRED: *flat non-slip surface, cones, stopwatch, measuring tape.*
- RESULTS: *The table below gives some rating scores for the test*

AGILITY RUN RATINGS (SECONDS)		
RATING	MALES	FEMALES
EXCELLENT	**<15.2**	**<17.0**
GOOD	**16.1-15.2**	**17.9-17.0**
AVERAGE	**18.1-16.2**	**21.7-18.0**
FAIR	**18.3-18.2**	**23.0-21.8**
POOR	**>18.3**	**>23.0**

- ADVANTAGES: *This is a simple test to administer, requiring little equipment. Can test players ability to turn in different directions, and different angles.*
- DISADVANTAGES: *Choice of footwear and surface of area can effect times greatly. Results can be subject to timing inconsistencies, which may be overcome by using timing gates. Cannot distinguish between left and right turning ability.*
- VARIATIONS: *Add a soccer ball and run the test exactly the same with the ball at a stand still on the start line. Player gets up and dribbles through the course in the same manner.*