

# Pro Agility (5-10-5)

Tests lateral explosiveness, change of direction, and body control

## Equipment needed

- 4 cones, timing device (stopwatch)
- 3 cones set up on consecutive 5-yard lines (Use turf yard lines to mark transition points)
- 1 additional cone at middle yard line (with 3 yards of depth)
- Timer is stationed in the middle yard line
- As many stations as there are coaches
- Coach operates and records at each station

## Description

- The athlete starts in static 3-point stance with 1 hand down contacting the midline
- Feet are pointing straight ahead and evenly offset straddling the midline
- If beginning the shuttle right, the athlete starts with the right hand down, touching line
- If beginning the shuttle left, the athlete starts with the left hand down, touching line
- Athlete may use either technique for both trials
- Athlete runs 5 yards in the direction of the hand that was down
- Athlete touches line with hand that was down, and changes direction
- Athlete then runs 10 yards touching the line with the opposite hand that started down
- Athlete changes direction again, and sprints through initial line they were touching

## Repetitions and Scoring

- Record the best of 2 scores
- The score is listed in SECONDS (Example: 4.56 sec)
- Time starts the instance the athlete moves
- The LOWER the time, the BETTER the score
- Hips used as marker to determine when athlete crosses finish line

## DQ/Penalty

- Failure to touch the line with the required hand
- Failure to start from a static position
- Failure to turn the direction of the timer on the changes of direction (i.e. turning back to timer)
- Contacting the ground with an undirected hand (both hands/wrong hand touching the ground)