

# 20-YARD SPRINT



## OBJECTIVE:

Measure ability to  
accelerate from  
a static start

## EQUIPMENT:

Stopwatch  
Cones/markers



## 1 PRIOR TO TESTING:

- ☒ Mark off a 20 yard lane with cones

## 2 TEST INSTRUCTION AND EXECUTION:

### *Coach times student*

1. Student lines up in staggered 2-point stance at the line, with front toe on the back of the line
2. Student initiates test on their go, at which point coach starts stopwatch (first movement)
3. Student sprints 20 yards through markers on opposite side of testing area
4. Once hips pass through marker, coach stops the stopwatch and records time
5. Repeat test twice for each student (not continuously)
6. Keep best time

## 3 SCORING

- ☒ 20-yard sprint is recorded in seconds (XX.XX)
- ☒ Disqualification:
  - There are no disqualifications for the test.