

300 YARD SHUTTLE



OBJECTIVE:

Measure anaerobic capacity

EQUIPMENT:

stopwatch
cones/markers



1 PRIOR TO TESTING:

- ☑ Set up the cones/markers to create 25 yard long lanes, 2-3 yards wide
- ☑ Have coaches ready to be time keepers and line judges

2 TEST INSTRUCTION & EXECUTION:

Pair students together

- One student participates in test, while 2nd student keeps track of number of laps completed
- 1. Student lines up in staggered 2-point stance at the line, with front toe on the back of the line
- 2. Coaches are spread throughout the area (central time keeper and line judges)
- 3. Test begins on central coaches "GO"
- 4. Students run back and forth between markers set 25 yards apart for 6 laps
- 5. 1 lap = 50 yards (down and back)/ 6 laps = 300 yards
- 6. When test is close to completion, time keeper shouts out time (around 5th lap)
- 7. Students and lap keepers responsibility to hear time of completion
- 8. Scores are recorded and students roles are reversed
- 9. Each student need only complete the test once

3 SCORING

- ☑ 300 Yard Shuttle is recorded in seconds (XX.XX)
- ☑ Disqualification:
 - Student is disqualified if they fail to touch a line with their foot twice. 1st time is a warning.