

10/20-Yard Sprint

Tests explosiveness from static start and the ability to accelerate 10 yards

Equipment Needed

- Cones - placed at 10 yard and 20 yard marks (measure if necessary)
- 2 Stopwatches
- OR electronic timing systems (optional)

Coaches and Stations Needed

- 1 Coach Stationed at 10-yard marker
- 1 Coach Stationed at 20-yard marker
- Designated coach records 10/20 yard split of each student
- 2 Stations operating simultaneously

Description

- Athlete can start in a stance of their choice
- Regardless of the stance the athlete must hold a static position behind the line prior to starting
- Time starts on the first movement of the athlete and ends when they cross the 10 and 20-yard marks
- Use hips as visual marker of completion

Repetition and Scoring

- Record the best of 2 scores.
- The score is listed in SECONDS; the LOWER the time, the BETTER the score
- Data entered as 2 decimal points (Example: X.XX sec)

DQ/Penalty

- Failing to start from a static position (rocking, leaning, etc.)

Note: 2 assessors required if hand timing.