

300-Yard Shuttle

Tests anaerobic fitness

Equipment Needed

- Cones
- Tape measure
- Stopwatch
- Set cones on yard lines 25 yards apart
- Testers stationed at lines, enforcing touches
- 1 Tester centrally located keeping time for each wave

Description

- Athlete starts in a two-point stance at designated start line
- Run 25 yards and touch the yard line with foot
- Change direction, run back to the start line and touch with foot
- Change direction and repeat running down and back 6 times total (300 yds.)
- Set multiple lines of athletes to participate in test (as many as can safely fit in space)
- 1st athlete in line is participating in test
- 2nd athlete in line is keeping track of reps (counting for participant)
- 3rd athlete is waiting to participate
- Once 1st athlete finishes, athlete 1 and 2 go to coach recording times and convey information
- Athlete 2 then becomes participant in test, and athlete 3 keeps track of reps
- Rotation continues until all students are finished
- Centrally located coach keeps track of time of each wave of students
- Yells out time (in seconds) once they see students are on their 5th pass
- Responsibility of students to hear and remember their time

Repetitions and Scoring:

- The score is listed in SECONDS (Example: 86 seconds)
- The LOWER the time, the BETTER the score
- Only 1 time through test, UNLESS student does not get their time

DQ/Penalty

- Failure to touch each line with foot