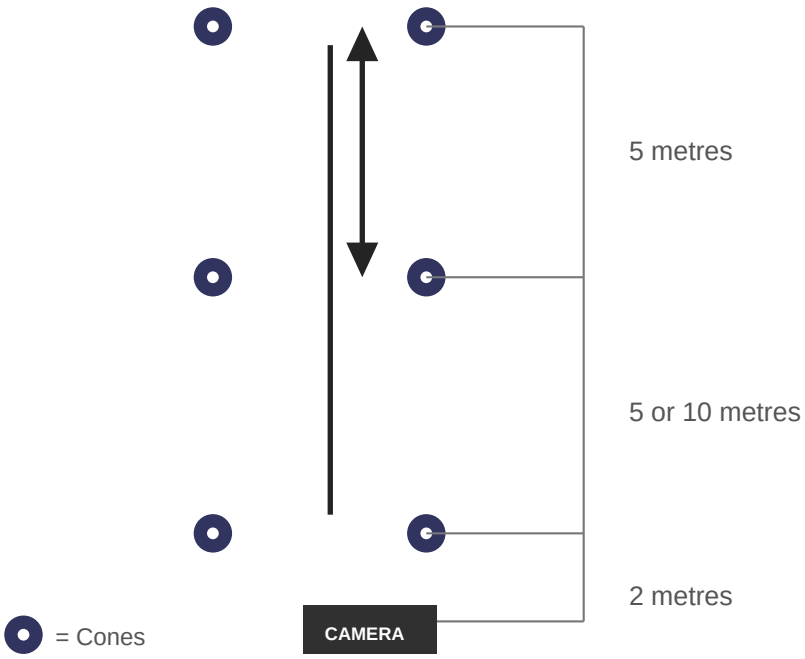
5-0-5 Agility Test

About the test

This test involves running **10 or 15 metres**, followed by a 180 degree turn and a final 5 m run back. Both the total time for the test is measured as well as the time for the final 5 + 5 m, which is where the test gets its name from.

Instructions



Setup: Mark the running distance with cones. The distance between the upper and middle cone lines is 5 metres, while the selected running distance is 5 or 10 metres. Position the camera 2 metres beyond the start line. Use the camera to measure the distance.

Player instructions

1. Put on the **vest**.
2. When the camera has started, it will play a *get ready sound* - this is a signal for the player to stand at the start line.

   Play get ready sound
3. Stand still in a start stance until you hear the *start sound*. This indicates that the camera has registered you and is ready to record your run.

   Play start sound
4. Recording will begin once you initiate movement.
5. Once you have completed the test successfully you will hear the *completed sound*.