STANDING SPRINT TEST

Test setup and player instructions

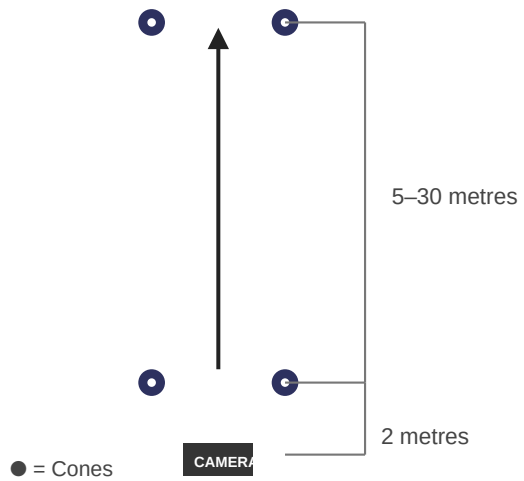
About the test

This test involves a running acceleration from a static position to measure fundamental sprinting abilities. The player runs between two set points. The test can be configured to four distances: **5, 10, 20 and 30 metres.**

Player instructions

1. Put on the **vest**.
2. When the camera has started, it will play a *get ready sound* — stand at the start line.
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.
4. You can now perform the test; recording will begin once you initiate movement.
5. Once you have completed the test successfully you will hear the *completed sound*.

Test layout



Setup: Place the four cones to mark the start and finish points. Position the camera approximately 2 metres beyond the start line, facing the running lane.

Important: Remain still in the start stance until the start sound is heard. Recording begins when movement is initiated.