

Hexagon Drill - Quickness

This drill was developed by the US Tennis Association as part of their player assessment program. It is useful for all kinds of athletes to measure their agility, quickness and co-ordination.

1. Mark out a hexagon on the floor with tape or chalk. Each side should be **24 inches** long with a **120 degree angle**. Avoid hard surfaces such as concrete.
2. Stand inside the hexagon opposite one of the sides. Keeping your feet together, jump across the side you are facing and then immediately back into the middle of the hexagon.
3. As soon as you land jump over the next side of the hexagon. Continue until you have completed 3 full revolutions of the shape. You can go either clockwise or anticlockwise.
4. Have someone time you. There is no data to compare this test to so keep a note of the time to beat on your next testing day.