

Illinois Agility Run Test



The player starts by lying prone near the first bottom-corner cone, (in testing procedures it is important to have a set starting position). He gets up and sprints to the closest top-corner cone, goes around it, weaves back around the middle cones, sprints to the other top-corner cone, turns around the corner, and sprints to the finish.

This tests the ability to change direction and control the center of gravity. It also indicates body awareness, body control, and footwork. A deficiency here indicates a lack of functional core strength, leg strength, and bilateral development. A score under 15 seconds is considered good.

The test should be repeated twice, once starting from one side, then repeated from the other side, this is a good indicator. As in other tests, to compare players performance is a valid indicator, but it is much more important in the development stage, to compare him against himself, month by month.

There are a myriad of training drills that improve agility, and coordination, these types of drills are very demanding, and should only be done in short bursts. Using all of the components learned in previous chapters, it is important to emphasize the quality of each separate part.

This aspect of training shows very quickly if a player has a weakness in, strength, flexibility or coordination. At its best, agility is a smooth and beautiful dance, at its worst a clumsy, awkward stutter.

Because a player has superior agility, he can move effortlessly from one state to the next, have fantastic self-expression, and a grace that is wonderful to see.