

# T-TEST (SPEED, AGILITY, AND QUICKNESS ASSESSMENT) PROTOCOL

**Objective:** To assess multidirectional movement ability

**Equipment:**

- ▶ A marked football field, but the assessment can be conducted on any hard, flat surface that offers good traction
- ▶ Measuring tape
- ▶ Four cones
- ▶ Stopwatch
- ▶ Timing gates (optional)

**Pre-assessment procedure:**

- ▶ Set up the cones as depicted at right.
- ▶ After explaining the purpose of the assessment, describe and demonstrate the proper route and technique. Allow the client to warm up and perform a few practice trials before administering the assessment.
- ▶ The goal of the assessment is to complete the course as quickly as possible.
- ▶ The client must keep his or her body facing forward at all times and must touch each cone with the correct hand. The client shuffles through the course and cannot allow the feet to crossover at any time. Proper technique must be followed, or the run will not count.

**Assessment protocol and administration:**

- ▶ The client starts at cone A. On the personal trainer's command, the client sprints to cone B and touches the base of the cone with the right hand.
- ▶ Client shuffles left to cone C and touches the base of the cone with the left hand.
- ▶ Client shuffles right to cone D and touches the base of the cone with the right hand.

- ▶ Client then shuffles back to cone B and touches the base with the left hand before running backward to the start (cone A).
- ▶ Stop the stopwatch as the client passes cone A.
- ▶ The T-test is performed two times with a few minutes of recovery between each assessment.

**Interpretation:**

- ▶ Record the fastest time on an assessment form and use it as a baseline against which to compare future performance.

