



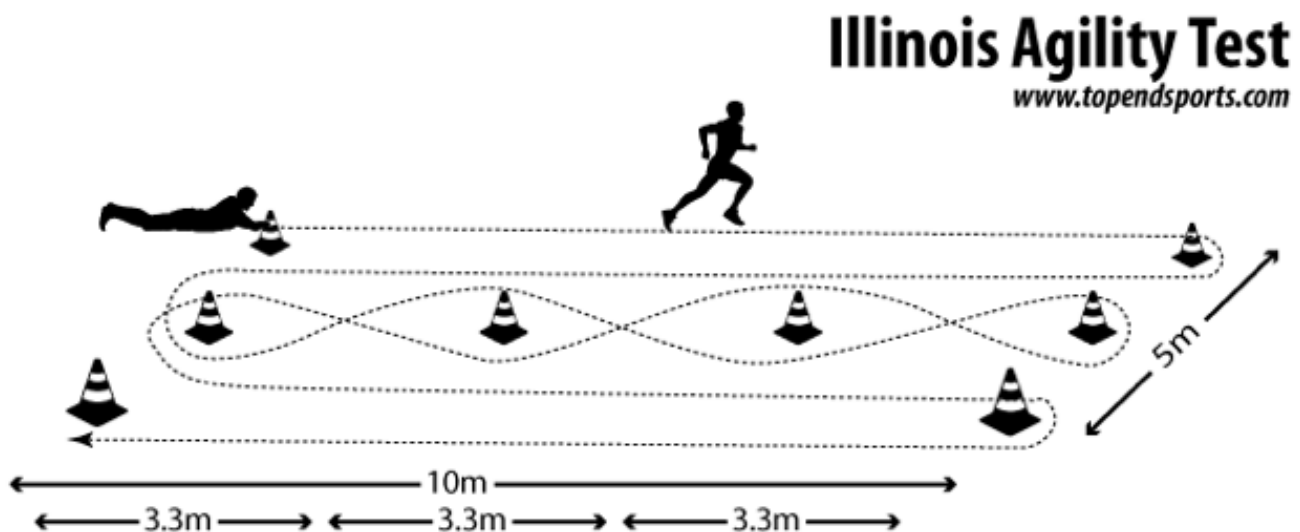
# AGILITY

Agility is the ability to move quickly whilst changing direction and body position. Agility is an important component of fitness in any sport that requires the participant to move in different directions quickly whilst keeping balance, strength, speed and body control.

## ILLINOIS AGILITY TEST

**Course layout:** The length of the course is 10 metres and the width is 5 metres. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the centre an equal distance apart. Each cone in the centre is spaced 3.3 meters apart.

**Procedure:** Subjects should lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs forwards 10 meters to run around a cone, then back 10 metres, then runs up and back through a slalom course of four cones. Finally, the athlete runs another 10 metres up and back past the finishing cone, at which the timing is stopped. Several trials should be completed, with the best score recorded.



**Video Example:** <https://www.youtube.com/watch?v=wlhCRhFOncM>

## Rankings

Rating	11 year old child	Adult Male	Adult Female
Awesome	< 18.4 secs	< 15.2	< 17.0
Very Good	18.4 - 19.8 secs	15.2 - 16.1	17.0 - 17.9
Good	19.9 - 22.4	16.2 - 18.1	18.0 - 21.7
On Track	22.5 – 23.9	18.2 - 19.3	21.8 - 23.0
Let's work on it	> 24	> 19.3	> 23.0