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Speed, Explosiveness, & Agility Testing Form For Sport

The following testing form may be used for off-season, pre-season, or in-season testing. Just print off as many as you need to test all of your athletes.

Pre-Test Warm Up

1. Jogging with Cross Over Step
15 Yards Each Way
2. Carioca Right and Left
15 Yards
3. Carioca with Same Leg in Front
15 Yards
4. Shuffle Bent-Over Arm Swing
15 Yards Each Way
5. Carioca with Same Leg Behind
15 Yards
6. Walking Lunge with Twist
10 Yards
7. Figure 4 Sit Walks
10 Yards
8. Single Leg T RDL
10 Yards
9. Shuffle Drag Foot
10 Yards

Test 1: Vertical Jump

Reach: _____

Jump 1: _____

Jump 2: _____

Circle Best Result

Test 2: Triple Broad Jump

Attempt 1: _____

Attempt 2: _____

Circle Best Result

Test 3: Pro Agility Cone Drill

Trial 1: _____

Trial 2: _____

Circle Best Result

Test 4: 40-Yard Dash

Trial 1: _____

Trial 2: _____

Circle Best Result