

# AGILITY 'T' RUN

## (Agility)

1. Start at the cone marked 'start'.
2. When your partner says 'go', sprint to the center cone straight ahead and touch the top of the cone with your hand.
3. Shuffle to your left and touch the outside cone with your left hand. Make sure that your feet do not cross when you shuffle.
4. Shuffle sideways, past the center cone and touch the other outside cone with your right hand.
5. Shuffle back to the center cone, touch the cone and then run backwards past cone A.
6. When you pass cone A your partner will stop the stopwatch.
7. Record the total time in seconds.

