Field Testing Administration Card

Test Name	Physical Factor Tested
Hexagonal Agility Test	**Agility (Quickness – leg power and speed)**

Why should I use this test?

Agility and quickness are critical factors in lacrosse. Agility measures an athlete's ability to rapidly change directions and position in a horizontal plane. In lacrosse tactics agility is a combination of rapid changes of direction, visual processing, timing, reaction time, perception and anticipation. The Hexagonal Agility test is a measure of speed, agility and the ability to change direction while maintaining a sound balance (foundation). Increasing agility while maintaining speed facilitates advantages over opponents and helps to move quickly into position in order to enhance tactics and technique (skills).

When should I do the test?

- **Appropriate testing times are at the beginning and end of each training phase, allowing assessment of the effectiveness of the training program.**
- **When administering with other tests, this test should be done early in the testing or after sufficient rest period.**

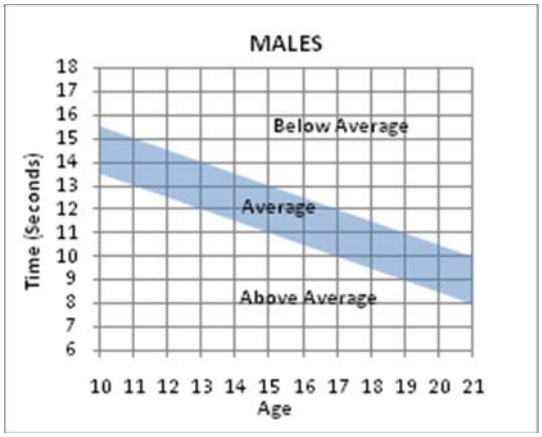
What do I need to do the test?

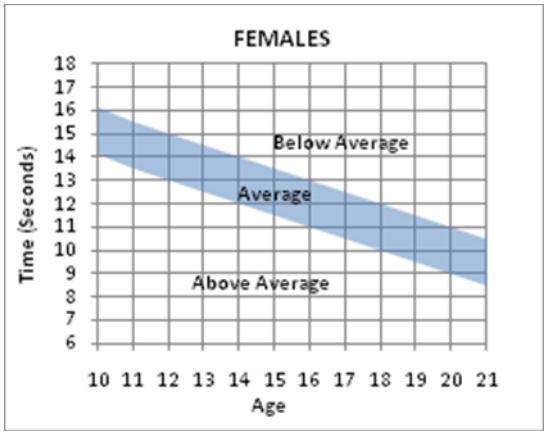
- **60 cm sided hexagon marked out on the floor for bantam (U-13) & above.**
- **50cm sided hexagon for Pee Wee (U-12) & below**
- **Stop watch.**
- **Assistant**

Important considerations

- **Athletes should engage in specific warm-up protocol**
- **Athletes should ensure that they follow the appropriate movements during the test: any variations on protocols may invalidate the test.**

TEST DATA





Tips for training this factor - Next steps

The ranges above supply a rough estimate of test data for different age groups. Athletes below the average range or wish to enhance their performance should start a training program. Breaking the components down on this; athletes need to practice their starts (laying down getting up), weaving through cones or agility poles, practice 5 meter and 10 meter sprints with change of direction at the end. Any agility test i.e. the ladder is excellent.

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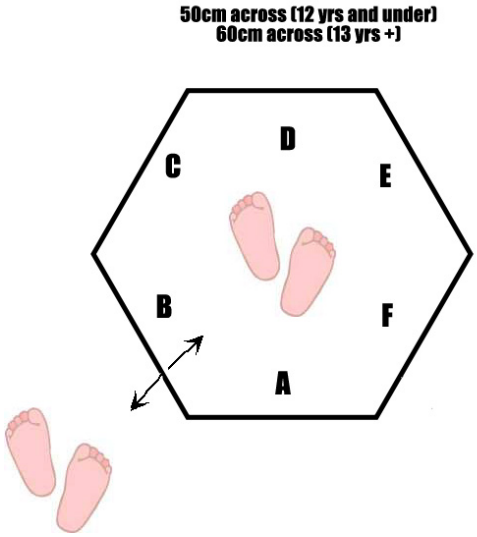
What is the testing protocol?

ADMINISTRATION:

- **Groups of athletes can be managed with other testing protocols.**
- **Ensure the athletes are well warmed up prior to the test, including some sub-maximal acceleration.**
- **Athletes may practice the test pattern prior to the test and an additional 'practice station" may be helpful**
- **Athletes should rotate through the test ensuring adequate rest between agility jumps (a minimum of 120 seconds)**

SET UP:

- **Test can be accomplished by marking the floor**



TEST IMPLEMENTATION

- **The athlete stands in the middle of the hexagon, facing line A**
- **At all times throughout the test the athlete is to face line A**
- **On the command GO the watch is started and the athlete jumps with both feet over line B and back to the middle, then over line C and back to the middle, then over line D and so on.**
- **The athlete is to complete two (2) circuits**
- **On accomplishment of two (2) circuits the watch is stopped and time recorded.**
- **Athlete rests and then repeat the test, record the time.**

CRITICAL POINTS

- **It is important that the testing protocol is adhered to as this effects the validity of the test.**
- **If you jump the wrong line or land on a line the test is to be restarted**
- **The second incident of jumping the wrong line or landing on the line negates the test and a 'no time' is recorded.**

RECORDING

Stop watch is to be used to measure time.