

20 Yard – Shuttle

Procedures:

1. Athlete begins in a 3 point stance, facing timer, with hand on start line and one foot on each side of the start line.
2. Athlete starts after being instructed "You may go."
3. Each athlete performs the short shuttle run, once to the right and once to the left.
4. Short Shuttle - Right:
 - o Athlete begins in a 3 point stance with left hand on start line.
 - o Run directly to the right 5 yards and touch line with right hand.
 - o Reverse direction and run directly to the left for 10 yards and touch line with left hand.
 - o Reverse direction again and run 5 yards through the start/finish line.
5. Short Shuttle - Left:
 - o Athlete begins in a 3 point stance with right hand on start line.
 - o Run directly to the left 5 yards and touch line with left hand.
 - o Reverse direction and run directly to the right for 10 yards and touch line with right hand.
 - o Reverse direction again and run 5 yards through the start/finish line.
6. Two times for each run are recorded and the fastest overall time is used

