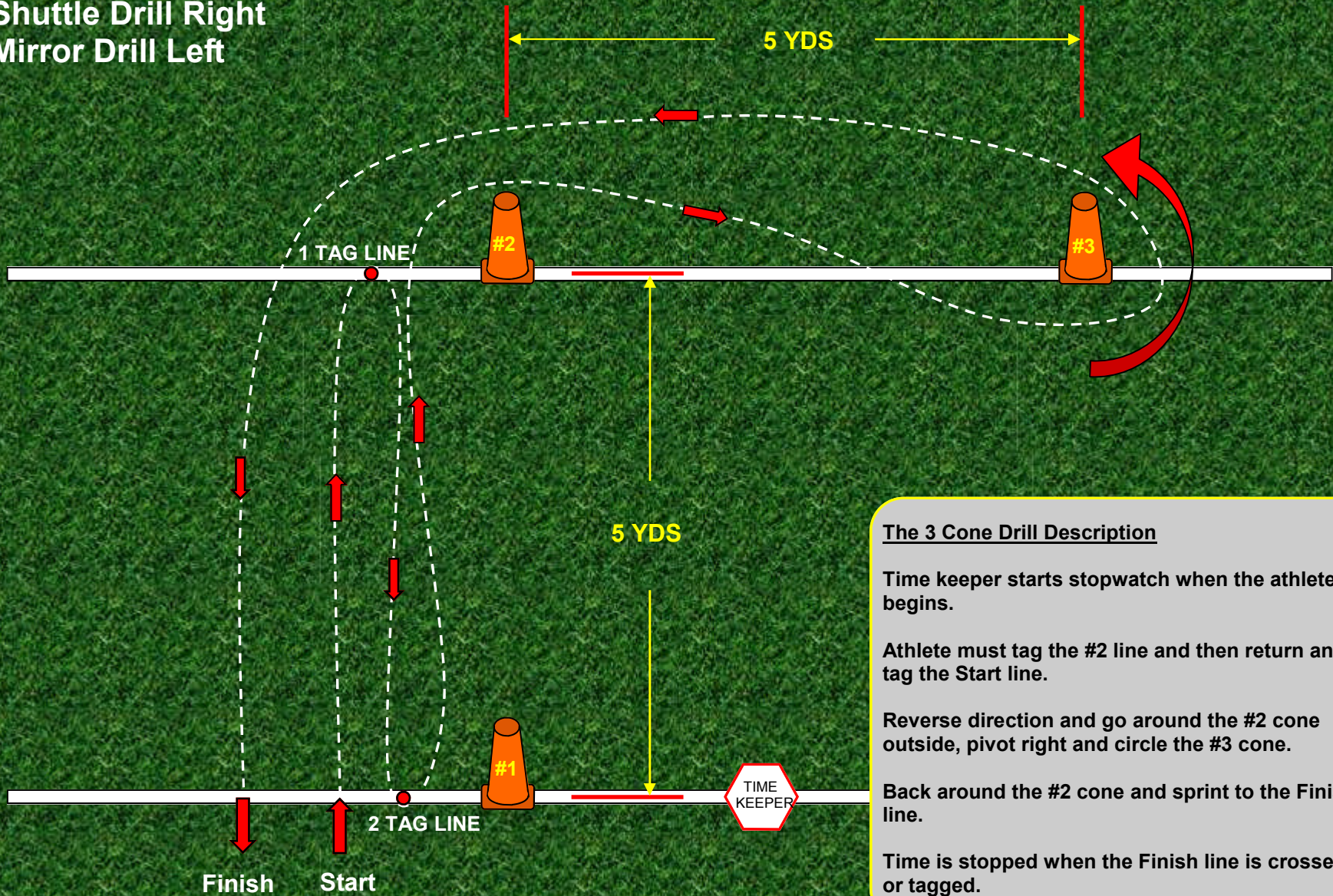


"3 CONE DRILL" AGILITY TEST

Shuttle Drill Right
Mirror Drill Left



The 3 Cone Drill Description

Time keeper starts stopwatch when the athlete begins.

Athlete must tag the #2 line and then return and tag the Start line.

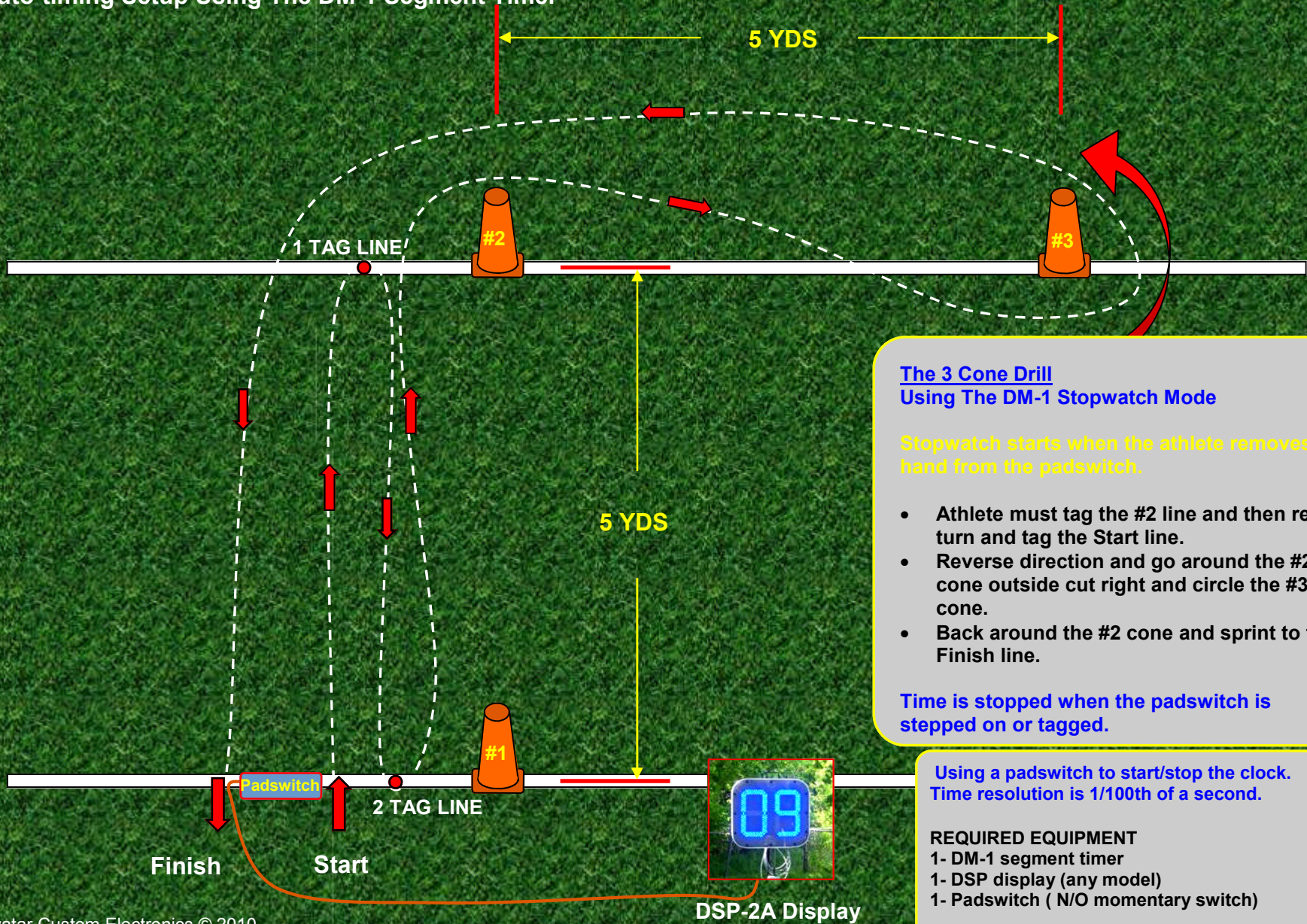
Reverse direction and go around the #2 cone outside, pivot right and circle the #3 cone.

Back around the #2 cone and sprint to the Finish line.

Time is stopped when the Finish line is crossed or tagged.

"3 CONE DRILL" AGILITY TEST

Auto-timing Setup Using The DM-1 Segment Timer



The 3 Cone Drill Using The DM-1 Stopwatch Mode

Stopwatch starts when the athlete removes hand from the padswitch.

- Athlete must tag the #2 line and then return and tag the Start line.
- Reverse direction and go around the #2 cone outside cut right and circle the #3 cone.
- Back around the #2 cone and sprint to the Finish line.

Time is stopped when the padswitch is stepped on or tagged.

Using a padswitch to start/stop the clock.
Time resolution is 1/100th of a second.

REQUIRED EQUIPMENT

- 1- DM-1 segment timer
- 1- DSP display (any model)
- 1- Padswitch (N/O momentary switch)