300 Shuttle Test

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- **purpose:** this is a test of anaerobic endurance
- **equipment required:** stopwatch, measuring tape, marker cones: a flat grass/indoor/paved surface

Procedure: marker cones and lines are placed 25 metres apart to indicate the sprint distance. Start with a foot on one line. When instructed by the timer, the player runs to the opposite 25 metre line, touches it with their foot, turns and run back to the start. This is repeated six times without stopping (covering 300 metres total).

After a rest of five minutes, the test is repeated.

Re-Testing: same venue; same time of day; same conditions … CONSISTENCY is CRITICAL

First Name	Surname	Age	Date/Venue	Trial 1	Trial 2	Average