THE T-TEST IS A USEFUL AGILITY TEST FOR ASSESSMENT OF multidirectional movement (forward, lateral, and backward). It is a simple test to administer and does not require much time or investment in supplies.

Equipment:
- A marked football field, but the test can be conducted on any hard, flat surface that offers good traction
- Measuring tape
- Four cones
- Stopwatch
- Timing gates (optional)

Pre-test procedure:
Set up the cones as depicted in the figure below.
- After explaining the purpose of the T-test, describe and demonstrate the proper route and technique. Allow the client to warm up and perform a few practice trials before administering the test.
- The goal of the test is to complete the course as quickly as possible.
- The client must keep his or her body facing forward at all times and must physically touch each cone with the correct hand. The client shuffles through the course and cannot allow the feet to crossover at any time. Proper technique must be followed or the test run will not count.

Test protocol and administration:
- The client starts at cone A. On the trainer’s command, the client sprints to cone B and touches the base of the cone with the right hand.
- He or she then shuffles left to cone C and touches the base of the cone with the left hand.
- He or she then shuffles right to cone D and touches the base of the cone with the right hand.
- He or she then shuffles back to cone B and touches the base with the right hand before running backward to the start (cone A).
- Stop the stopwatch as the client passes cone A.
- The T-test is performed three times with a few minutes of recovery between each test.
- Record the fastest time on a testing form.
- Use the table below to rank the client’s performance. Note: The test can be run in either or both directions.

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<table>
<thead>
<tr>
<th>Ranking</th>
<th>Males (seconds)</th>
<th>Females (seconds)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>&lt;9.50</td>
<td>&lt;10.50</td>
</tr>
<tr>
<td>Good</td>
<td>9.51–10.50</td>
<td>10.51–11.50</td>
</tr>
<tr>
<td>Average</td>
<td>10.51–11.50</td>
<td>11.51–12.50</td>
</tr>
<tr>
<td>Poor</td>
<td>&gt;11.50</td>
<td>&gt;12.50</td>
</tr>
</tbody>
</table>
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