Quick Feet – In Outs
Time agility drill with the Triangle Quick Feet Trainer

statUP
Earn Stats That Matter

Description

Athletes have 15 seconds to see how many "In Outs" quick feet repetitions they can do.

This statUP test was created by Bob Warming. Bob is the Penn State Men's Head Coach and founder of the Triangle Training Method. Learn more and purchase a "Triangle Quick Feet Trainer" at TheTrainingTriangle.com.

Purpose

To measure an athlete's feet quickness.

level	coaches	equipment	
L1	**1**	△	**1** Triangle Quick Feet Trainer

Directions

Before running test, review directions with athletes.

1. **Athlete Face Triangle**
   Athlete faces the triangle so they are looking in direction triangle is pointing. Both feet should be behind the flat side of the triangle.
2. **Coach Says, "Go"**
   Coach says go and starts 15 second timer on app.
3. **Athlete Performs "In Outs"**
   One full "In Outs" repetition is when an athlete steps in the triangle with their dominant foot first, then their non-dominant foot. Next, the athlete removes their dominant foot out of the triangle and then their non-dominant foot.
4. **Scoring**
   Coach counts how many repetitions an athlete performs in 15 seconds. One repetition is counted every time both feet move into the triangle and both feet move out.

   If at end of 15 seconds, an athlete is halfway through a repetition that repetition doesn't count in their final score of total repetitions.

Find out more about the Triangle Training Method at TheTrainingTriangle.com
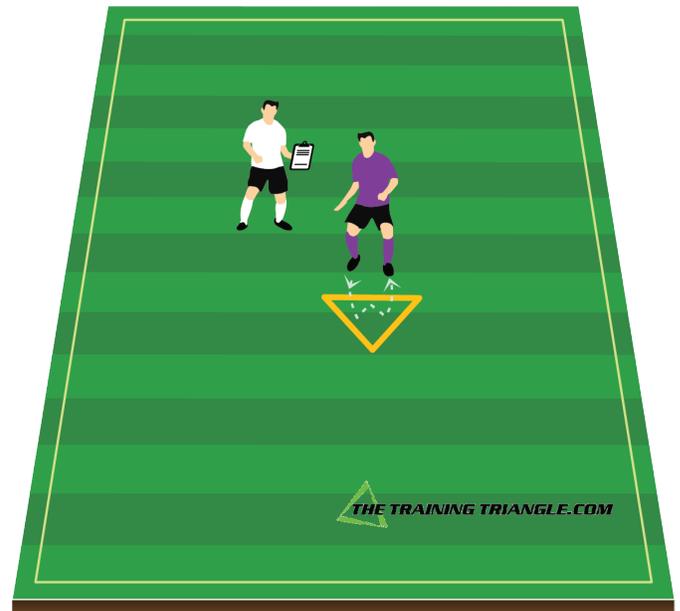
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What Could Go Wrong

1. If an athlete trips during 15 seconds, the athlete continues from their most recent full repetition. For example, if an athlete has completed 5 repetitions and halfway through their 6th repetition they trip they must start over on their 6th repetition. They start over from the starting point of both their feet outside the triangle.

2. If an athlete steps on triangle, no repetition penalty is deducted.

3. If an athlete messes up the quick feet repetition, they should start over from most recent completed repetition.

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Coach's Name: _____ **Date:** _____

Athlete Name

Example: John Smith

Repetitions

13 reps