

Quick Feet – Reverse Ickey Shuffle

Time agility drill with the Triangle Quick Feet Trainer

Description

Athletes have 15 seconds to see how “Reverse Ickey Shuffle” 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

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Directions

Before running test, review directions with athletes.

1. Athlete Face Triangle

Athlete stands to the right of the triangle. The athlete should be looking in the direction the triangle is pointing. The right side of the triangle is the right side of which way the triangle is pointed. Both feet should be outside of the triangle.

2. Coach Says, "Go"

Coach says go and starts 15 second timer on app.

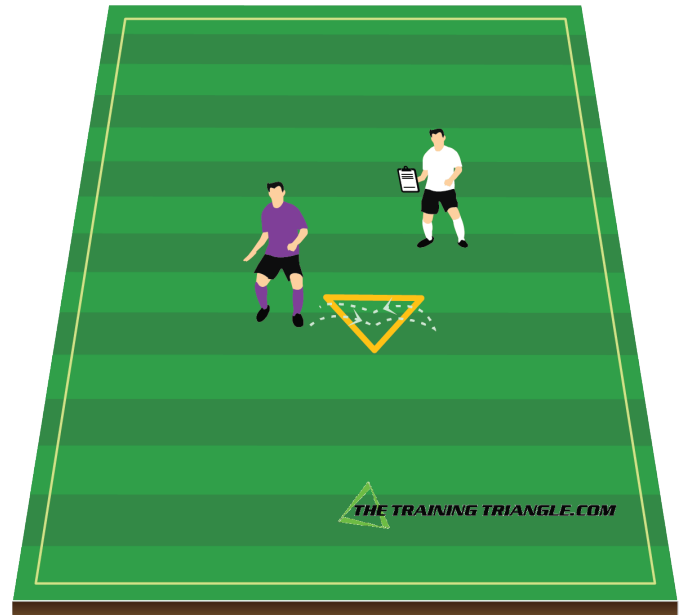
3. Athlete Performs Reverse Ickey Shuffle

One full "Reverse Ickey Shuffle" repetition is when an athlete steps in the triangle with their outside foot going around the back of their inside foot, then the inside foot steps to other side of triangle followed by the foot in the triangle stepping outside the triangle.

4. Scoring

Coach counts how many repetitions an athlete performs in 15 seconds. One repetition is counted every time both feet return to the starting position which is the right side of the triangle.

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.



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 repetition, they should start over from most recent completed repetition

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Earn Stats That Matter

Coach's Name: _____ Date: _____

Athlete Name

Repetitions

Example: John Smith

13 reps

_____	_____
_____	_____
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