

Quick Feet – Triangle Shuffle

Time agility drill with the Triangle Quick Feet Trainer

Description

Athletes have 15 seconds to see how many “Triangle Shuffles” 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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statUP

Earn Stats That Matter

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 "Triangle Shuffle"

One full "Triangle Shuffle" repetition is when an athlete repeats the following. First, athlete steps in the triangle with their right foot then their left foot.

Second, the athlete steps outside of the triangle to their right side with their right foot first, then their left.

Third, the athlete steps back in the triangle with their left foot then their right.

Fourth, the athlete steps outside of the triangle to their left side with their left foot first, then their right.

Fifth, the athlete steps back in the triangle with their right foot, then their left.

Last, the athlete steps behind the flat side of the triangle with their right foot, then their left.

4. Scoring

Coach counts how many repetitions an athlete performs in 15 seconds. One repetition is counted every time the athlete completes a full "Triangle Shuffle" and is back at starting point.

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](https://www.thetrainingtriangle.com)

