



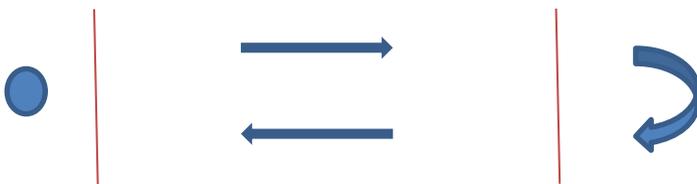
## Track

- Free timing mode with 1-6 gates (Athletes can run through gates in any order, ideal for complex patterns)
- Standard timing (2-6 gates, timing intervals)
- Traffic light sprint (1-6 gates, start triggered by light, buzzer or light and buzzer. Splits also measured)

## Track return

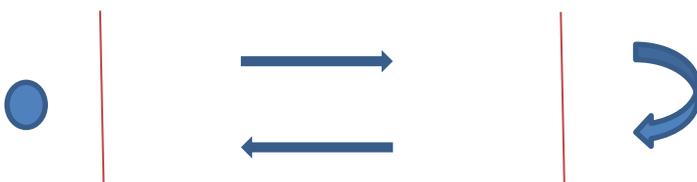
### Interval protocols

\* Interval tests can be adapted to any distance with the time able to be set between 10 and 99 seconds for completion of each shuttle. Time allowance can be altered for each shuttle. Cannot change default away from 8 or 10 reps, but could manually cancel test to get less results. You can have up to 3 tests (with the same protocol) running simultaneously from 1 PDA. Green light starts each stage, blue light indicated next player to get ready.



#### **Phosphate Decrement Test (PDT)**

Upon the green light appearing the athlete sprints 35m, and has the remainder of 30 seconds to recover, at which time the green light will appear again signal to the athlete to sprint 35m in the opposite direction. A total of 8 sprints are to be complete.



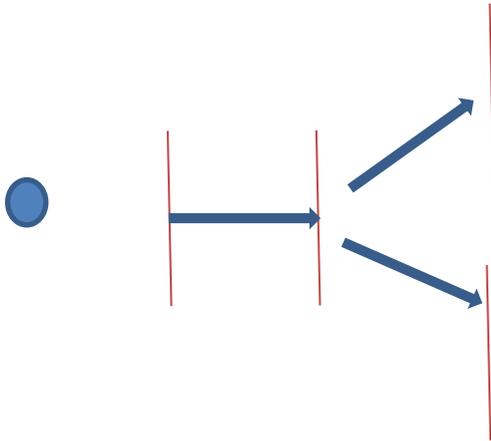
#### **Modified PDT (10 x 40m on 30)**

As PDT with 40m sprints with a 30 seconds time allowance with a total of 10 sprints.

# Cuts

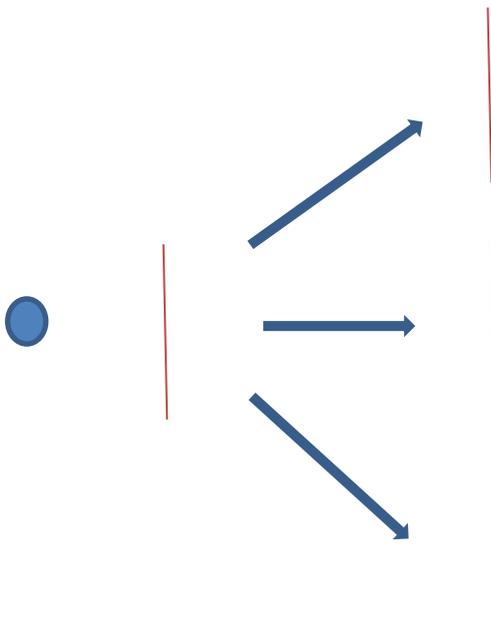
\* Auto start – Timing begins when you break the first gate

\* Traffic start – Timing starts when gates flash green



## **4 Gates (1, 1, 2) auto start**

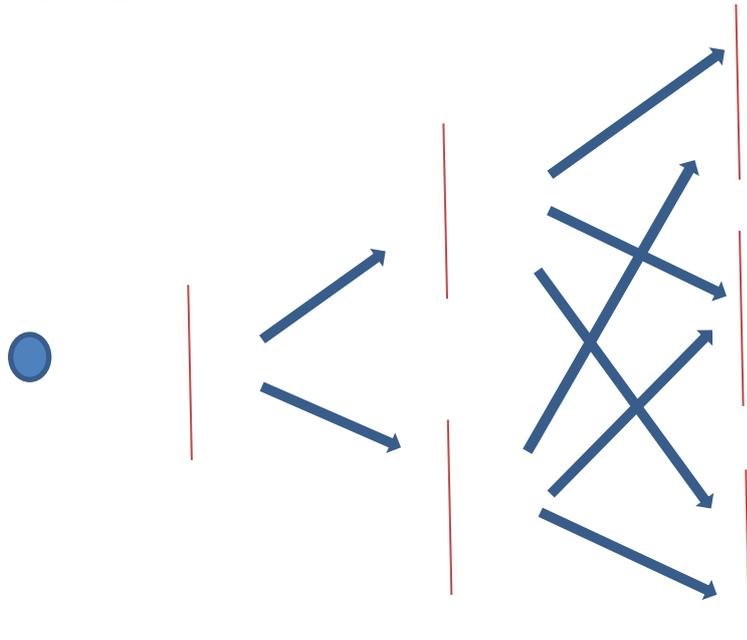
The athlete starts at will from the start gate (auto start), and as they run through the trigger gate, one of 2 gates is randomly activated. Times are given for start-trigger gate, trigger-finish gate, and total.



## **4 Gates (0,1,3) traffic start**

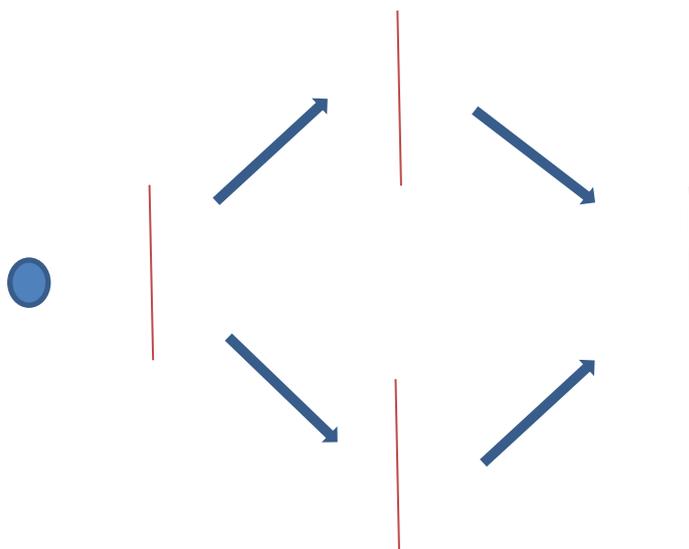
Athlete starts from a marker a set distance back from the trigger gate. Timing begins immediately when the trigger gate turns green. As the athlete runs through the trigger gate, one of the 3 gates is randomly activated. Times are given for green light-trigger gate, trigger-finish gate, and total.

### Cuts cont.



#### **6 Gates (0, 1, 2, 3) traffic start**

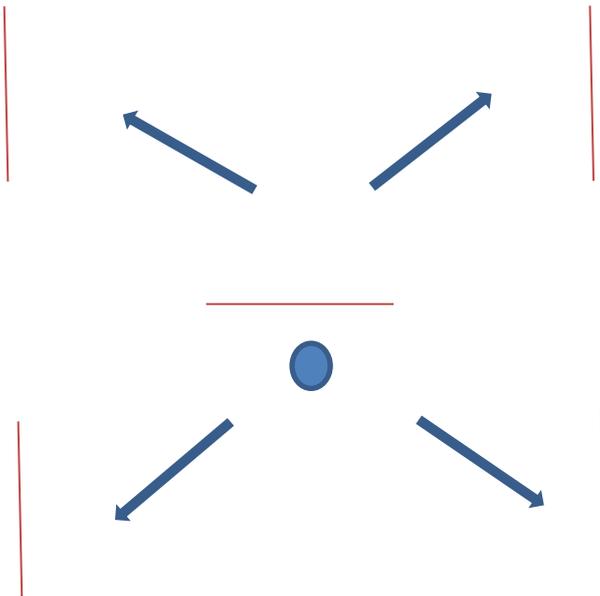
The athlete starts from a marker a set distance back from the trigger gate. Timing begins immediately when the trigger gate turns green. As the athlete runs through the trigger gate, one of 2 gates is randomly activated. As they run through the reactive gate, one of 3 gates is randomly activated. Times are given for green light-trigger gate, trigger-first reactive gate, first – second reactive gate and total.



#### **4 Gates (0,1,2,1) traffic start**

The athlete starts from a marker a set distance back from the trigger gate. Timing begins immediately when the trigger gate turns green. As the athlete runs through the trigger gate, one of 2 gates is randomly activated. Once the reactive gate is broken the first gate is illuminated and the athlete must run through it to finish.

## Cuts Cont.

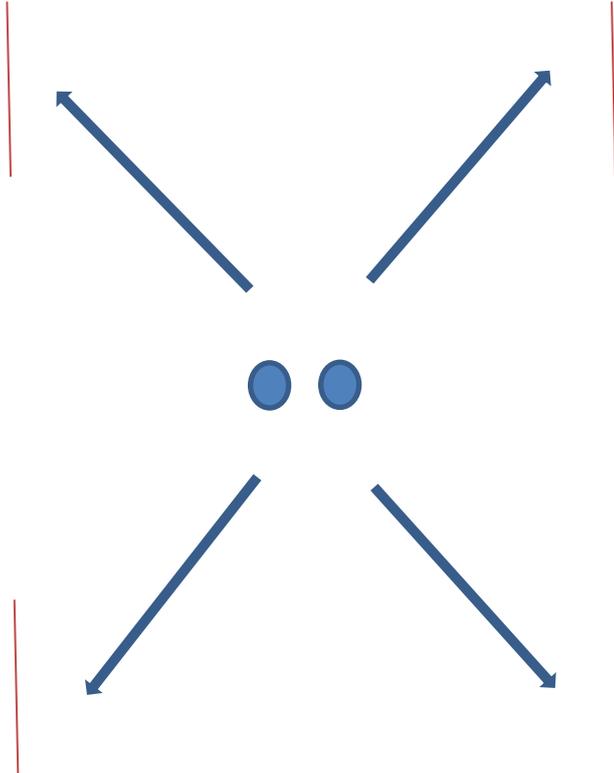


### Reactive Shuttle Interval Drill

The test begins with a green light on the 'Home' gate. The athlete must break this gate, and then move to whichever gate is illuminated. After breaking the illuminated gate, the athlete returns to the 'home' gate, which in turn illuminates another gate. The athlete must complete as many shuttles as possible in each work period. During the rest period the light will remain red. When the 'home' light turns green, the next work period has begun.

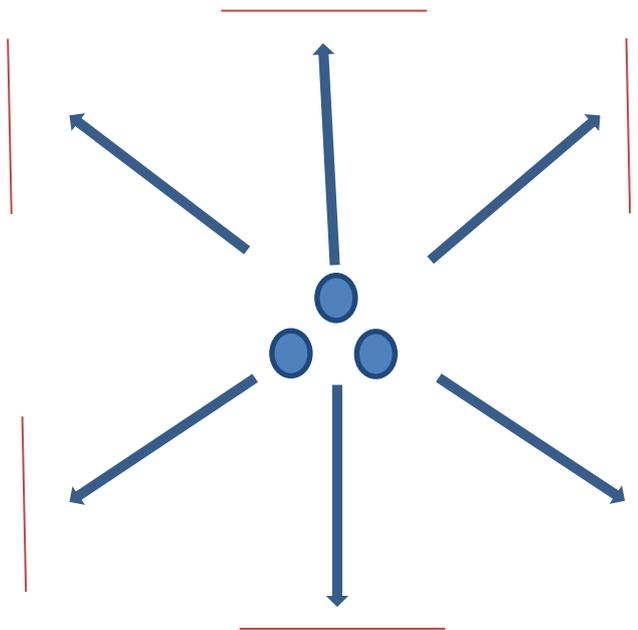
The user can also set a 'kill time' in the options menu. This designates a time from when the athlete cuts the illuminated gate. If they do not break the illuminated gate within the 'kill time' the 'home' gate will again turn green, and the athlete must return to resume the drill.

# Grids



## **4 Point Grid Drill**

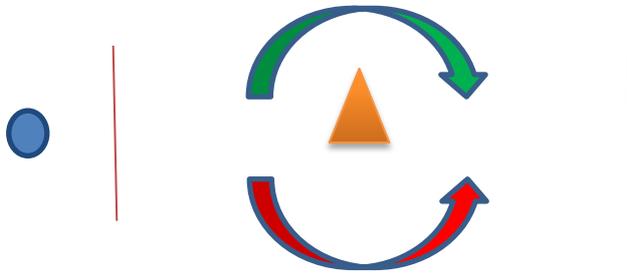
Each player (max 2) is assigned a colour (e.g. player 'X' = red, 'Y' = green). Upon commencement of the drill, the player must run through the gate corresponding to their colour. The player continues to repeat this for a set time, with the goal being to cover as much distance in the time as possible. Configure your own time and size of drill for accurate feedback.



## **6 Point Grid Drill**

Each player (max 3 players, or 3 teams) is assigned a colour (e.g. player 'X' = red, 'Y' = green, 'Z' = blue). Upon commencement of the drill, the player must run through the gate corresponding to their colour. The player continues to repeat this for a set time, with the goal being to cover as much distance in the time as possible. Configure your own time and size of drill for accurate feedback.

# Serpentine

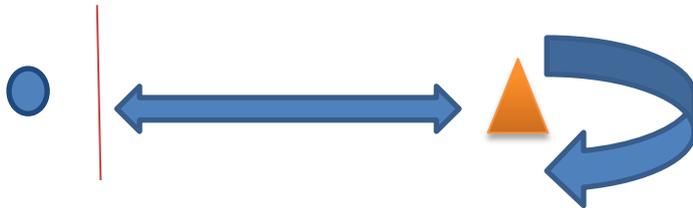


## **Serpentine 2**

The athlete sprints through the first gate when the light turns blue. As the athlete sprints through each gate, the next light will flash either green or red. In response to this the athlete must react to the rule of the drill (e.g. left or right) before passing through the next gate.

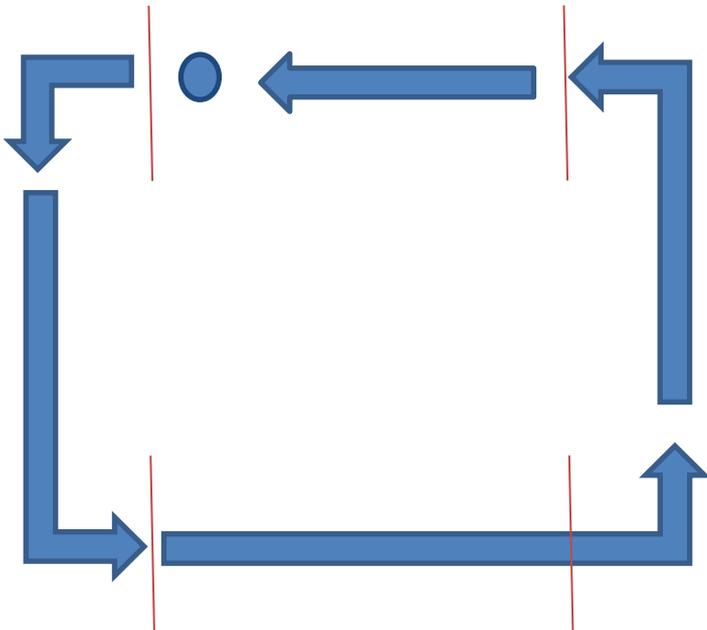
\*Above is a basic serpentine. You can have between 2-6 gates with up to 4 light options on each, red, green, blue or all.

# Laps



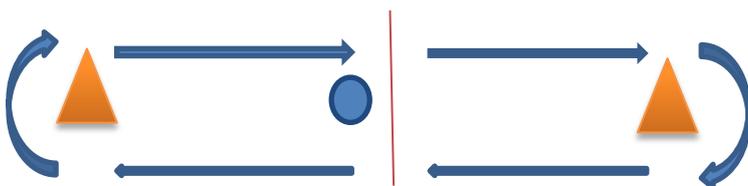
## **Lap interval drills**

On the green signal the player is required to sprint forwards, perform the desired activity and then run back through the gate to complete the sub session. The player has the remainder of the period to rest before the next sub session. The default protocol is 10 sub sessions with a period of 20 seconds each.



## **Standard lap timing**

The athlete is required to complete the appropriate number of laps in order to complete the protocol. If more than one lane is being used, athletes must take care to remain in their own lanes and only break the appropriate gates.



## **Pro agility drill**

On the green signal the player is required to sprint forwards a distance, then turn and sprint back through the gate and out the set distance, turn and then back through the gate again.