



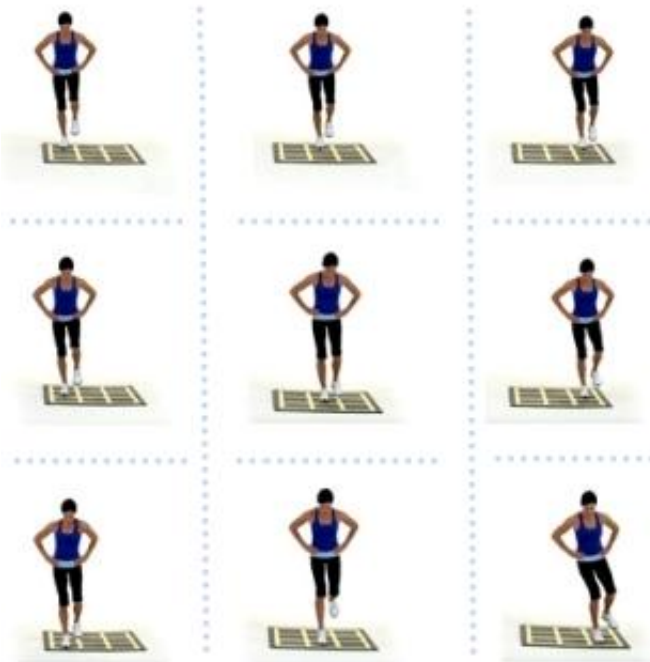
How To: Perform The Shark Test

GET A LEG UP ON THE COMPETITION.

This test was designed to help professionals assess lower body agility and control.

WHAT YOU NEED: ATHLETIC TAPE, MEASURING TAPE, TIMER AND A PARTNER

- Step 1:** Create a 9 square grid equal distance apart, (12" x 12" boxes are the standard).
 - Step 2:** Stand in the center of the grid, on one leg, with your hands on your hips.
 - Step 3:** You will perform the assessment by hopping into each box in a designated pattern, always returning to the center box. Be consistent with the patterns.
 - Step 4:** Perform 1 practice run through the boxes with each foot (practicing with the pattern you desire to test with).
 - Step 5:** Perform the test 2 times with each foot; asking your partner to time you on how long it takes to complete the pattern (your partner should stop the time when you land in the center square at the end of the desired pattern)**.
 - Step 6:** Record the times.
- ** Ask your partner to record your faults so you can deduct time off your total recorded time.



Trial #1	Trial #2
Right	Right
Left	Left

**FAULTS

Non-hopping leg touches the ground

SECONDS TAKEN OFF FINAL TIME

0.10 sec.

Hands come off hips

0.10 sec.

Foot goes into wrong square

0.10 sec.

Foot does not return to center square

0.10 sec.