

Name:

Analysed by:

Date:

20m Sprint	Back		Front		Side		Comments (circle)	Pro-Agility		
	YES	NO	YES	NO	YES	NO		START	YES	NO
FEET/ANKLES								Centre of gravity low		
Balls of feet								Pivots off front foot		
Ankle strong								Picks up left leg		
Toes pointed up							Down	Extends back leg		
Normal plant and push off							Pronating/Supinating	Leans forward		
<i>Not Tight roping</i>								Picks up hands		
Toe in line (>7°)							Toe Out/Toe in	TURNS		
KNEES								Slows down through heels		1 st turn / 2 nd Turn
In line with hip							Cross Midline/Open	Doesn't overshoot mark (foot)		1 st . 2 nd .
HIPS								Pivot in one step		1 st . 2 nd .
Not Rotating (glut max strong)							Left/Right	Extends back leg		1 st . 2 nd .
Not Dropping (glut med strong)							Left/Right	Direct line of pushback		Out to side
BACK								Body in line		1 st . 2 nd .
Lower Back in Line							Rounding/Upright	SPRINT		
ARMS								Balls of feet		
Up in line with shoulder							Cross Midline/Open	Leans forward		
SHOULDERS/NECK								Overall Main Focus:		
Shoulders level and relaxed							Movement/Raised	1		
Neck in line and relaxed							Cross Midline	2		
Head in Line with body							Up/Down/Protracted	3		
Start - 10m								4		
Extends legs								5		
45° Lean							Rounding/Upright	6		
Strikes beneath COG							In Front			
Direct line of pushback							Out to side			
10m - 20m										
Rips heel straight to butt							Low/Large			
Knee Drive to 90°							RHS: ° LHS: °			
Strikes beneath hip							In front			
Cheek to cheek (elbow 90°)							Hands Below Hips			