ABSTRACT

TITLE:	Correlation Between Sprint Form and T-Test Speed
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ABSTRACT: Speed and agility are two main components of athletics and almost every sport. This study's purpose was to determine the correlation between sprint form training and time of completion for the agility T-test. Twenty-five collegiate women's soccer and volleyball players were tested using the T-test at the beginning of off-season training. Fifteen players volunteered to participate in a three day per week sprint mechanic training program. All players were tested again after five weeks. Both the test and control groups improved (Control: -0.4745 sec & Test: -0.913sec). There was no significance found through the statistical analysis between the two groups. Therefore, sprint mechanics are not shown to improve an athlete's performance on the agility T-test.