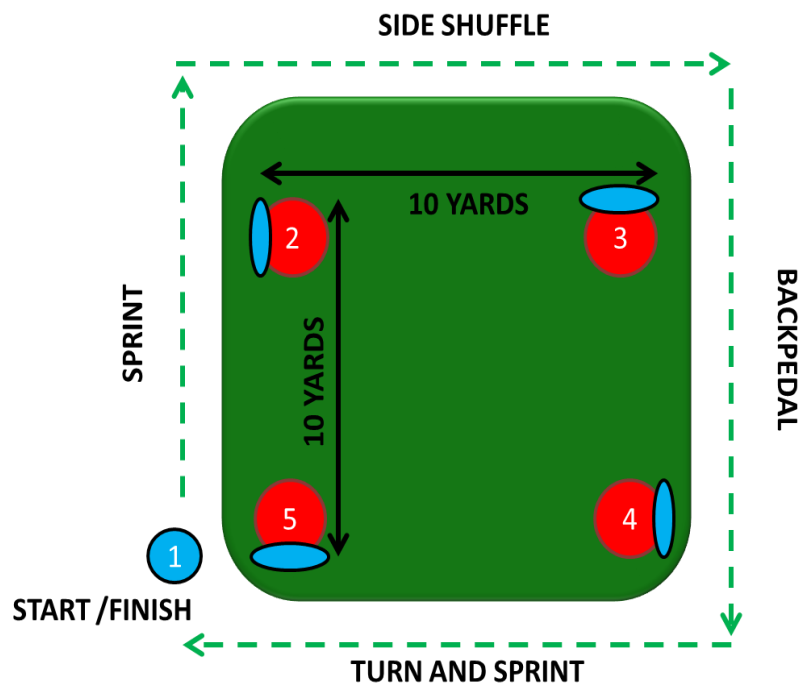




Drill Name: Box Drill Fitness Test.



BOX DRILL

PURPOSE: This is a test for agility, quickness, flexibility, change of direction, speed and body control.

EQUIPMENT: 5 Fitlights and 3 cones.

SET UP: Attach 4 Fitlights with Velcro to the cones. Measure a 10 yard square box, placing the lights facing outwards on each corner, 10 yards apart as per diagram. Note #1 Fitlight is not attached and sits on the ground.

Routine: The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and sprint to Light #2, then shuffle sideways to Light #3 and continue by back pedaling to Light #4 and finish by turning and sprinting through and finishing at Light #5. The athlete must go around the outside of each light within 60 cms (24 ") to trigger the lights.

PDA AND FITLIGHT SET UP:

1. The program entry will have lights #'s 2, 3, and 4. Always omit Light#1 in the program.

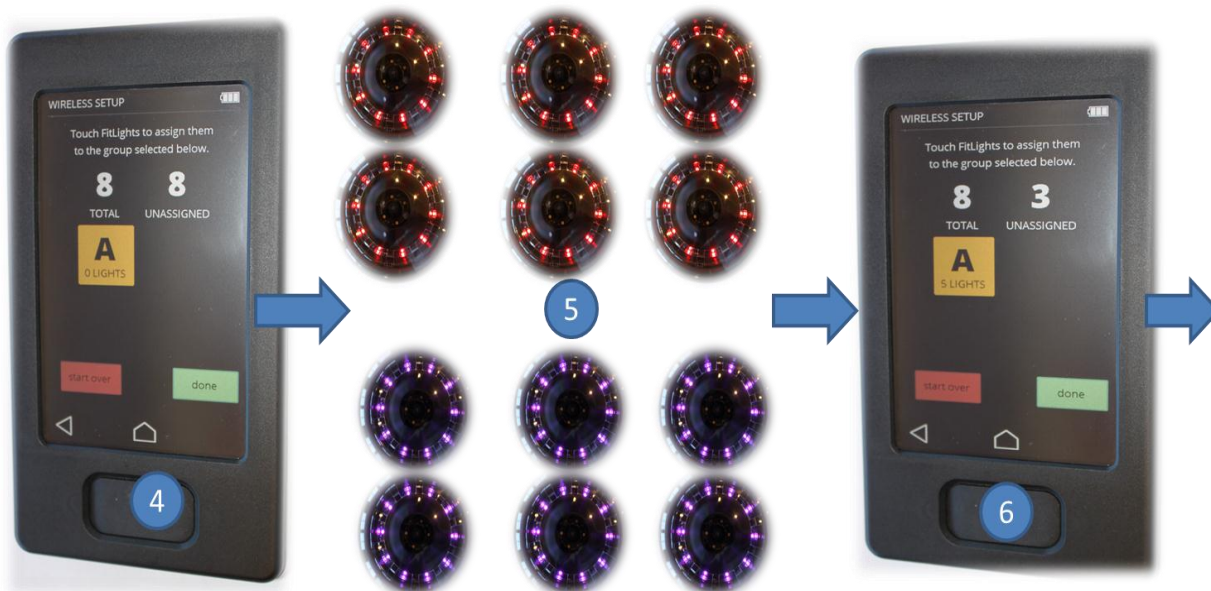
Refer to the following Program Process

Note Well: once the athlete's hand is removed from the light the time starts.



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PDA AND FITLIGHT SET UP:





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7. Main menu is presented.
8. Touch “Program Sequences”
9. Select Sequence #1 , Touch “Next”



10. New menu is presented, select 60 cms for distance, Timeout at 10 Seconds, Delay at 0, touch “Next”
11. New Menu is presented, touch “Next” and move to Sequence input Menu.
12. Enter numbers 2, 3, 4, 5 and touch “Save” and you will be presented with a new menu. Note Light #1 is not entered into the program





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13. Touch “Run Programmed Sequence”

14. Select Sequence number, eg. #1 and touch “Next”

15. Touch “Start By Light” and select other parameters and after touch “Next”



16. Touch “Start”

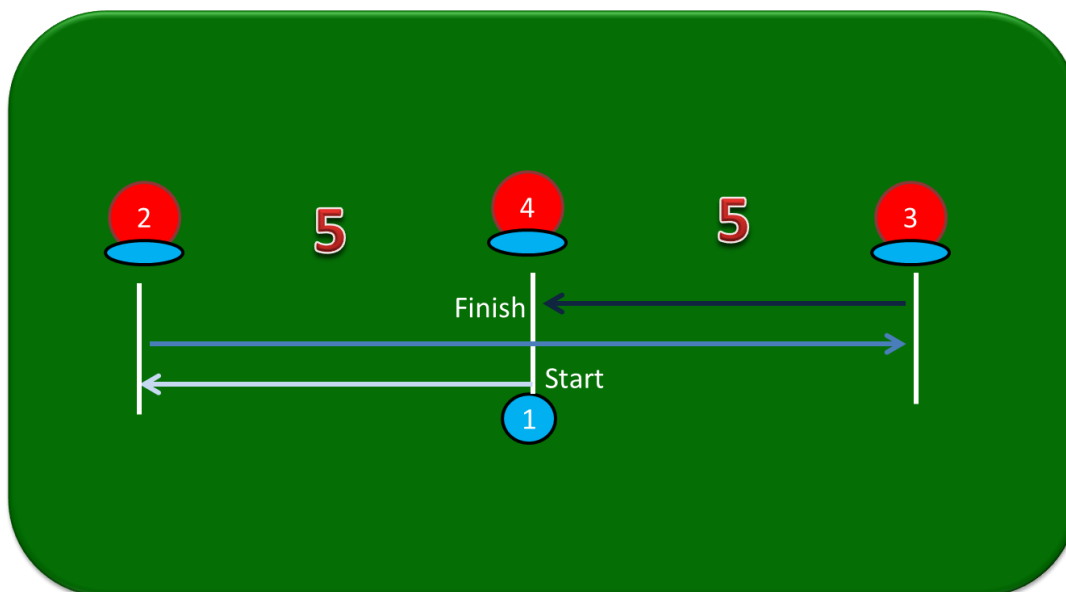
17. Time status is shown at the start.

18. Completed run with average time and overall time for routine.





Drill Name: 20 Yard SHUTTLE



20 YARD SHUTTLE DRILL

PURPOSE: This is a test for agility, quickness, flexibility, change of direction, speed and body control.

EQUIPMENT: 4 Fitlights and 3 cones.

SET UP: Attach 3 Fitlights with Velcro to the cones. Measure 5 yards in either direction from the center light #1 as per diagram and place the lights in a straight line. Note #1 Fitlight is not attached and sits on the ground next to Light #4.

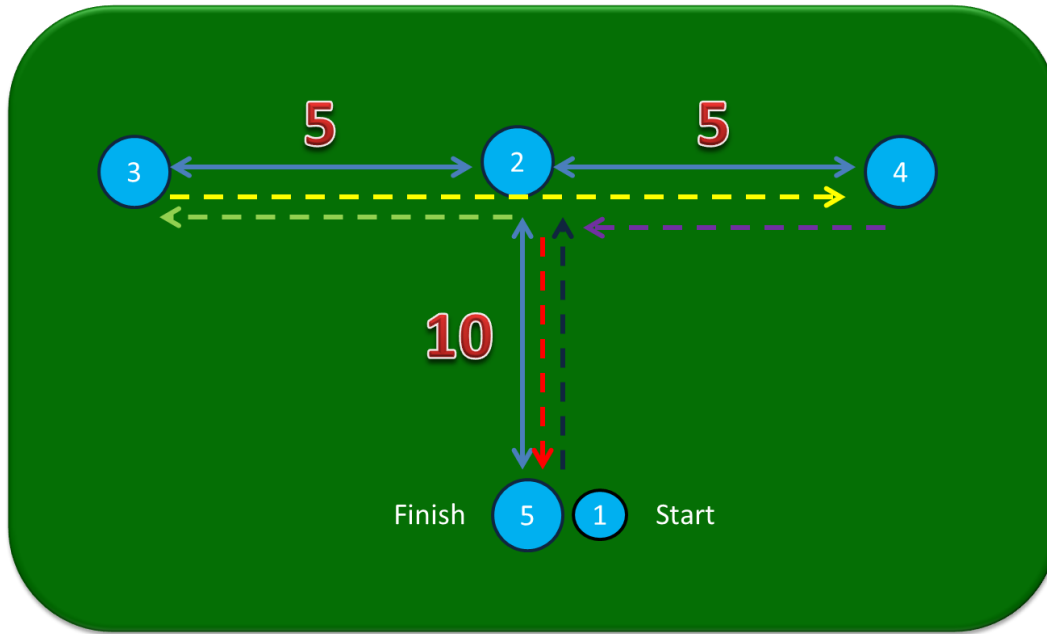
Routine: The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and sprint to Light #2, then turn and sprint to Light #3, continue by sprinting to light #4. The players must pass within 60 cms (24") of the light to deactivate the light

PDA AND FITLIGHT SET UP:

1. Follow the same set up procedure as the example for the "BOX DRILL" **but only 4 lights need to be activated during step #4. (Change 4 Red Lights to Purple, not 5)**
2. The program entry will have lights #'s 2, 3, and 4. Always omit Light#1 in the program.



Drill Name: AGILITY “T” TEST



40 YARD AGILITY “T” TEST

PURPOSE: This is a test of agility for athletes, and includes forward, lateral, and backward running.

EQUIPMENT: 5 Fitlights and 3 cones.

SET UP: Attach 4 Fitlights with Velcro to the cones. Measure a 10 yards from Light #1(start line) to light #2 and then measure 5 yards on either side of light #2 as per diagram, position Light #5 at the finish line, all lights should be laying on the ground.

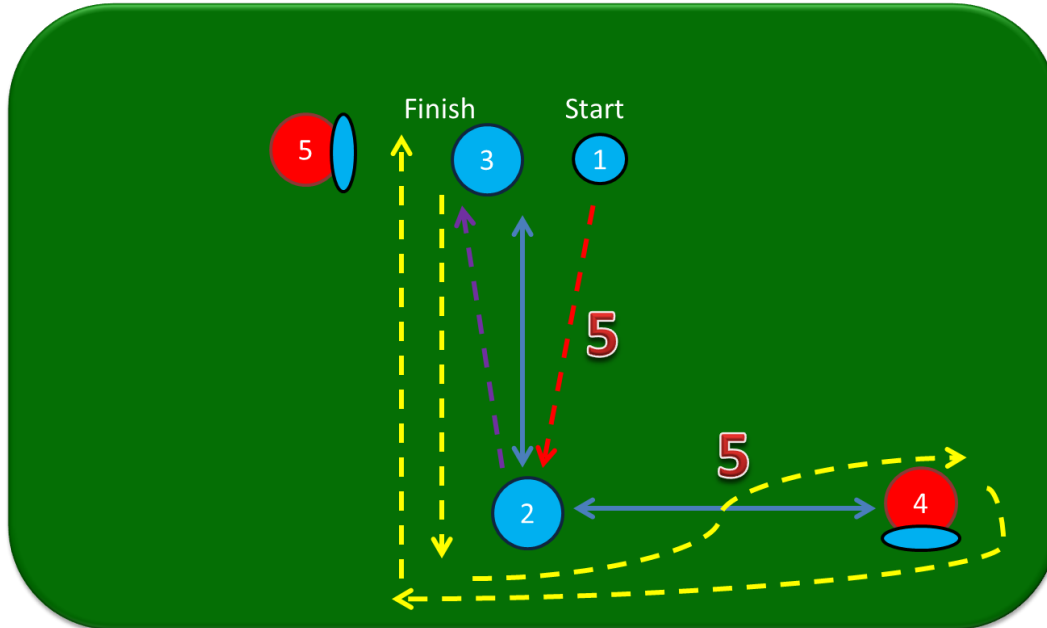
Routine: The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and sprint to Light #2 and touch the light with their right hand. They then turn left and shuffle sideways to Light #3 and touch the light with their Left hand. Then shuffling sideways to the right to Light #4 and touching the Light with the right hand. They then shuffle back to Light #2 touching with the left hand, and then run backwards to Light #5. The players must pass within 60 cms (24”) of the light to deactivate the light

PDA AND FITLIGHT SET UP:

1. Follow the same set up procedure as the example for the “BOX DRILL”
2. The program entry will have lights #'s 2, 3, 4 and 5. Always omit Light #1 in the program.



Drill Name: 3 CONE DRILL



3 CONE DRILL

PURPOSE: This is a test for agility, quickness, flexibility, change of direction, speed and body control.

EQUIPMENT: 5 Fitlights and 3 cones.

SET UP: Attach 2 Fitlights with Velcro to the cones. Two lights and 1 cone are placed in a "L" formation with the lights that are attached to the cones at the corners in position 4 and 5, see diagram. They should be placed 5 yards apart (see diagram).

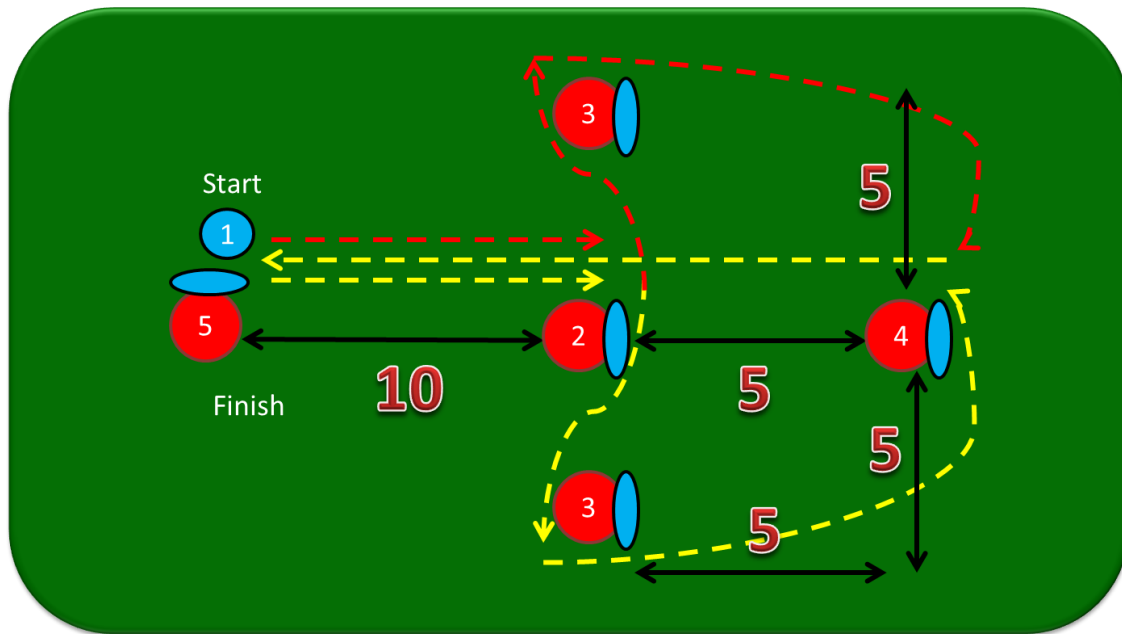
Routine: The player starts by getting down in a three-point stance with a hand on light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and run to light #2, and touches the light with their right hand. Then he turns and runs back to light #3, bends down and touches that light with his right hand. Then he runs back to light # 2 and around the outside of it, weaves inside Light #4, then around the outside of Lights #4 and #2 before finishing at Light #5. The player must run forward while altering his running direction, as opposed to strictly stopping and starting in opposite directions.

PDA AND FITLIGHT SET UP:

1. Follow the same set up procedure as the example for the "BOX DRILL"
2. The program entry will have lights #'s 2, 3, 4 and 5. Always omit Light #1 in the program.



Drill Name: Arrow Head DRILL



ARROW HEAD DRILL

PURPOSE: This is a test of speed, explosion, body control and the ability to change direction over a range of angles and directions.

EQUIPMENT: 6 Fitlights and 1 cone.

SET UP: Attach 5 Fitlights with Velcro to the cones. Note #1 Fitlight is not attached.

Routine: The lights are laid out as per the diagram, with three marker lights placed in an arrowhead shape, and the start and finish light to indicate the start and finish line. The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and they run as fast as possible to the middle Light (2), turn to run around the side Light 3 (Left or Right), around the far cone (4) and back to Light #5. The player completes four runs, two to the left then two to the right (as shown). The players must pass within 60 cms (24") of the light to deactivate the light.

Note Well: Only Program for one side as Light # can be switched to either side.

PDA AND FITLIGHT SET UP:

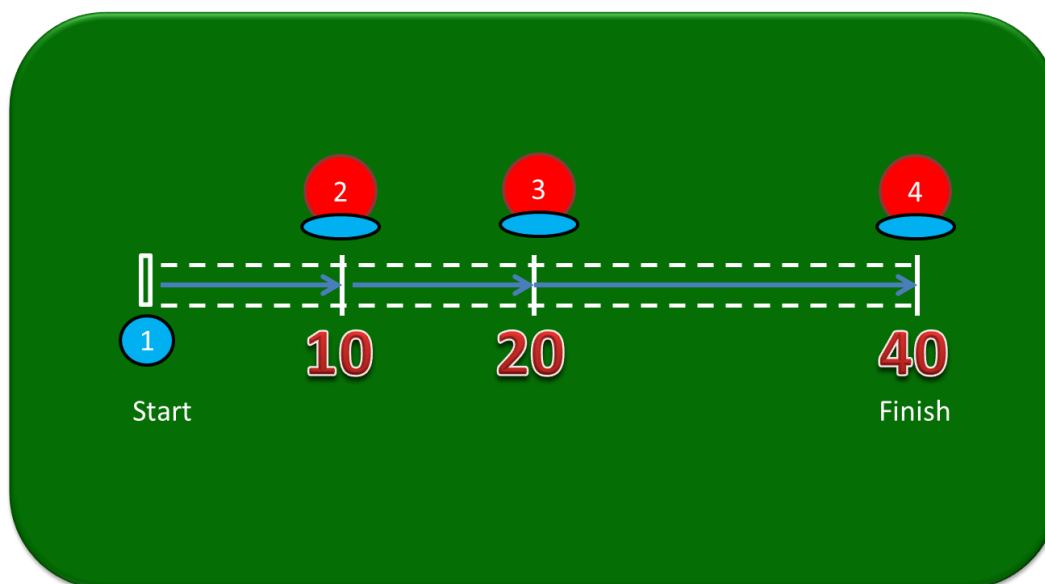
1. Follow the same set up procedure as the example for the "BOX DRILL"
2. The program entry will have lights #'s 2, 3, 4 and 5. Always omit Light #1 in the program.



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Drill Name: 40 Yard Dash



40 YARD DASH DRILL

PURPOSE: This is a test for quickness.

EQUIPMENT: 5 Fitlights and 3 cones.

SET UP: Attach 3 Fitlights with Velcro to the cones. Measure 10 yards for light #2, and then another 10 yards for Light #2 and 20 yards for light #4, placing the lights in a straight line, see diagram. Note #1 Fitlight is not attached.

Routine: The athlete starts by getting down in a three-point stance with their hand on Light #1. Whenever the athlete is ready, THEY REMOVE THEIR HAND FROM Light #1 and sprints to the finish line light #4. The athlete must run within 60 cms (24") from the light to deactivate on passing.

PDA AND FITLIGHT SET UP:

1. Follow the same set up procedure as the example for the "BOX DRILL" but only 4 lights need to be activated during step #4. (Change 4 Red Lights to Purple not 5)
2. Go to the Split Time menu and follow the process, more or less the way it was done with the Box Drill set up.



Hand/Eye Drill: 50 Light Target Test.

50 Light Target Routine

1. Go to Random Training.
2. Set Light distance from 10 cms to 60 cms, your preference, the closer the distance the more accurate the hand must be as it needs to be within 10 cms and in the center to deactivate.
3. Set the delay to 0 sec.
4. Select 50 hits
5. Set the time out to 2 sec.
6. Select distance if you are using 20 cms and greater de-activation distance
7. Select full light or increase the difficulty with only the center light.
8. Select start by light
9. Select "Next" and then "Start"



Hand/Eye Drill: Random Reaction 60 second Test.

Random Reaction :60 second Test.

1. Go to Hand/Eye Co-Ordination menu
2. Set the time for 60 sec.
3. Set the delay at 0 sec.
4. Set time out at maximum 10 sec.
5. Set the light for Center, Full or Ring (Center for greater degree of difficulty)
6. Set the light for Distance/ Impact. (This means that the player has to either touch the light or his/her hand must be within 10 cms to deactivate the light.)
7. Touch "Next" and Then "Start"





Hand/Eye Drill: Proactive Test.

Proactive Test:

1. Go to Hand/Eye Co-Ordination menu
2. Set the time for 60 sec. (it can be set for longer as desired)
3. Set the delay at 0 sec.
4. Set time out at maximum 2 sec.
5. Set the light for Center, Full or Ring
6. Set the light for Distance/ Impact. (This means that the user has to either touch the light or his/her hand must be within 10 cms to deactivate the light.)
7. Touch "Next" and Then "Start"



Hand/Eye Drill: Reactive Test.

Reactive Test:

1. Go to Hand/Eye Co-Ordination menu
2. Set the time for 60 sec. (it can be set for longer as desired)
3. Set the delay at 0 sec.
4. Set time out at maximum .5 sec. (YOU CAN CHANGE THIS AS THE USER GETS BETTER TO .25 SEC)
5. Set the light for Center, Full or Ring
6. Set the light for Distance/ Impact. (This means that the user has to either touch the light or his/her hand must be within 10 cms to deactivate the light.)
7. Touch "Next" and Then "Start"

