

Athletics

Reaction Time

This is a **component of fitness** that is vital for any sprinter in a race.

How quick you respond to the gun at the start of the race could be the difference between 1st and 2nd!

Each component of fitness has a test you can complete.

The test for Reaction Time is the Ruler Drop Test.

Skill related component testing

2. Reaction time – RULER DROP TEST

Measures reaction to a stimulus. Partner to hold and drop ruler from above performer dominant hand.

Rules:

- Fingers of the performer should be at the 0 cm mark
- The performer should not be able to anticipate the drop coming.



Excellent	Above Average	Average	Below Average	Poor
<7.5cm	7.5 - 15.9cm	15.9 - 20.4cm	20.4 - 28cm	>28cm

<https://youtu.be/6TZp6-7AAfg>

Let me know how you get on:

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