40 YARD DASH INSTRUCTIONS

The 40yd dash is probably the most glamorous of the speed/power tests due to its inclusion in the NFL combines.

The crazy thing about the 40 yd. dash is that most coaches don't believe it tests the most important distance, which is the first 10 yards. Others believe it's an athletes ability to cover the field laterally as well as accelerate down the field.

Regardless Paul Brown probably never could have predicted the monster that he created when he created the 40yd dash to determine who would return punts.

Now…on to the instructions!

Getting accurate times is critical, so take some time to familiarize yourself with the instructions and review the extra articles and videos before you test the athlete.

Option one: Attend a combine, sport camp that does testing, or contract with a local organization that specializes in speed/power training and testing. This will ensure a more accurate test result.

Option two: Perform your own timed 40yd.

Equipment needed.

Accurate stopwatch designed to measure track events.

Chalk or tape to measure start and finish line.

Level running track or field. Measure off and mark start line and finish line for 40 yds.

1. Make sure the athlete warms up, stretches, and performs some ½ and ¾ sprints.
2. Line the athlete up with their body behind the line and one or both hands planted on the starting line.(If they play football they might use a 3pt. stance, whereas a track athlete usually uses a 4pt stance with both hands on the starting line. Let the athlete use what they feel most comfortable with, as speed training comes after the baseline test.
3. Allow them to start when they are ready.
4. Time them from the first movement.
5. Stop the watch when they pass the 40yd dash line.
6. Record the time and give them 2-3 timed 40s.

Please note: Whoever times the athlete can alter their time drastically if they are not experienced at timing a sprint.
Delayed pressing the start timer button could cost the athlete .3 seconds.
Delayed pressing the finish line timer button could do the same.

Review these links for great clarification:
https://www.topendsports.com/testing/tests/sprint-40yards.htm

https://athletics.fandom.com/wiki/40-Yard_Dash

https://www.youtube.com/watch?v=aiU4xQ7ICM4