

Skill-Related Fitness Components

AGILITY

Agility refers to a person's ability to move their body quickly and easily. This also includes their ability to quickly and easily change their direction while maintaining their balance.

Examples:

- stepping aside quickly in the hallway to avoid running into someone else
- stopping, starting and changing directions quickly to avoid a defender
- stepping quickly on the court to return a serve or an opponents shot
- changing directions quickly to avoid stepping out of bounds

SPEED

Speed refers to a person's ability to move fast. Speed combined with strength will provide power and force.

Examples:

- running a fast-break in basketball
- moving a racquet fast through the 'hitting zone' to hit a ball harder
- running fast to catch a Frisbee during an ultimate Frisbee game

SPATIAL AWARENESS

Spatial awareness refers to a person's ability to know where they are in relationship to teammates, opponents, boundary lines, goals and other objects.

Examples:

- knowing where you are in relationship to the end of the balance beam when walking backwards
- knowing where you are in relationship to teammates so that you can set them a ball in volleyball
- when playing basketball, knowing where the defender is so that you can dribble around them or shoot
- Knowing where you are when you are upside down on the rings

BALANCE

Balance refers to a person's ability to maintain their equilibrium when moving or when they are in a stationary position.

Examples:

- performing a v-sit on the beam or on the floor
- landing after a rebound in basketball
- re-gaining balance after 'stepping in opposition' when serving a ball

COORDINATION

Coordination refers to a person's ability to perform complex movements due to the working together of the nervous system and the muscles of the body. This is also referred to as a person's ability to do two things at the same time.

Example:

- catching a ball in a lacrosse scoop while running
- dribbling a ball while moving
- hitting a pickleball while moving forward on the court