Skill Related Fitness

1. Agility – ability to change direction quickly
2. Balance – ability to keep an upright position
3. Coordination – ability to use body parts and senses together
4. Power – ability to use strength quickly
5. Speed – ability to move a body part quickly
6. Reaction time – the amount of time it takes for a person to move once you realize you need to act

Be able to give an example of each:

FOOTBALL

Agility – making cuts as a running back or receiver

Balance – 3 point stance

Coordination – Running and catching a pass

Power – Blocking

Speed – running the ball or covering opponent

Reaction time – getting a quick start off the snap of the ball