

Abstract

Title: Agility

Objectives: Create an overview of current understanding of agility. Get survey of used tests and create tray exercises

Methods: When creating our study, we used analysis of literary sources external character, accompanied by it's own critical opinions. We drew primarily on the expertise impact journals.

Results: Agility is defined as the ability to quickly change the direction of movement in response to a highly specific stimulus. It is closely associated primarily with speed, strength and finesse. Agility is a very important component of sports performance in sports games, where the bulk of the changes taking place in the movement direction. When testing the agility we use both CODS tests, and tests with response to stimulus. In the condition training is needed to fully devote agility and regarded it as a part of motor skills.

Keywords: agility, change of direction speed, motor skills, testing