Heredity may account for as much as 70% of your skill-related fitness and 40% of your health-related fitness. Practice is important for anyone who wants to improve his or her skills and performance.

Many health-related fitness components can be improved by participating in sport skill-related activities. Practice is key!

Agility

Agility is the ability to change and control the direction and position of the body. Terms such as “power,” “speed,” and “quickness” are often used with agility since they are all interrelated. For example, if you are able to quickly react and change directions while running, you may also have the power to explode and accelerate into a fast running speed once you change directions.

Agility drills are typically programmed or reactive, including acceleration, deceleration, and multidirectional movements from various starting positions.

- Programmed drills: you already know the sequence or pattern.
- Reactive drills: you must react to a command or a moving object.

Skilled athletes in such sports as basketball, football, soccer, and others where the individual must change directions, most often to avoid or dodge a defender, would have high levels of agility.

Reaction Time

Reaction time is the ability to react or respond quickly to what you hear, see, or feel. The quicker you respond, the better your reaction time.

Good reaction time gives athletes an edge in competition. The ability to take away the ball from an opponent, send a quick pass before being tackled, get off the blocks early in swimming or track, or steal second base are examples of reaction time.

Agility and Reaction Time Workout

This workout will allow you to develop agility, develop reaction time, and get cardiovascular benefits at the same time.

Begin with a warm-up and dynamic stretch. Perform a longer warm-up and more thorough stretch since you will be performing high-intensity movements in the drills.
Agility and Reaction Time Drills (two reps—30 seconds / one minute 30 seconds in between)

1. Carioca (Programmed Drill)
2. Clock Drill (Reaction Drill)
3. Skipping with Lateral Crossover (Programmed Drill)
4. Bounce and Catch (Reaction Drill)
5. T-Drill (Programmed Drill)
6. Cooldown and Stretch

### Carioca (Programmed Drill)

- Laterally, step with the right foot over the left.
- Cross the left foot behind the right leg.
- Step with the right foot in front of the right leg.
- Continue pattern.

### Skipping with Lateral Crossover (Programmed Drill)

- Perform a high knee skip moving laterally to the left.
- Cross the right leg over the left.
- Allow rotation of the hips to the left as the right leg goes over and in front of left, but keep shoulder square to the front.
- Reverse and return with a high knee skip, moving laterally to the right.
Clock Drill (Reaction Drill)

- Stand in middle of clock (12 circles or cones) in a ready position.
- React to the signal and run forward, sideways, diagonal, or backward to each circle, putting one foot in circle or touching cone as fast as you can.
- Run back to middle.
Note: Variations include different starting positions (lying down, sitting, kneeling)

Bounce and Catch (Reaction Drill)

- Partner A stands in ready position.
- Partner B bounces the crazy or reactor ball on ground.
- Partner A reacts and catches it (with dominant hand; the next time will be with nondominant hand).

T-Drill (Programmed Drill)

- Sprint forward 10 yards, and touch base of cone with your hand.
- Shuffle (slide) right 5 yards, and touch base of cone with right hand.
- Shuffle (slide) left 10 yards, and touch base of cone with left hand.
- Shuffle right 5 yards back to center.
- Backpedal 10 yards through the start line.
Note: Next repetition, shuffle left first.
## Agility and Speed—Activity 1

Name ________________________________________________  Date _________________  Class Period ___________

### Warm-Up and Stretch:
- Lowest Heart Rate
- Highest Heart Rate

### Carioca:
- Average Heart Rate

### Clock Drill:
- Average Heart Rate

### Skipping Drill:
- Average Heart Rate

### Catching:
- Average Heart Rate

### T-Drill:
- Average Heart Rate

### Cooldown:
- Lowest Heart Rate
- Highest Heart Rate

### Stretch:
- Lowest Heart Rate

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## Evaluation

1. Provide an analysis of your heart rate for this workout.

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__________________________________________________________________________________

2. Would this qualify as a cardiovascular workout? Explain.

__________________________________________________________________________________
__________________________________________________________________________________

3. Describe the two types of drills for agility. Give examples.

__________________________________________________________________________________
__________________________________________________________________________________