



6 Components of Skill-Related Fitness

Agility	Balance	Coordination	Power	Reaction Time	Speed
<p>The ability to change directions quickly.</p> <hr/>	<p>The ability to maintain a stable body position.</p> <hr/>	<p>The ability to move accurately and smoothly.</p> <hr/>	<p>The combination of speed and strength.</p> <hr/>	<p>The ability to respond to external stimulus.</p> <hr/>	<p>How quickly you can move yourself or an implement.</p> <hr/>
<p>Shuttle Run, Illinois Agility Run, Zig Zag Test</p> <hr/>	<p>Flamingo Balance Test, Stork Stand Test, Y Balance Test</p> <hr/>	<p>Wall-Toss Test, Block Transfer, Soda Pop Test, Plate Tapping</p> <hr/>	<p>Vertical Jump Test, Standing Long Jump Test, 3 Hop Test, 2 Hop Jump</p> <hr/>	<p>Ruler Test, Online Reaction Tests</p> <hr/>	<p>40 Yard Dash, Flying 30 yard dash, Plate Tapping Test</p> <hr/>
<p>Lateral Plyometric Jumps, Agility Ladder Drills, Dot Drill</p>	<p>BOSU Ball Squats, Single-Leg RDL Squat with Row, Leg Swings, One-Legged Squat</p>	<p>Juggling, Jump Roping, Twist Jumps, Hop Scotch</p>	<p>Squat Jumps, Clapping Push-Ups, Olympic Lifts</p>	<p>4-Cone Agility Drill, Mirror Drill, T-Drill, Tennis Ball Explosive Starts</p>	<p>Acceleration Ladder Drill, Bounding, Alternating Strides</p>