

### Skill-Related Fitness

Skill-related fitness helps to develop the skills necessary to become better in sports and/or physical activities. To improve performance in sports or activities you need to work on skill-related fitness. Every component of skill-related fitness can be improved through practice and repetition. The components of skill-related fitness include:

- **Agility:** Agility is the ability to change and control the direction and position of your body quickly and efficiently while moving. In games such as tennis, agility is important to reach the ball in time.
- **Balance:** Balance is the ability to control or stabilize the body while being stationary or moving. Activities such as gymnastics, ballet, and skiing require balance.
- **Coordination:** Coordination is the ability to use your senses, body parts and muscles to move smoothly and accurately. Most activities require coordination to be effective.
- **Speed:** Speed is the ability to move your body from one point to another as fast as possible. Activities such as soccer, baseball, and gymnastics require speed.
- **Reaction Time:** Reaction time is the amount of time it takes for you to respond to a stimulus (based on sight, hearing and touch). Activities such as baseball and softball require quick reaction time.
- **Power:** Power is the ability to move the body parts swiftly while applying the maximum force of the muscles. Power is the combination of speed and muscular strength to produce a muscular movement. Almost all sports require power to perform well.

