**Skill related fitness**

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| **Component** | **Definition** | **Example** |
| **Agility** | The ability of a sports performer to **quickly** and **precisely** move or change direction *without* losing **balance** or time. |  |
| **Balance** | The ability to maintain centre of mass over a base of support. |  |
| **Coordination** | The smooth flow of movement needed to perform a **motor task efficiently** and accurately. |  |
| **Power** | The product of **strength** and **speed**. |  |
| **Reaction Time** | The time taken for a sports performer to respond to a **stimulus** and the initiation of their **response**. |  |