

# Mobility, Coordination and Agility Training



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Agility and co-ordination are two of the many attributes required to become a successful player. Compound movements such as dribbling, turning, passing and intercepting often necessitate great accelerative and declarative forces, caused by changes in speed and direction. Also correctly executed skills require good body co-ordination, and an awareness of space and time.

Agility refers to the ability to change the direction of the body abruptly or to shift quickly the direction of movement without losing balance. It is dependant on a combination of factors such as speed, strength, balance and co-ordination. The ability to turn quickly, evade challenges and side-step calls for good motor co-ordination and can be measured using agility tests.]