

# Agility

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Agility is the ability to change the position of your body quickly and to control your body's movement.

- Balance- the ability to keep an upright posture while standing still or moving.
- Speed
  - the ability to move all or part of the body quickly
- Strength
  - The amount of force your muscles can produce
- Coordination
  - The ability to use your senses together with your body parts or to use two or more body parts together.

## How do we improve agility?

We can improve our agility by improving the component parts of agility (listed above) and practicing the movements in training.



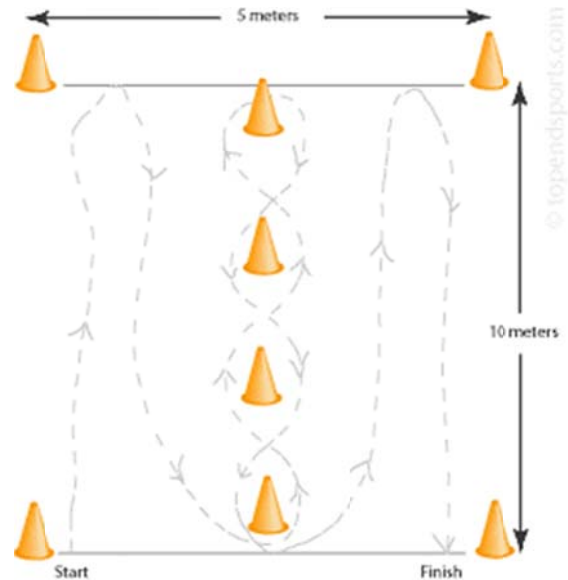
People with good agility are likely to be good at activities such as:

- Wrestling
- Diving
- Soccer
- Ice skating
- Basketball
- dance
- Extreme sports
- Football
- Martial arts

# Illinois Agility Test

Agility is an important component of many team sports, though it is not always tested, and is often difficult to interpret results. The Illinois Agility Test is a commonly used test of agility in sports, and as such there are norms available.

- **Purpose:** to test running agility
- **Equipment required:** flat non-slip surface, [marking cones](#), [stopwatch](#), [measuring tape](#),
- **Description:** The length of the course is 10 meters and the width (distance between the start and finish points) is 5 meters. Four cones are used to mark the start, finish and the two turning points. Another four cones are placed down the center an equal distance apart. Each cone in the center is spaced 3.3 meters apart.



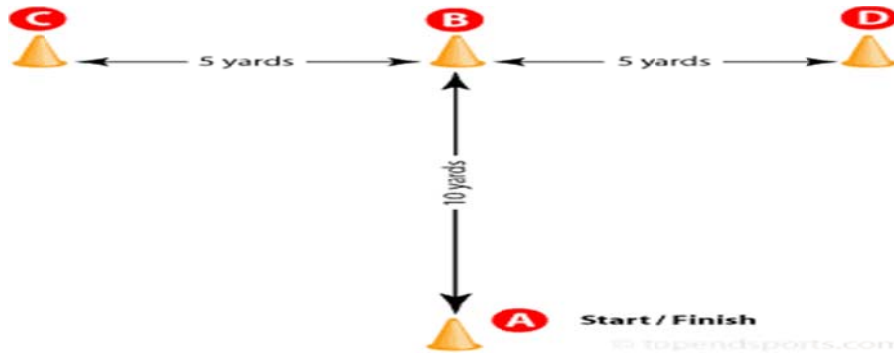
**Procedure:** Subjects lie on their front (head to the start line) and hands by their shoulders. On the 'Go' command the stopwatch is started, and the athlete gets up as quickly as possible and runs around the course in the direction indicated without knocking the cones over, to the finish line at which the timing is stopped.

Results: The table below gives some rating scores for the test

<i>Agility Run Ratings (seconds)</i>		
Rating	Males	Females
Excellent	< 15.2	< 17.0
Good	16.1-15.2	17.9-17.0
Average	18.1-16.2	21.7-18.0
Fair	18.3-18.2	23.0-21.8
Poor	> 18.3	> 23.0

## Agility T-Test

- **Purpose:** the T-Test is a test of agility for athletes, and includes forward, lateral, and backward running.
- **Equipment required:** [tape measure](#), [marking cones](#), [stopwatch](#), [timing gates](#) (optional)



- **Diagram:**
- **Description / Procedure:** Set out four cones as illustrated in the diagram above. The subject starts at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.
- **Scoring:** The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of the three successful trials to the nearest 0.1 seconds. The table below shows some scores for adult team sport athletes.

	<i>Males (seconds)</i>	<i>Females (seconds)</i>
Excellent	< 9.5	< 10.5
Good	9.5 to 10.5	10.5 to 11.5
Average	10.5 to 11.5	11.5 to 12.5
Poor	> 11.5	> 12.5

1. The ability to change direction during movement is referred to as:
  - a. Flexibility
  - b. Agility
  - c. Fitness
  - d. Strength