**6 Skill-Related Components of Physical Fitness**

**Agility** is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion. For example, changing directions to hit a tennis ball.

**Balance** is the ability to control or stabilize the body when a person is standing still or moving. For example, in-line skating.

**Coordination** is the ability to be able to use two or more body parts together. For example, dribbling a basketball. Using hands and eyes together is called hand-eye coordination.

**Speed** is the ability to perform a movement or cover a distance in a short period of time. Many sports rely on speed to gain advantage over your opponents. For example, a basketball player making a fast break to perform a lay- up, a tennis player moving forward to get to a drop shot, a football player out running the defense to receive a pass.

**Power** is the ability to use strength quickly. Power is a combination of both speed and muscular strength. For example, fullbacks in football muscling their way through other players and speeding to advance the ball and volleyball players getting up to the net and lifting their bodies high into the air.

**Reaction Time** is the ability to reach or respond quickly to what you hear, see, or feel. For example, an athlete quickly coming off the blocks early in a swimming or track relay, or stealing a base in baseball.