

DEVELOPMENT OF AGILITY ACCORDING TO SPORTS

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ABSTRACT:

Agility is a critical athletic attribute enabling athletes to swiftly and efficiently change direction, accelerate, decelerate, and react to external stimuli during sports activities. This scientific article aims to explore the physiological and biomechanical aspects of agility development in accordance with sports. It examines the key components influencing agility, including neuromuscular coordination, strength and power, speed, and perceptual-cognitive abilities. The article will also discuss various training methodologies employed to enhance agility, such as plyometric training, sprint drills, sport-specific exercises, and perceptual-cognitive training. Understanding the principles underlying agility development is crucial for coaches, athletes, and sports scientists in optimizing training programs and improving athletic performance.

KEYWORDS: *Agility, sports, attribute, neuromuscular, influencing.*

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