

GLOSSARY:

Acceleration Speed: The acceleration ability is the ability to achieve high locomotor speed from a state of stationary position or low speed state in short time.

Adenosine Triphosphate (ATP): A complex chemical compound that is formed with the energy released from food and that is stored in all cells, particularly muscle cells. Only with the energy released from the breakdown of this compound can the cell perform work.

Complex reaction speed: It is the ability to react quickly and correctly to unexpected signals, the signals are unexpected as the sportsman does not know when and to which signal he has to react.

Flexibility: Flexibility is the ability to execute movements with greater amplitude.

Movement Speed: The movement speed is the ability to execute a movement with high speed and can be measured by the time taken to complete the movement.

Reaction Speed: Reaction ability is the ability to react meaningfully to a signal in minimum time possible.

Simple reaction Speed: It is the ability to react quickly in a predetermined manner to a known signal.

Speed: Speed is the ability to execute motor actions, under given conditions, in minimum possible time.

Speed Endurance: Speed endurance is the ability to execute cyclic or acyclic movements at high speed under conditions of fatigue.

Sprinting Speed: It is the ability to maintain the maximum locomotor speed for a long time.