

Summary:

Speed is the ability to execute motor actions, under given conditions, in minimum possible time. Speed is used in sports for such muscle reactions (motor movements) that are characterized by maximally quick alternation of contraction and relaxation of muscles. Speed movements to a great extent depend upon explosive strength of the involved muscles. In fact development of strength indirectly enhances speed. Good technique, explosive strength, flexibility and coordinative abilities are important pre-requisites for movement speed and hence can be indirectly developed by improving these four factors. Psychic factors are also responsible for affecting performances in speed activities.