

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.

Complex reaction ability: 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.

Ins and Outs: It is an effective method of developing sprinting speed.

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 ability: 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.

Pace Races: This is an effective mean for improving speed endurance.