

Summary:

Speed is the ability to execute motor actions, under given conditions, in minimum possible time. Speed ability is highly movement specific. Moreover, speed unlike the other two conditional abilities, (strength and endurance) depends much upon the nervous system and as a result is of more complex nature and is comparatively less trainable. The definition of speed also does not include reaction ability. The reaction ability is discussed here along with other speed abilities because from practical point of view, reaction ability training forms a part of speed training. In different sports, different speed abilities under different conditions are at premium. As a result, in different sports, different speed ability should be improved.