

# AGILITY VS SPEED

## How to Help Your Clients Become Better Everyday Athletes

### AGILITY

- Quick changes in direction
- Accelerating and decelerating without a full stop
- Planes of motion: sagittal, frontal, transverse
- Examples: tennis, football, running around with kids
- Do agility drills two to three times per week:
  - Figure eights – sprint around cones in a figure eight pattern
  - Uphill sprints – sprint up a hill
  - Box jumps – jump onto a box, jump down, and quickly jump up

### SPEED

- Moving forward in a straight line
- A definitive start and stop of motion
- Planes of motion: sagittal
- Example: running on a treadmill, 100-meter race
- Do speed drills two to three times per week:
  - Basic sprints – Sprint an appropriate distance
  - Lean in sprints – Lean in, nearly falling forward and sprint with a lean
  - Wall drills – With hands pressed against the wall and the body at an angle, quickly alternate lifting up one knee and the other

