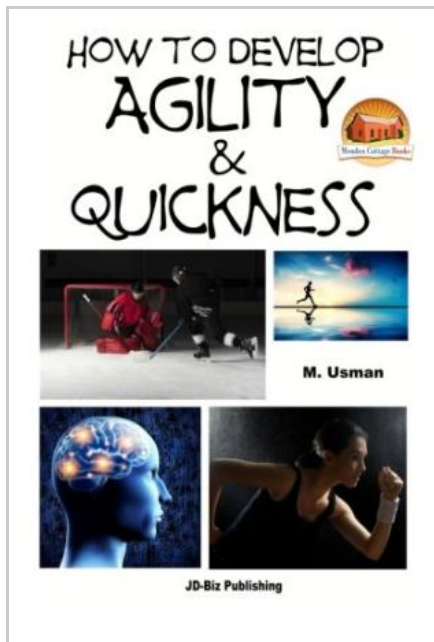




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Throughout the centuries, athletes have always been judged by the level of nimbleness they can show when performing a specific physical activity. Their quickness to react and the subsequent ability to change directions in blazing fast speed can provide them with all the advantage they need to win the competition. Almost all kinds of sports are motion-oriented, in which the whole body has to work together to advance through the game. The body must be able to swiftly change its speed, accelerate itself, and/or change directions when necessary. Sometimes changing directions becomes so important that the speed of the athlete is put right out of the equation. All these terms can be combined ultimately into two categories: agility and quickness. It is...



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