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**THE DEVELOPMENT AND COMPARISON OF
AGILITY IN THREE SPORTS DISCIPLINES**

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Agility was defined as a rapid whole-body movement with change of velocity or direction in response to a stimulus.

Aims

- The main aim of the study was to evaluate the level of agility in time, in 3 different sports (VBall, BBall and FBall).
- The second goal was to compare the agility time with different sports and different countries, which have used the same methodology as our study.

Results

The results of the study showed that the FBall had the best agility time in 10 x 5 shuttle run test (16.2 sec) followed by BBall (19.2 sec) and VBall (21.9 sec). The mean of agility time in T-test in VBall was 13.3 sec. The difference (in time) between FBall and BBall was 3 sec faster the FBall athletes.

Altogether 60 athletes of 3 different sports (VBall nr.20, BBall nr.20, FBall nr.20) performed the agility T-test and Agility 10 x 5 shuttle run test. Their task was to complete the agility tests as soon as possible and as accurate as possible. Anthropometric measurement (BW, BH and waist circumference) are also measured in this study.



Conclusions

Agility is very important component of the whole performance of athletes. In our study the best agility time was presented in athletes of football.