SPEED AND COORDINATION IMPROVEMENT BY MEANS OF AGILITY TRAINING AT SCHOOL P.E. LESSONS

Abstract
The work deals with the possibilities of development of complex motor ability – agility – in the school conditions. A cross-experimental study was used to obtain relevant research data. Two groups – one experimental and the other reference one were randomly selected to apply the special programme of agility exercises during two 3-month-long periods during the school year 2011/12. The special programme was implemented in experimental groups during 15 minutes at each P.E. lesson 2-times a week during 3 months. After three months the experimental and reference groups were mutually exchanged and the programme was implemented in the former reference groups. The former experimental group did not do any special programme. Positive changes on the .01 level of statistic significance were found in both experimental periods under the influence of the programme of exercises. In both reference groups in reference periods stagnation or decrease in the level of agility and acceleration were recorded. Based on the research we recommend the verified programme of exercises for teachers of P.E. and trainers in sport games.

Key words: speed, coordination, agility training, school Physical Education, sport preparation