



## COORDINATION CAPACITIES

entrenamiento deportivo

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Francisco Seirul-lo Vargas, 1985

#### \* Capacities of Movement Control (1st Level):

Kinesthetic Discrimination

Segmentary Differentiation

Variability of Movement

Combination of Movements

Guided Control of Movement

Fluidity and Relaxation of Movement

Amplitude of Movement

#### \* Capacities of Implementation (placing) of Movement on the Space (2nd Level):

Orientation

Directionality

Localization

Situation (placement)

Static-Dynamic Balance

#### \* Capacities of Temporal Adequacy (3rd Level):

Movement-Spatial Interaction (Reaction-Anticipation)

Rhythmical Differentiation

Rhythmical Variability

Rhythmical or Temporal Adaptation

Rhythmical Sense (Temporal Creativity)

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