Speed, Agility, Quickness

TRAINING SYSTEM

National Softball Coaching Conference
27-29 May 2005

Presented by

DUNCAN HALL SPORT
SAQ® Training Director
Duncan Hall
What is SAQ Training™?

“A system of progressive exercise and instruction aimed at, developing fundamental movement skills, balance and control of the body”.

Benefits of SAQ® Training

✓ Players will develop improved confidence
  ▪ Through efficiency in footwork
  ▪ Improved dynamic balance
  ▪ Improved movement
  ▪ Quickness of reaction time

✓ SAQ® Training is enjoyable, challenging and complements sport movements

Relevance to Sports

Today, through the development of Sports Science, including Notational analysis, we are more in tune with the demands of the modern games.

What we know is that most team games are not endurance running sports, nor are they one dimensional. They are multi-dimensional. In physical fitness terms it is sport involving a vast array of movements, bursts and activity changes, combining
  ➢ running backward, sideways and forward
  ➢ accelerating, multiple sprints
  ➢ decelerating and stopping,
  ➢ changing direction, collisions and balance
  ➢ jumping and landing, turning and getting up
SAQ Continuum™ is the name of the sequence and progression of components that make up the SAQ® Training System. Which when integrated within the program will improve both general and specific physical performance.

**DYNAMIC FLEX® WARM-UP**  
Functional Warm-up on the move

**MECHANICS**  
How to move

**INNERVATION**  
Fast Feet

**ACCUMULATION OF POTENTIAL**  
Skills circuit, Programmed Agility

**EXPLOSION**  
Read & React

**EXPRESSION OF POTENTIAL**  
Games

**DYNAMIC FLEX® WARM-DOWN**
**Why Warm-up?**
- Prepare for what we are going to do – train, match etc.
- Decrease soft tissue injuries

**A Warm-up is used to:**
- Increase the body and muscle temperature,
- Prepare the muscles for activity
- Activate the neuromuscular system

**Added outcomes of an SAQ® Dynamic Flex Warm-up**
- All of the above plus,
- Develops coordination
- Teaches mechanical skills,
- Teaches muscle firing patterns and
- Develops rhythm.
- Prepares for odd ball movements

**Basic Organisation**

The warm up can be organised in many ways relative to numbers, space, time and reason.

<table>
<thead>
<tr>
<th>8-10 metres</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coaching channel</td>
</tr>
</tbody>
</table>

The Dynamic Flex warm-up is recommended to be **incorporated throughout all training sessions and matches.**
**SAQ® Dynamic Flex drills.**
These are done moving forward then backwards.

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Basic</th>
<th>Moderate</th>
<th>Complex</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mobilisation Runs</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carioca/Grapevine</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laterals</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rhythmic</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Small Skips</td>
<td>✓</td>
<td></td>
<td>High skip</td>
</tr>
<tr>
<td>Wide skips</td>
<td>✓</td>
<td></td>
<td>High skip</td>
</tr>
<tr>
<td>Feet in skips</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Foot out skips</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>Rotational</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hurdle Walk – Out to In</td>
<td>✓</td>
<td></td>
<td>Add skip</td>
</tr>
<tr>
<td>Hurdle Walk – In to Out</td>
<td>✓</td>
<td></td>
<td>Add skip</td>
</tr>
<tr>
<td><strong>Hamstrings and Quads</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Russian March</td>
<td>✓</td>
<td></td>
<td>Add skip</td>
</tr>
<tr>
<td>Walking Hamstring</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>Various Foot strikes</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laterals</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zig Zag</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>Big muscle groups</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Front Lunge</td>
<td>✓</td>
<td></td>
<td>Change angles</td>
</tr>
<tr>
<td>Sumo Squats</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wall swings</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mechanics runs</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dead Leg</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sport specific runs</strong></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>Reaction runs</strong></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td><strong>Partner drills</strong></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

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**Aim**
- Develop coordinated and efficient movements for running.
- Understand the use of the arm action and leg drive
- Develop quick, efficient steps for balanced multi-directional movement and turning.

**Key points**

**S** - Scan, look ahead  
**T** – Tall hips  
**E** – Elbow drive  
**P** – Precise foot placement

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Basic Drill</th>
<th>Complex/Sport Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Mechanics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mirror Drill</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Partner Drill</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>‘V’ Hurdle Drill</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dead Leg Run</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Single Leg Lead</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Lateral one step</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Landings/Jumps</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Offset ‘V’ Hurdles</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>1-2,3 Lead Leg run</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Change Direction</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Introduce a ball</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

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INNERVATION – FAST FEET

Aim
➢ To develop fast feet with
  o Control - dynamic balance
  o Precision
  o and Power = Speed with Control
➢ To activate the neuro-muscular system

Key points
S - Scan, look ahead
T – Tall hips
E – Elbow drive
P – Precise foot placement
S – Stride length and speed

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Basic Drill</th>
<th>Complex/Sport Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Step</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Lateral Step</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Twists</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Lateral In and Out</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Icky Shuffle</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Hops</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Mirror Drills</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Combination Ladder</td>
<td></td>
<td>✔</td>
</tr>
<tr>
<td>Introduce a ball</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>
Softball Sport Drills
Fielding Movements

Key Points
Balanced stance
Weight transfer
Hand movement – appropriate skill

Aim – Explode your feet to the ball then appropriate hand skill

Work on weight transfer with change of direction
Identify false ‘step’

Lateral Stepping over hurdles
1. Work along hurdles
2. Work along hurdle and land outside foot, balance then back
3. Work out & back then forward
4. Work out & back then react to stimulus
5. ADD a Jump
6. Change Stimulus this be a ball drop, clap, watching a batter etc.

Out Field movements
1. Icky shuffle to lateral to backward run Icky shuffle to lateral to forward run
2. Lateral to dead leg run
3. Partner - Icky shuffle then chase
4. Icky shuffle, lateral, forward to field and throw to catcher
5. Same with a flick to partner for them to throw to catcher
EXPLOSIVE MOVEMENTS – Fielding or Base running

Viper belt runs
Group of 2 with a viper belt – check safety

Belt length to 1+1½ stretch – use markers
1. Drive to the line return then reform stance
Repeat 6 times then 2 contrast runs over 8 metres do 2 sets
Extension
2. Change direction of runs
3. Begin with a lateral
4. Group of 3 Add a ball drop.

Break away belt – Getaways

Group of 2 in a belt face each other one leads the other chases.

Aim to break the belt
1. Work Fast movements away 4 leads each

Extensions
2. Change starts
3. Add a ball drop
4. Drive to a ball to break contact

Side Stepper runs
1. Run out as fast as possible over 5 metres
Do 6-8 runs with 2 contrast runs
2. ADD a ball drop
In fielding stance on a line
Ball holder stands 2 metres away
On ball drop drive balanced steps to ball use appropriate hand skill.

Looking for weight transfer and feet to ball.
Progressions

You will no doubt have lots of ideas that you are itching to try, however try to remember to take things slowly to give your players time to master the basics!

Encourage participants to move feet – be balanced and transfer weight. Once the basics have been mastered I would suggest that you progress the drills in the following manner:

- Do all running without a ball
- Introduce a preliminary foot movement
- Introduce decision making
- Introduce carrying a ball in drills
- Introduce a moving ball i.e. receiving and giving a throw
- Introduce a preliminary foot movement pre a sport skill

The SAQ® Training System

is about

PRINCIPLES not DRILLS

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How do you learn about the SAQ Continuum?

The SAQ® Workshop will introduce the attendee to the world of SAQ® Training. It includes a practical session designed to give an insight into the basic principles behind SAQ® Training and the application of its methodology, the SAQ® Continuum.

The Preliminary Award in Training Speed, Agility and Quickness gives students practical experience in the design and implementation of training and conditioning programs suitable for any sport or physical activity. Become a licensed SAQ® Trainer and unlock the power of sports science to deliver quality physical training to all people you coach, train and teach.

The Preliminary Award in Training Fundamental Movement has been designed to empower individuals involved in children’s sport and physical activity. The award focuses on the development of Fundamental Skills which are so essential and underpin all sporting activities and everyday life and leads to licensed SAQ® Trainer status. Commencing late 2005.

The International Diploma in Training Speed, Agility and Quickness developed by SAQ® International in partnership with a team of education, learning and training specialists, is guaranteed to unlock athletic potential, pushing essential physical literacy and performance to new levels of achievement. The I Diploma is the first award to lead students to licensed SAQ® Advanced Trainer status, the mark of an applied sports science, physical education and physical training specialist.

Who is SAQ® Training suitable for?

SCHOOLS, SPORTS such as AUSTRALIAN FOOTBALL, RUGBY, RUGBY LEAGUE, SOCCER, TENNIS, HOCKEY, CRICKET, NETBALL, TOUCH, RUGBY LEAGUE, BASKETBALL, SOFTBALL, BASEBALL, PERSONAL TRAINING, INDOOR CRICKET, FUTSAL, VOLLEYBALL & more

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SAQ® Resources

Published Books
SAQ® Soccer
SAQ® Women’s Soccer
SAQ® Rugby
SAQ® Hockey
SAQ® Cricket
SAQ® Juniors
SAQ® Youth
Dynamic Flexibility—Warming up on the move

Equipment
Micro V Hurdles™
Fast Foot® Ladders
Agility Disks™
Viper Belt™
Side-Stepper™
Break-away Belt™

DVD Titles

Soccer
Dynamic Flex™
Fast Feet
Explosion
Success

Rugby
Dynamic Flex™
Mechanics
Success

Juniors

SAQ Trainers™ and SAQ® Training play an important part in the physical preparation and conditioning of many Clubs and Sporting organizations including:

Arsenal Football Club
Manchester United
Celtic
Wigan
Essex Cricket
Queensland Lions Netball
Brisbane Broncos
St George Illawarra
Manly Sea Eagles
Queensland Lions Netball
Australian Indoor Cricket

England Rugby Union
Irish Rugby Union
Leicester Tigers
Munster
Reading Men’s Field Hockey
NSW Waratahs Rugby
University of Queensland Rugby
Netball Queensland
Softball Queensland
Hockey
Central QLD Touch

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