



**Speed, Agility, Quickness**

**TRAINING SYSTEM**



**National Softball  
Coaching Conference  
27-29 May 2005**

Presented by



**SAQ® Training Director  
Duncan Hall**

## What is SAQ Training<sup>TM</sup>?

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

## Benefits of SAQ<sup>®</sup> Training

- ✓ Players will develop improved **confidence**
  - Through efficiency in footwork
  - Improved dynamic balance
  - Improved movement
  - Quickness of reaction time
  
- ✓ SAQ<sup>®</sup> 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.

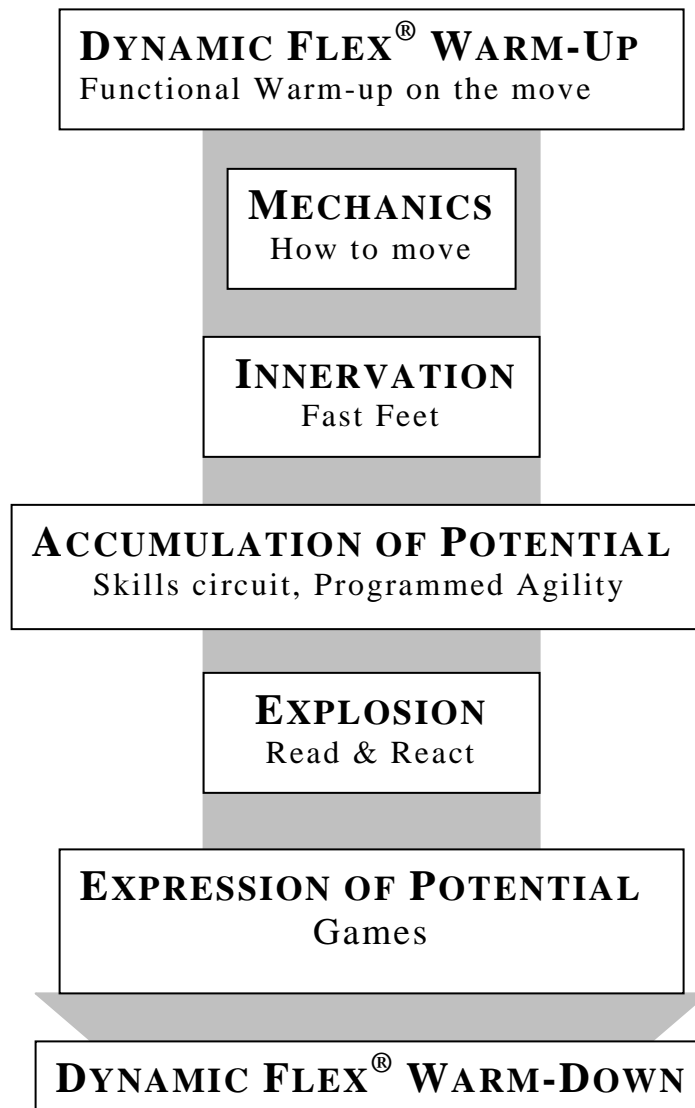
What we know is that most team games are not endurance running sports, nor are they one dimensional. They are multi-dimensional. In physical fitness terms it is sport involving a vast array of movements, bursts and activity changes, combining

- running backward, sideways and forward
- accelerating, multiple sprints
- decelerating and stopping,
- changing direction, collisions and balance
- jumping and landing, turning and getting up

The SAQ Continuum allows for the flexible integration of general movement to sports movement

## SAQ<sup>®</sup> Continuum<sup>™</sup>

SAQ Continuum<sup>™</sup> is the name of the sequence and progression of components that make up the SAQ<sup>®</sup> Training System. Which **when integrated** within the program will improve both general and specific physical performance.



## **DYNAMIC FLEX<sup>®</sup> WARM-UP**

### **Why Warm-up?**

- ✓ Prepare for what we are going to do – train, match etc.
- ✓ Decrease soft tissue injuries

### **A Warm-up is used to:**

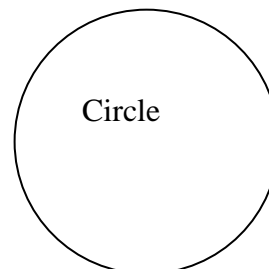
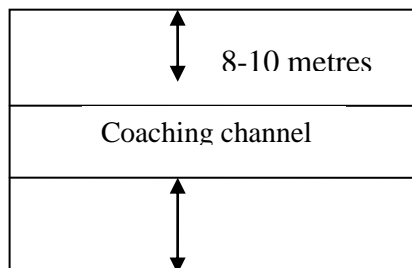
- ✓ Increase the body and muscle temperature,
- ✓ Prepare the muscles for activity
- ✓ Activate the neuromuscular system

### **Added outcomes of an SAQ<sup>®</sup> 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.



The Dynamic Flex warm-up is recommended to be **incorporated throughout all training sessions and matches.**

## SAQ<sup>®</sup> Dynamic Flex drills.

These are done moving forward then backwards.

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

**MECHANICS**

**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

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

**INNERVATION – FAST FEET**

**Aim**

- To develop fast feet with
  - Control - dynamic balance
  - Precision
  - 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

<b>Exercise</b>	<b>Basic Drill</b>	<b>Complex/ Sport Drill</b>
Single Step	✓	
Lateral Step	✓	
Twists	✓	
Lateral In and Out		✓
Icky Shuffle		✓
Hops		✓
Mirror Drills		✓
Combination Ladder		✓
Introduce a ball		✓

## Softball Sport Drills

### Fielding Movements

#### Key Points

Balanced stance

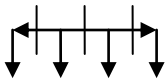
Weight transfer

Hand movement – appropriate skill

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

Work on weight transfer with change of direction

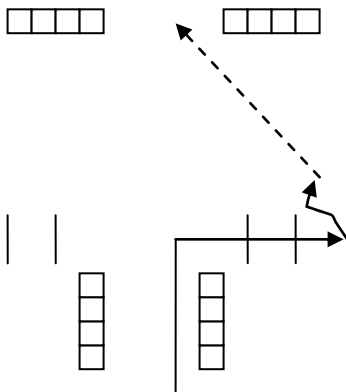
Identify false 'step'



#### 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



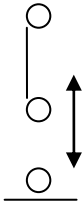
1. Icky shuffle to lateral to backward run Icky shuffle to lateral to forward run
2. Lateral to dead leg run
3. Partner - Icky shuffle then chase
4. Icky shuffle, lateral, forward to field and throw to catcher
5. Same with a flick to partner for them to throw to catcher



## 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

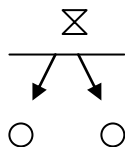
Do 6-8 runs with 2 **contrast runs**

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<sup>®</sup> Training System**

is about

# **PRINCIPLES NOT DRILLS**



## How do you learn about the SAQ Continuum?



The **SAQ<sup>®</sup> Workshop** will introduce the attendee to the world of **SAQ<sup>®</sup> Training**. It includes a practical session designed to give an insight into the basic principles behind **SAQ<sup>®</sup> Training** and the application of its methodology, the **SAQ<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> Trainer** status. Commencing late 2005.



The **International Diploma in Training Speed, Agility and Quickness** developed by SAQ<sup>®</sup> 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<sup>®</sup> Advanced Trainer** status, the mark of an applied sports science, physical education and physical training specialist.

## Who is SAQ<sup>®</sup> 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

## SAQ<sup>®</sup> Resources

### Published Books

SAQ<sup>®</sup> Soccer  
SAQ<sup>®</sup> Women's Soccer  
SAQ<sup>®</sup> Rugby  
SAQ<sup>®</sup> Hockey  
SAQ<sup>®</sup> Cricket  
SAQ<sup>®</sup> Juniors  
SAQ<sup>®</sup> Youth  
Dynamic Flexibility—Warming up on the move

### Equipment

Micro V Hurdles<sup>™</sup>  
Fast Foot<sup>®</sup> Ladders  
Agility Disks<sup>™</sup>  
Viper Belt<sup>™</sup>  
Side-Stepper<sup>™</sup>  
Break-away Belt<sup>™</sup>

### DVD Titles

#### Soccer

Dynamic Flex<sup>™</sup>  
Fast Feet  
Explosion  
Success

#### Rugby

Dynamic Flex<sup>™</sup>  
Mechanics  
Success

#### Juniors

**SAQ Trainers<sup>™</sup> and SAQ<sup>®</sup> 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

England Rugby Union  
Irish Rugby Union  
Leicester Tigers  
Munster  
Reading Men's Field Hockey

Queensland Lions Netball  
Brisbane Broncos  
St George Illawarra  
Manly Sea Eagles  
Queensland Lions Netball  
Australian Indoor Cricket

NSW Waratahs Rugby  
University of Queensland Rugby  
Netball Queensland  
Softball Queensland  
Hockey  
Central QLD Touch

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