

Total Reaction Screen Overview

As of January, 2016

The Total Reaction Screen, concept and system, is proving to be an innovative and valuable practical training aid for physical training practitioners.

The motivation to incorporate the TRS in a training program includes all levels of development, but also aims at “gaining an edge” over the opposing team or individual opponent. In today’s competitive sporting world, coaches are continually looking for measures to get that upper hand.

It is shown that the users of the Total Reaction Screen are placed in an environment in which they learn by using, practicing, correcting and refining their skills. Users of the system achieve greater anticipation, reaction, timing and decision making qualities necessary to automatically perform at a higher level.

Significantly, the concept is aimed at the physical environment and is used to simulate the performance of skills in actual game scenarios. The TRS is placed in the physical world, as close to the game situation as possible, not in an unrelated or artificial information technology world.

The concept can be applied in a multiplicity of games, physical activities, rehabilitation programs, work related and professional training environments. In Australia alone, approximately 180 sporting associations are recognized by the Australian Sports Commission. These associations in turn cater for participants at the junior, senior, elite and veteran levels for both male and female participants

totalling thousands of teams and tens of thousands of participants. Worldwide, approximately 1500 different sports are listed collectively by professional bodies.

Team numbers are in their tens of thousands and participant numbers reach the tens of millions. The scope of activities and relevant user parties is potentially recognized in the sport's arena (junior, post-junior, senior, sub-elite and elite environments), medical environments (professional training, remediation of debilitating medical conditions, injury recovery and aged care), providers of fitness programmes, education delivery environments (tertiary, secondary, primary and impairment support), research institutions, service provision agencies (law enforcement, armed, naval and air services), commercial industry training (e.g. equipment operators, pilots), a wide range of work environs and a range of entertainment environments (films, circuses etc) etc.

Physical training practitioners include coaches, high performance managers, sports science professionals, mentors and medical and rehabilitative personnel at the initiating physical activity and sport exposure levels, participant development levels, senior levels of various stages, elite levels, veteran levels and aged levels.

Development and training programs may be applied to advance a training effect through:

- exposure to basic skills;
- skill acquisition;
- skill development;
- skill enhancement;

- and highly elevated skill performance

under real game pressure situations.

Pre-testing, testing and training programs have targeted the player's performance of skills initially in their comfort zone (a behavioural state within which a person operates in an anxiety-neutral condition, using a limited set of behaviours to deliver a steady level of performance, usually without sense of risk). A comfort zone is a type of mental conditioning that causes a person to create and operate within mental boundaries.

These boundaries create an unfounded sense of security. It is the act which one can perform automatically without being placed under stress or pressure. To be limited to performing within your comfort zone restricts your performance to those basic capabilities.

Further testing and training gives rise to the purpose of the Total Reaction Screen to take a player out of his/her comfort zone to enhance their performance of a skill and reaction and reaction time. To step outside the comfort zone has been shown to raise the anxiety level engendering a stress response, the result of which is an enhanced level of concentration and focus – the Optimal Performance Zone.

In terms of performance management and development, the objective of the coach or trainer is to cause the person to enter their Optimum Performance Zone for a period of time so that new skills and performance levels can be achieved and embedded.

The TRS has been tested and presented and to various sporting bodies, where a full range of practitioners (coaches, state managers, development officers and teaching staff) representing both genders, a variety of ages, levels of development and motivations, have been exposed to the concept and system by participating in demonstration, training and testing sessions. A large range of skills with accompanying drills and testing and recording documentation have been prepared by ASI to give coaches and participants initial exposure to the TRS and direction as to its use.

As anticipated and encouraged (due to the enormity of the numbers of potential users, sports and levels of participants), the coaches enthusiastically incorporated their own variations to the drills presented, including applying drills that encompassed (360°) the TRS ground layout.

Other variations eventuated by coaches using the space under, over and diagonally across the structure. ASI acknowledges the fact that the task of creating skills and drills for such a wide application is beyond human capabilities and further anticipates that individuals will be highly inventive and devise their own training environments and schedules specific to their sport.

The TRS has created an innovative and exciting training aid that deals with the real practical world by offering coaches a means of gaining an edge for players who are exposed to a training regime to create a training effect that enhances the performance of skills in game situations.

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