

Total Reaction Screen – Drills for Different Sports

In designing the Total Reaction Screen (TRS), consideration was given as to:

- i. what sports would the TRS be a useful training aid for; and
- ii. what drills would be used for these sports?

The first answer was easy – the TRS is a beneficial training aid in any sport requiring the application of skills under pressure and where reaction and response time is an element of performance standard.

The second answer is not so easy to define. Different sports have different elements required to be performed by the player. (eg Football uses feet only whereas Cricket requires use of the hands.) So, the question really becomes, are there drills available for all of these sports?

The answer to the revised question is that the number of drills available for each sport is only limited by the imagination of the coaches, trainers and players and by the number of TRS used to create different scenarios in the training session.

A training session should commence with a warmup set of drills using the same skills that will later be used when taking the player outside their Comfort Zone.

Training drills should then be conducted in a short introductory phase so that the player understands the format of the drill being worked.

Next comes the drill performed at the speed and standard required by the coaching staff. Here the coaching staff must always ensure that the players are challenged and taken outside their Comfort Zone, as this is the road to a player's improvement. This can be achieved by increasing the speed of the ball, varying the angle of the ball, the addition of other players into the complexity of the drill, having the players stand closer to the screens etc, etc.

A number of drills for a variety of sports are already contained on the website (shown below) under the tab for "*Manual & Drills*". This section is under an updating process with other sports and different types of drills intended to be included in the near future.

Is the TRS the only training aid needed? Absolutely not, as strength, conditioning and a range of other drills and aids that help improve specific skills are also necessary. The TRS does however offer the benefit of skills and reaction improvement training by taking the player outside of their Comfort Zone, requiring the player to perform these tasks at a higher level. Maintaining these levels at training embeds that standard into the player's abilities and allows the player to take the field at the peak of his game.

Challenge the player and achieve the results.