

HOW?

Warm up & Dynamic Flexibility

SAQ starts with warm up and dynamic flexibility training. Dynamic flexibility training has been shown to be a better method of stretching before competition, and may also be more effective than static stretching in injury prevention.

It includes mimicking movements that would be performed in the sport / activity and also some specific movements to stretch the muscles in preparation for work.



Innervation

After warm up, SAQ training aims to get the feet moving faster. By encouraging the brain to send out more frequent impulses to the muscles, both the rate of strides and the power of each stride can be increased. The end result is faster, more agile performance.

Generally ladder drills are used here with a variety of linear and lateral drills and as the athlete improves a combination of the two.

Mechanics

The mechanics of movement (commonly referred to as running technique) is vital in the production of speed. Development of effective movement mechanics is a therefore a crucial part of the SAQ system. Getting players to move effectively and efficiently will allow them to be faster and potentially to avoid injury.

Use of the hurdles is great here to assist and teach correct mechanics. One should emphasise correct posture for the athletes. Some light plyometrics using the low hurdles may be useful, as would some direction change drills. Always emphasise correct technique.

Accumulation of Potential

Once effective mechanics have been established, the aim is to get players prepared for explosive work. Baseline conditioning of the muscles and skeleton provides a sound foundation for the demands of explosive training.

This is the time for conditioning of the athletes. Programmed agility is useful here in small quantities. Such things as obstacle course runs and direction change drills.

Be aware that the potential for injury is high if you mix quantity with fatigue. The emphasis is quality.

Explosion

Explosive training is done using short speed bursts, resisted running, contrast training, assisted running and complex training (medicine ball work and plyometrics). In resisted running, the body is made to recruit more muscle fibres than normal. In contrast training however the resistance is removed but the body still recruits fibres as it would if the resistance was being applied. Increasing muscular recruitment leads to an increase in muscular power output.

Assisted training increases the frequency that the brain sends impulses.

The short speed bursts can be achieved with tennis ball drops and or reaction drills.

Again emphasise quality not quantity.

Expression of Potential

After explosiveness has been developed; this must be made sport specific, by using explosiveness in movement patterns that relate to the sport.

A short period of time, but very important, due to its specificity. High intensity tag games are useful. Most importantly the athlete should leave practice feeling they have moved real fast and powerfully, but with control.