

FOOTBALL: INTRODUCING THE TOTAL REACTION SCREEN (TRS)



TRS demonstration at the National Cricket Centre Brisbane, Australia

1. What is it?

The Total reaction Screen (or TRS) is a system incorporating a frame from which strips of material hang to form an apparently solid screen wall. The screen is designed in a way to allow the screen to part and allow an object contacting the screen to pass through the screen. This allows participants positioned either side of the screen to throw, pass, kick or hit an object through or under the screen. The object is only sighted once it passes through or under the screen thus reducing the time the receiving participant must respond and react.

2. Reasoning Behind TRS

The TRS is specifically designed to take its users out of their Comfort Zone. A “Comfort Zone” is a stress-free environment where a person can rely on natural ability to perform assigned tasks to a required level. Taking a person outside their Comfort Zone and requiring them to perform under stress enables that person to achieve their Optimal Performance Levels. The result of training in those conditions results in higher performance standards, fitness and application.

3. Use in Football

From novices to champions, the TRS offers a range of benefits to all footballing levels. Regular training with the TRS will result in improved:

- Preparation
- Focus and Concentration
- Balance
- Anticipation
- Awareness
- Foot and Hand/Eye Co-ordination, and

- Response and Reaction Times

Regular training using the TRS, under game related drills and scenarios, will allow footballers to choose which response is the best to be applied in each situation and, in so doing, will take their skills to a new level with higher standards of performance and better results.

The TRS can be used as a training aid for goal keepers, strikers, heading practice and general field skills improvement. Exercise drills are used in game like situations which then allow players to take those refined and improved skills out onto the field at game time. The variety of training drills available is only limited by the imagination of those using the device.



Lincoln FC goalkeeper training using the TRS.

4. Further Information

Further information about the TRS may be found on our website

<https://totalreaction.com.au/> or by searching for Australian Sporting Innovations.

5. Ordering Your TRS

Alan Pearson of SAQ International has been appointed sole distributor of the TRS for the whole of the United Kingdom and Europe and he is now accepting orders. Contact details for placement of your orders are:

Online: www.saqinternational.com

Email: alan@saqinternational.com

Office Phone: 01664 503740

Mobile: 07966 190016