

TRS - THE PLAYER'S ADVANTAGE

Across a range of sports there are a number of attributes required by athletes, including:

- Natural / Inherent Ability;
- Taught Skills;
- Co-ordination;
- Fitness;
- Strength;
- Speed;
- Agility;
- Understanding Game Concepts;
- Understanding Game Rules;
- Ability to Read the Game as it Unfolds;
- Dedication;
- Determination;
- Match Preparation;
- Mental Resolve / The Will to Win.

Whilst these attributes are essential in having an athlete perform to a satisfactory level, they alone are not sufficient to permit an athlete to perform to their highest capability. There is a need to constantly challenge athletes for them to reach their peak.

To reach this standard it is necessary to add in the key elements of:

1. Preparation;
2. Focus;
3. Concentration;
4. Anticipation;
5. Balance; and
6. The Highest Level of Hand / Eye Co-ordination.

Improvement of these elements results in increased BRAIN SPEED leading onto faster RESPONSE and REACTION TIME by the athlete. Faster response and reaction time are key elements to the highest level of athletic performance because it allows the athlete to be in position earlier and be better equipped to perform the required task.

Achievement of faster Response and Reaction Time advances an athlete to the stage of reaching their OPTIMUM PERFORMANCE LEVEL.

Consider then, what drills are used currently to achieve response and reaction improvement?

More importantly, do these drills use the same balls / equipment in a similar environment as exist in an actual game?

Do your athletes have the necessary equipment to take them to their Optimum Performance Level?

Different athletes have different skill levels and different strengths and weaknesses. In many cases, basic skills levels of athletes in particular areas are deficient. We all accept that there is room for improvement and that areas of skill deficiency require additional skills training to convert the weakness into a strength.

The Total Reaction Screen (TRS) is a training aid that will assist athletes with skills improvement and the 6 key elements that improve Response and Reaction Time, permitting them to achieve their Optimum Level of Performance. Furthermore, the TRS will constantly take the athlete outside of their comfort zone during training by introducing a variety of game like situations with the same balls/equipment as are used in an actual game. Skills and reactions learned in this fashion are then taken directly onto the playing field.

Does this mean the TRS is suitable only for advanced or elite athletes?

Definitely not. The TRS is a suitable training aid for beginners to novices to club standards and onwards. It gives them a training opportunity to improve their personal skills and performance levels and perform to a standard where they can take pride in their performance and advancement.

The difference between winning and losing is a split second. A season's hard work and training can all disappear through a slow reaction or be rewarded by lightning responses honed through specified drills applying the TRS.

It's simply the difference between the BEST and the REST.