

OTA - Game Speed Agility

I'VE BOILED AGILITY TRAINING DOWN TO THREE SIMPLE STEPS

#1 Mechanics

Just like you need proper mechanics to run fast,

You need proper mechanics to change directions quickly...

If you don't have this foundation, **you can seriously injure yourself** when trying to change directions at high speeds.

More than that...

When you have this base, you'll be able to change directions **fluidly** and quickly, because you know how to decelerate, have short ground contact time, and accelerate efficiently.

And even more than that...

You're learning to place your body in positions to produce more power...



#2 Force Management

To become agile, you need to get a handle on your force...

And because change of direction is so delicate and elaborate, **you'll need multiple tools** to manage your force in a way that leads to improved agility....

First, you'll need a base of force absorption.

This will help you decelerate efficiently as you can manage high amounts of force without *losing it as you slow down*.

Then, you'll need the ability to manage *static* force.

Transitional force occurs when you've come to a full stop, and are about to change directions...

You only need to manage this force for tenths of a second...



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#3 Cognitive Conditioning

The last *layer* of agility has to do with the brain...

And this is what separates *actual* agility training from brainlessly running through ladders.

In this stage, we want to increase the speed at which your brain processes information and sends a response to your body to perform the action that's appropriate to the stimulus.

Essentially...

We want to increase your reaction time.

As an example...



If you're a running back who's running at a defender, first your brain needs to process that a potential threat is coming,

Then, it sends a signal for your body to take a certain action.

Hopefully, that action is juking the tackler.

This cognitive process can be improved by adding auditory and visual stimuli to change of direction drills...

As well as improving the athlete's coordination.

This is more than just point and go drills,

Or shouting left and right...

This stage of agility training can get very complex and advanced...

Proof Content

	0. WELCOME			4.1 MB
	1. GET STARTED			124.9 MB
	2. YOUR PROGRAMS			81.4 MB