

OTA - Game Speed Agility





My name is Chris Barnard.

For about a decade I've helped athletes of all sports improve their speed, jump higher, grow stronger, and become more athletic.

I've done this by training them directly, and providing free information and workouts on my Overtime Athletes YouTube channel.

The channel currently hosts over 230,000 subscribers.

And a few years ago, I noticed a large gap between athletes' speed in the gym and their performance in sport...

It All Started With a New 40 Yard Dash PR...

And ended with a player quitting his college football team...

Here's What Happened:

At the gym, we have a “**Gym Record Board**” which keeps track of the heaviest lifts, and the greatest athletic feats that have ever been performed in the gym.

This record board includes heaviest bench and deadlift,

It includes highest hurdle hop,

It also includes **the fastest 40 time**, among other things...

One day, one of the athletes that I coached brought a friend in.

His name was Mike.

Mike was a running back, and he was pretty fast.

He saw the gym record for fastest 40 time on the gym record board and said:

I can beat that.

As a man who walks his talk, so naturally, I told him:

Prove it.

Mike set up on the line, I gave him the ready, and he darted off...



He SHATTERED the Gym's 40 Yard Dash Record...

I thought this kid was destined for big things...

But, that same year, he quit his college football team midseason.

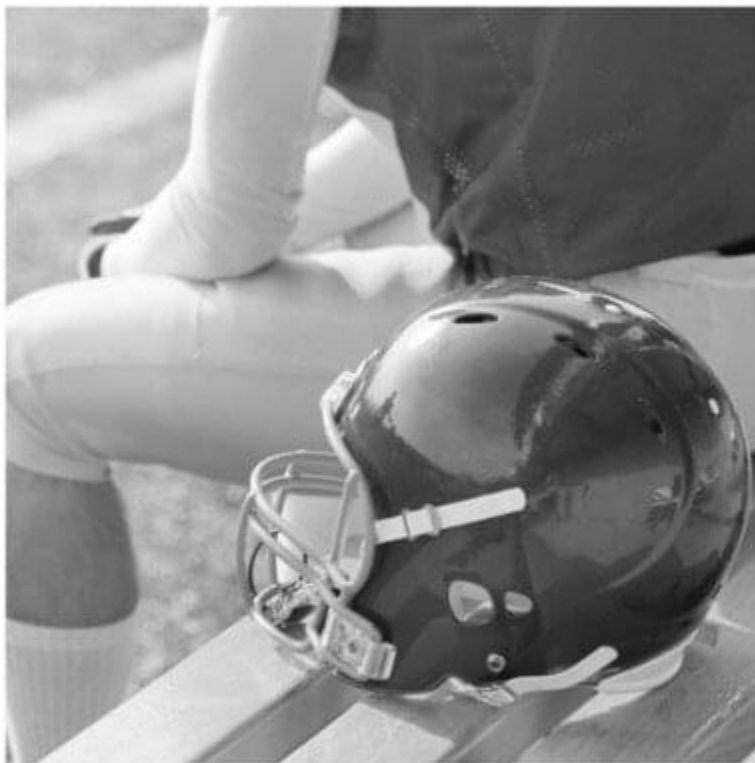
Why?

He got benched.

See, Mike had the linear speed of a Saquon Barkley, Dalvin Cook, or a Christian McCaffrey...

But, he didn't have the fluidity of these guys.

The footwork, finesse, or quickness.



Mike was fast in a straight line, but as a running back, you need to quickly change directions based on the holes that open up on the field and the positions of the opposing players.

Mike didn't have the fluidity to do this...

He struggled to juke defenders,

Couldn't find the holes,

Was easily tackled by the competition,

So he got benched.

Then he quit...

There's a lesson here...

**Great Weight Room Performances DON'T
Guarantee Better Performance**



But Most Agility Drills Suck

At least traditional agility drills...

Whether you're running through an agility ladder, hopping hurdles, or a combination of the two, the only reason you get faster is because you're memorizing the movements...

Just like you'd memorize a dance.

Chances are, unless you're celebrating in the end zone, or basking in the glory of sinking the game-winning shot, **you're not dancing during competition...**

So why would you train like it?

You wouldn't.

Or shouldn't.

This misunderstood idea of agility training comes from a misunderstanding of the word agility.

Agility is not *quickness*.

It's not changing direction,

Or having fast feet...

No...

Simply, it's change of direction combined with a reaction component.

This reaction component can be visual, or auditory...

But training agility takes a lot more than that...



I've Boiled Agility Training Down to Three Simple Steps

#1 Mechanics



#2 Force Management




#3 Cognitive Conditioning



Step Three: Cognitive Conditioning

**Bridging The Gap Between
Reactions + Athleticism**

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Most “Experts” Don’t Know This

It’s sad...

But, it’s plain to see...

IG coaches and YouTube’s Try-Hard “Trainers” attempt to display their “*coaching prowess*” by presenting viewers with elaborate ladder drills that require little more than simple memorization.

It’s like everyone forgot what they learned in their Strength and Conditioning textbook...

Or maybe they just didn’t read it...

Either way, I’ve yet to see a coach teach agility the way I do...

And it’s a reason the athletes I work with are reaching unprecedented heights,

Leading their leagues,

Being recognized by colleges,

And reaching other levels of success most athletes can only dream of...

You can join them...

Sales page: <https://www.overtimeathletes.co/game-speed-agility2kurqdyuv1?sl=otamain>