To a year of foundational training for

To understand Speed, Agility and Quickness (SAQ)training we must first define each term and how they combine to help create aneffective training program: Speed- the ability to complete a movement within a short period of time (Howley, 2015). Agility- is the ability to maintain and controlcorrect body positions while quickly changing direction through a series ofmovements (Sheppard and Young, 2006). Quickness -the quality of moving fast or doing something in a short time, it is a combinationof both Speed and Agility (Enwood, 2007) Speed, agility, and Quickness training is a fundamentalportion of all elite athletes training programs and is a popular way to trainathletes. With the increasing requirement to encourage athletic ability, this kindof training has been recognized to develop field abilities of participants in awidespread variety of sports (Bompa and Buzzichelli, 2015). Henceforth allathletes can benefit once SAQ is integrated into their training programs. Although this sort of training has been about for several years, many athleteshave not trained this way.

This is largely due to an absence of educationregarding both its specific benefits and how to integrate it into a comprehensivetraining program (Jovanovic et al., 2011). SAQ is intended to increase the capabilityto apply maximal force through high speed movements. It manipulates andcapitalizes on the stretch-shortening cycle (SCC) (Bloomfield et al., 2007). It is important to remember that SAQ training should enhancetraditional training.

Nearly every sport entails fast movements of either thearms or legs and SAQ training can and should progress skills in these areas iftaught correctly. In other words, it should be in addition to and not insteadof lifting weights (Polman et al., 2004). To train at higher intensities in SAQtraining, the

participant should possess a solid foundation of universalconditioning. This could mean six months to a year of foundational training fora beginner.

The main point is to have enough of a strength base to adequatelycomplete each SAQ exercise without undue strain. In addition, high intensitySAQ training should normally be undertaken during the month or two leading upto a season, as this will help form a solid base which can be maintainedthrough the season using less intense SAQ training (Craig, 2004). When writingup a program containing SAQ drills a trainer/coach must consider seven criticalvariables: Choice– choice of exercise should mimic the athlete's demands during competition. Order– Order of exercise should follow three main patterns: Executed from simple tocomplex, low to high intensity and from general to sport specific. Frequency– number of training sessions completed in each time (usually a week)Intensity– applies to the quality of work performed during muscular activity and ismeasured in terms of power output (i.

e. work performed per unit of time)Volume– the quantity, or total number of sets and reps completed in a session. Rest– Often a forgotten variable but critical as it prevents overtraining, fatigueand injury. Progression– Progression should gradually increase as athletes reach their goals andshould also be specific to the sport (Brown and Ferrigno, 2014). When these variables are harnessed correctly it shouldresult in a well-rounded training program which the athlete will benefitgreatly from.