

EFFECTS OF SAQ DRILLS

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Abstract:

Speed, Agility, and Quickness, or SAQ, are three of the most important athletic attributes necessary to thrive in numerous sports. Training them has several advantages, and football players in particular need all three of these physical characteristics in plenty. Speed is defined as the time it takes to travel a distance between two locations, or distance divided by time. Agility is defined as the capacity to shift directions as quickly as feasible. Quickness is defined as the capacity to complete several stages in a sequence as quickly as feasible.

Keywords: Sports, Speed, Agility, Quickness.

What Exactly Is SAQ Training?

SAQ training improves your speed, agility, and quickness by using anaerobic intervals.

The capacity to move your limbs or body swiftly is referred to as speed, while agility is the ability to change direction fast and without losing balance. Quickness is a mix of speed and agility that refers to the capacity to respond to stimuli swiftly.

SAQ training often consists of brief bursts of high-intensity exercise followed by intervals of rest or active recovery. These exercises may be done with or without equipment and can be tailored to your level of fitness.

SAQ training is designed to help you become a better runner by increasing your neuromuscular efficiency (NME) and capacity to generate force fast.

NME refers to your neural system's capacity to fire muscle fibres swiftly and effectively.

The higher your NME, the better your running economy (the amount of energy required to run at a certain speed).

Improving your NME will help you become a more efficient runner, allowing you to run faster with less effort.

SAQ training is founded on the "specificity" concept, which implies you must train particularly for the needs of your sport.

If you want to enhance your running speed, for example, you should do workouts that mirror the precise motions of running, such as sprinting, bounding, and plyometrics.

Any form of action that gets your heart rate up and makes you move fast in many directions is helpful for general health and fitness (those who aren't athletes but exercise often and love activities such as playing with their kids, hiking, or playing tennis).

SAQ training, as opposed to standard cardiorespiratory work, which includes repetitive motions while ignoring the frontal and transverse planes of motion, utilises multi-directional movements that work all planes of motion.

This style of training better satisfies the needs of most sports and everyday activities.

Benefits of SAQ Training

There are many benefits to SAQ training, both for athletes and non-athletes. Some of the most common benefits include:

- Improved Brain Signal Efficiency
- Improved Muscular Power
- Improved Muscle Endurance
- Improved Running Economy
- Improved Spatial Awareness
- Improved Cardiovascular Fitness
- Improved Coordination
- Improved Proprioception
- Improved Motor Skills
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Which Are The Components of SAQ Training?

The three components of SAQ training include speed, agility, and quickness. Let's review each component in more detail.

Speed

Speed is the ability to move the body in one direction as quickly as possible. Speed can be further divided into two types: linear speed and lateral speed.

Some examples of speed training exercises include:

- **Sprints**
- **Resisted Runs**
- **Sled Pushes**
- **Uphill Speed Runs**

Agility

Agility is the ability to change direction quickly and efficiently. It requires the coordinated use of the eyes, feet, and body to avoid obstacles and maintain balance.

Some examples of agility training exercises include:

- **Cone Drills**
- **Ladder Drills**
- **Obstacle Course**
- **Lateral Shuffle**
- **Dot Drills**

Quickness

Quickness is the ability to react quickly to a stimulus. It requires the ability to process information quickly and then respond accordingly.

Some examples of quickness training exercises include:

- **T-Drill**
- **Reaction Ball**
- **Ball Drop Drill**
- **Mirror Drill**

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