Speed Agility and Quickness

All coaches, managers, scouts and trainers want players with explosive acceleration, lightening responses and the ability to cover ground economically and quickly. They want a soccer player in full flight, jockeying, turning and twisting, dribbling, swerving, leaping into the air, holding the position for a fraction of a second then heading a cross, with perfect timing, into the goal. Such skills have traditionally been considered natural talents that can't be developed on the training field. This is no longer the case. All players, whether young or old, professional or amateur, are benefiting from the cutting-edge training approach of SAQ work.



What is SAQ Training?

Training for Speed, Agility and Quickness (SAQ). Amateurs and Pros have learned that training for SAQ can make a significant difference in their overall performance. At most levels in sports, how fast you can perform is the key to success. Success in "the game" will increase confidence, which will translate into other areas of your life; school, friends, home, etc.



SAQ Training helps develop the nervous system; teaching it to respond and react more efficiently to the demands placed on it, building muscular recruitment and coordination when performed with correct mechanics. This enhancing of the athlete's balance, strength, core, flexibility and reactive capabilities ensure the athlete can perform skills faster and reduce the risk of injuries. Athletes can gain a competitive edge in their sports with proper SAQ training.

What makes SAQ Training with Callaway Soccer Different?

At Callaway we try to ensure our athletes understand *why* they are doing a drill. We choose appropriate drills and lessons. Our athletes trust us and acknowledge that there is a method to this training. It can't be approached as torture or punishment. There is a purpose and that purpose will impact their performance. We motivate our athletes to work harder for themselves because they recognize it will pay off for <u>them</u> in the game.

At Callaway we focus on mechanics. Basic movement can sometimes be expected from players but they are never taught the proper concepts of running, shuffling, pivoting, cutting, jumping, etc. Our athletes are taught how to properly move. They are shown how to complete a drill using the correct technique and range of movement.

At Callaway we condition our athletes but our ultimate goal is to improve their speed and agility. For our athletes to train they must be fresh. So we prescribe to short work periods and longer rest periods. We are retraining their bodies and nervous system to work more efficiently. Our drills are met with intensity and require focus so that the proper form is reinforced. If our athletes are fatigued their focus and mechanics disintegrate. We require 100% effort in everything.

At Callaway we practice movements that will be used in a game. Our Sessions are primarily for Soccer Players, however, they are offered for any sport. By using the movements most likely used in a game we ensure our players are able to perform them <u>well</u> in a game. We practice sprinting, cutting, shuffling, stopping, pivoting, faking, spinning, cross-over running, backpedaling, etc. Our baseball and softball players practice starting sprints like they are stealing a base. For our volleyball players we incorporate lunging, approach steps and jumps. Football receivers practice their routes. Quarterbacks incorporate drop steps and linemen start drills from 2-, 3-, and 4-point starting positions.

At Callaway we train consistently. By consistently practicing, our athletes are able to perform perfectly, with the right technique, without thought. Our athletes find long-term results by using SAQ work as a development tool. At Callaway we offer schedule flexibility and SAQ Training year round to ensure maximum results.