



## CONFERENCE 2019

*Coaching Better Every Day:  
Shaping the Future*

### **Structuring Progressive Speed and Agility Training for Athletic Development and Sport Performance**

*Muhammad Hidayat – Football Association of Singapore*



# Session Objective

Equip coaches with the knowledge on structuring progressive speed and agility training based upon key scientific principles of quality movements and movements in sports



# Key Outcomes

- Gain awareness and knowledge that leads to the proper execution of various multi-planar movement skills, which are relevant to athletic development and field/ court based sports.
- Provide relevant ideas and tools to expand your options and ability when structuring or coaching a progressive speed and agility program.
- Create an avenue for you to utilize speed and agility for fun and engagement when incorporating it into your training sessions.

# 3 Phases of Progression

## 1. Multi-Planar Movement Drills

- Coverage of multi-planar movement skills that are relevant to sport through static and basic movement drills

## 2. Dynamic Integration

- Integration of the multi-planar movement skills acquired in phase 1 to form 'change of direction' (COD) drills

## 3. Agility

- Introduction of chaos/ unpredictability into the movement drills via auditory or visual stimulus

# Phase 1: Multi-Planar Movement Drills

1. No sudden reaction to a stimulus
2. Develop competency in acquiring the various movement skills

## • **Static Drills**

- Forward Braking
- Reverse Braking
- Lateral Braking
- Hip Turn

## • **Movement Matrix**

- Linear Run-out
- Back Pedal
- Position Jockey
- Reverse Jockey
- Side Shuffle
- Crossovers

## • **COD Mechanics**

- Plant Step
- Cut Step
- False Step/ Drop Step
- Crossover Step

# COD Mechanics

**Plant Step (Forward Braking)**



**Plant Step (Reverse Braking)**



# COD Mechanics

## Cut Step (Lateral Braking)



## Drop Step



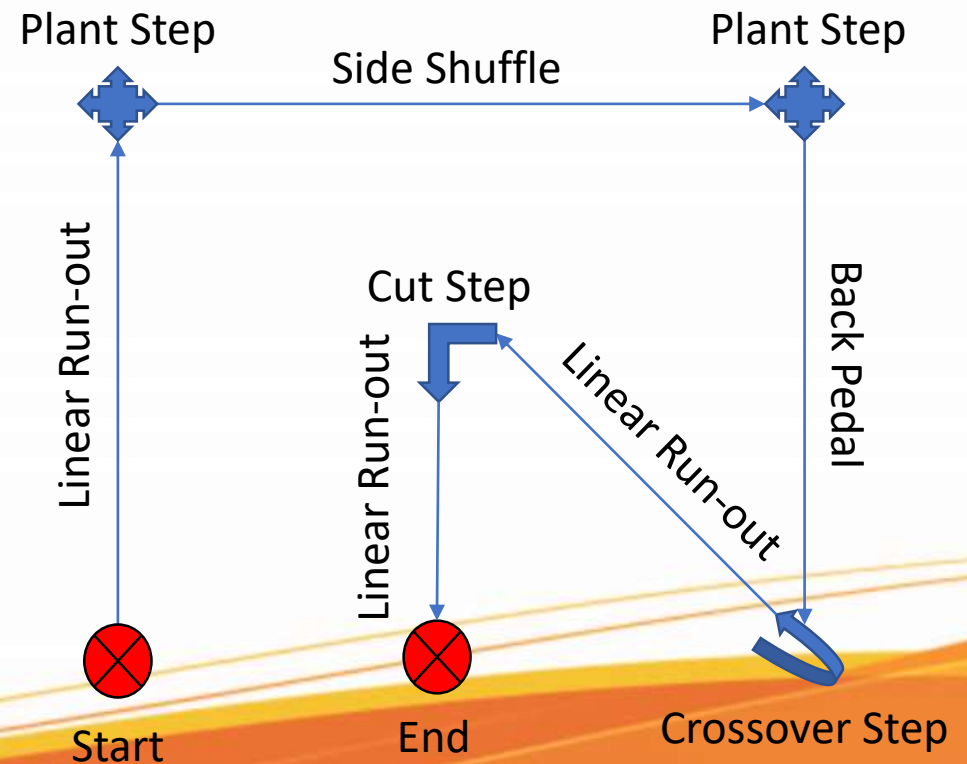
## Crossover Step



# Phase 2: Dynamic Integration

- COD Drills that mimic movements in sport
- No sudden reaction to a stimulus
- Reinforce the acquired skills from phase 1
- Added dynamism and speed of movement

- COD Drill Example





# Phase 3: Agility

- Definition:
  - Rapid whole body movement with change of direction or speed in **response to a stimulus**
- Drill progression - less unpredictability → more unpredictability
- Example:
  - Left-Right Reaction Drills (Y-Shaped Agility Test)
  - Straight Line Mirror Drills
  - Grid Mirror Drills
  - Open Play (Box Tag)

**Better movement patterns → Reduced  
risk of injury → Increase player  
availability → Better performance**



## CONFERENCE 2019

*Coaching Better Every Day:  
Shaping the Future*

In support of Coaching Development



Supporting Partner



Education Partner



Partner in Sport

