



SAQ TRAINING FOR FITNESS

Miss. Vijayalaxmi C. Mugalolli¹ and Dr. Srinivas²

¹Research Scholar Dos in physical Education and sports sciences A.W. University Vijayapura.

²Research Guide Dos in physical Education and sports sciences A.W. University Vijayapura.



ABSTRACT

This paper is highlighted on SAQ Training. Any sports activities, competitions and games always require speed, bio motor components. Speed is the ability of the complex, because in general, speed is an ability that allows a player to move as quickly as possible at the level of specific resistance. Agility is an important quality in a lot of sports that are played on the field. In badminton, agility demonstrated the ability to move with quick footwork and precise. Exercise of speed, agility, and quickness (SAQ) has become a popular way to train athletes. SAQ continuum involves six principles and this training has more benefits.

KEYWORDS : speed, Agility, Quickness and Benefits.

INTRODUCTION

An effort, to improve high achievement in every sport that occupied by an athlete, is important. One element or factor which is important to reach an achievement in sport is the physical condition. In some studies also said that to achieve is determined by four factors of the exercise of physical preparation, technical preparation, preparation tactics and mental preparation. The main purpose of physical preparation in training is to improve the functional potential of athletes and develop the bio motoric ability to the highest standards. Speed is one of the basic components necessary bio motor in some sports. Every sport activities, competitions, and games always require speed bio motor components. Speed is the ability of the complex, because in general, speed is an ability that allows a player to move as quickly as possible at the level of specific resistance. Agility is an important quality in a lot of sports that are played on the field. In badminton, agility demonstrated the ability to move with quick footwork and precise. Linear action such as acceleration and velocity can be influenced by changing the movement mechanism of the arms or legs. Thus, the ability to develop speed in a short time (acceleration) is an important component to support the performance in a wide range of sporting activities. Exercise of speed, agility, and quickness cover the complete spectrum of training intensity, from low intensity to high intensity. Every athlete has a different level. Therefore, the intensity of exercise should coincide with the individual's ability. Exercise involving speed, agility, and quickness is a training method aimed at developing motor skills and body motion control through the development of the neuromuscular system. It aims to improve the athlete's ability to perform multi directional explosive power movements by reprogramming the neuromuscular system, so it can work more efficiently. Exercise of speed, agility, and quickness (SAQ) has become a popular way to train athletes. Speed, agility and quickness to cover the complete spectrum intensity of exercise, from low intensity to high intensity. SAQ drills can also be used to teach movements, such as heating, or to improve the physical condition of athletes. Exercise of speed, agility, and quickness is a system of progressive exercises and instruction aimed at developing fundamental motor skills to improve the ability of the athlete to be more

skilled at faster speeds and with greater precision. This exercise has become a popular way to train athletes in improving the speed, strength, or the ability into maximum potency.

SAQ TRAINING

SAQ training is a system of progressive exercise and instruction aimed at developing fundamental motor abilities to enhance the capability of players or athletes to be more skilful at faster speed and with greater precision. It is also to improve an athlete's multi-directional movement by reprogramming their neuromuscular system.

ORIGIN AND HISTORY OF SAQ

In the 1990's Alan Pearson, an ex-western Australian rugby player and qualified coach visited the USA to study the Training methods of various sports in use there. Upon his return, he refined his own methods and later drew up the blueprint for the present SAQ training and has since patented the SAQ system for use in Europe and in many other countries around the world.

The aim of SAQ IRELAND is to provide an education programme for coaches by helping them understand the elements involved the principles of the SAQ training system and the methods used to coach, teams and players to become faster, more agile and quicker in through and movement. SAQ training is a registered and patented system of training by SAQ INTERNATIONAL.

SAQ International was founded by alan Pearson in 1996 upon his return to the UK from Australia where he player top class rugby for Queensland. Today SAQ international has become a truly multi-national company dedicated to the provision of quality sports education programmes.

The head office of SAQ INTERNATIONAL is in Melto Mowbray, East Midlands, UK

SAQ international has now developed its product and programmes in the following countries;

- SAQ IRELAND in 35 Belmont Lawn, Stillorgan. Country Dublin. Ireland
- EUROPE France, Germany & Switzerland anenue de Wagram 71, F75017, Paris, France.
- AUSTRALASIA Australia, New Zealand & Pacific Region (PO Box 1382, Kenmore. Brisbane. Queensland. 4069 Australia).

SAQ CONTINUUM

There are various steps in the SAQ system of training. These are called the principles of SAQ. These steps or principles are the key to developing the speed, agility and quickness that is necessary for success in sport at the present time. There are six principles in all in the SAQ continuum;

- a) Dynamic warm up
- b) Mechanics of Movement
- c) Innervations
- d) Accumulation of Potential
- e) Explosion
- f) Expression of Potential

PRINCIPLE 1- DYNAMIC WARM UP

Dynamic warm-up is a system of warming up the body using stretches, drills and exercises more closely aligned to the specific activities found in athlete or game movements. This provides an excellent environment to teach balance and co-ordination. Moving the body while elongating muscles not only warms and stretches but also leads to improvement in mechanical co-ordination. Examples- include walks, run, skips, twists and standing and lying stretching motions.

PRINCIPLE 2- MECHANICS OF MOVEMENT

In this section of practice, co-ordination and programmed agility are instructed through coached execution of movement patterns with economy and precision by use of light plyometrics, cone direction change drills and other similar exercises. The emphasis here is on teaching biomechanically sound movements. It involves the development of both inter-muscular and intra-muscular co-ordination.

PRINCIPLE 3- INNERVATION

The goal of this section of the SAQ fitness continuum is the development of the individual to react faster and to initiate movement faster. This is achieved by using exercises and drills involving fast feet and or fast arm movements that fire and recruit the fast muscle fibres. Innervation works on improving the passage of message from the nerves to the individual muscle involved in sports specific movements and is ideal as a transition from warm-up to a high demand period of the training session.

PRINCIPLE 4- ACCUMULATION OF POTENTIAL

This is the “conditioning” time of the training session and this is achieved by use of programmed agility exercises and drills in very controlled quantities. One avoids fatigue with high quantities of drills and prolonged elapsed time of direction change, if only to minimise the potential for injury. Obstacle course runs are great for varied stimulated movements.

PRINCIPLE 5- EXPLOSION

In this stage, where programmable and random agility is trained, work is done with medicine ball throws, high-quality plyometrics, and short speed bursts. Tennis ball drop, recovery drills, and resisted or assisted contrast drills may be performed here. Quantities of efforts are carefully monitored – this is the place for fast action, but not tongue –hanging out fatigue.

PRINCIPLE 6- EXPRESSION OF POTENTIAL

This stage is quite short in duration but imperative. Ample rest is essential. Here the athlete applies the day’s menu of skill into high quality movement. Short, high intensity tag games and random agility tests work great. In this way, the athlete walks off the practice field with a sense of exhilaration at having moved fast and controlled.

BENEFITS OF SAQ TRAINING

- SAQ training may be used physical training to increase the speed, strength or the ability to apply the maximal force during the fast movements.
- SAQ training benefit consists of increases in muscular power in linear, horizontal and multi planar movements. It also increased the body spatial awareness, motor skills and reaction of time.
- SAQ training is intense. In essence SAQ training enhances the stability, acceleration and deceleration.
- SAQ training conditions all planes of movement. Altogether SAQ teaches the nervous system how to respond to stimuli in the fastest manner possible.
- It improves multi planar co-ordination.
- It improves heart rate and blood flow through out of the body.
- Increase mind body connection and help get us focused.
- Speed, agility and quickness training can be a great type of training to incorporate into a progressive weight loss program because it is fun, demanding can challenge the cardio respiratory system and is a type of exercise training that the average exerciser never experiences.
- It is type of exercise that is usually not performed by the average exerciser interested in weight loss, the increased demands that it can place on the body may lead to increased calorie burn both during and after the exercise session.

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- SAQ training also creates a significant load on the skeletal and muscular system that can help prevent loss of bone density (osteopenia) and loss of muscle mass (atrophy).

CONCLUSION

However SAQ training concentrates on proper running form and explosive movement patterns for sports which require speed, agility and quickness as a basic prerequisite for success. It is ideal for all field and court based sports which are mainly multi sprint events requiring fast multi-directional movement patterns in addition to anticipation, sharpness of mind, reaction and acceleration as key components of sports specific fitness. After using SAQ training methods your team, both individually and collectively should be faster, more agile, better equipped to cope with the skills of the game under pressure.

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