



NSCA
COACHES
CONFERENCE 2022

JANUARY 6 – 8, 2022
San Antonio, TX & Online | 2.0 CEUs

#NSCACoaches22

Agility (Sport Speed)

Today's Objective

Identify the Problem
Understand the Problem
Create Solutions for the Problem

Today's discussion...

- Observing the defensive agility in sport
- Understand agility by phase, points of observation, forces impacting movement
- Teach movement solutions that optimize efficiency
- Connecting with physical development (stability, strength, power, speed) with a tactical purpose (hands on)

Agility (Sport Speed)

What Problem Are We Attempting To Solve?

Athletes ability to react with purposeful, tactical precision in sport environments...

* Evade * Impede * Avoid * Pursue * Manipulate *

Example...



Defensive Agility Defined

Everyone Has Their Own Opinion

“The art of repositioning or reorganizing the body to gain a tactical advantage as one reacts to changes in their environment”

To develop agility in sport, we must look for...

- Required Technical **POSITIONING** Strategies...
- Leading to **PURPOSEFUL PATTERNS**...
- That Optimizing Physical **POWER** and **PRECISION**...
- And Align with a Tactical **PERSPECTIVE**

Factors Effecting Agility

Sport & Position Specific - TECHNICAL ASPECTS

Technical Aspects focus on PRECISION with a TACTICAL PURPOSE...
Coaches look to optimize HOW, but also discuss WHEN and WHY

Technical Aspects...Example VB Player/Block Quickness

- Body Control/Awareness
- Positioning Strategies
- Mechanics/Footwork
- Timing/Rhythm
- Integrated with Sport Skills

Factors Effecting Agility

Sport & Position Specific - PHYSICAL ASPECTS

Physical aspects set the stage for POWER and SPEED in Technically Efficient Patterns...
Expressed uniquely, based technical/tactical demands of the sport or position

Physical Aspects...Example FB OL/DL or WR/CB

- Strength/Deceleration
- Power/Acceleration
- Dynamic Quickness/Elasticity
- Conditioning/Endurance

Factors Effecting Agility

Sport & Position Specific - TACTICAL ASPECTS

Tactical aspects of agility provide PERSPECTIVE...
It's what separates Agility from Change of Direction Drills...

Tactical Aspects...

- Game/Situational Knowledge
- Awareness/Anticipation
- Spacing/Communication
- Visual Cues/Reactive Elements

Choosing a Specific Example

Defensive Footwork From a Technical Perspective

Rather than look at all the possible combinations of agility in sport, let's take one example and look at it from a technical perspective.

Defensive Footwork

- 180-270 degree Change of Direction
- Complex enough to explore different applications
- Simple enough to understand key points of emphasis



Where to Look & What to Look For

Key Points of Observation

Assessing technical aspects of agility comes down to 3 primary focal points...

Key points of observation (where to look)

- Foot-Ground interaction
- Knee-Shin angles
- Torso control



Where to Look & What to Look For

Finding Balance and Stability

We need to have both tactical knowledge of the situation and technical understanding of basic biomechanics.

Understanding Balance & Stability
(what to look for)

- Center of Mass
- Base of Support
- Weight Distribution
- Leverage



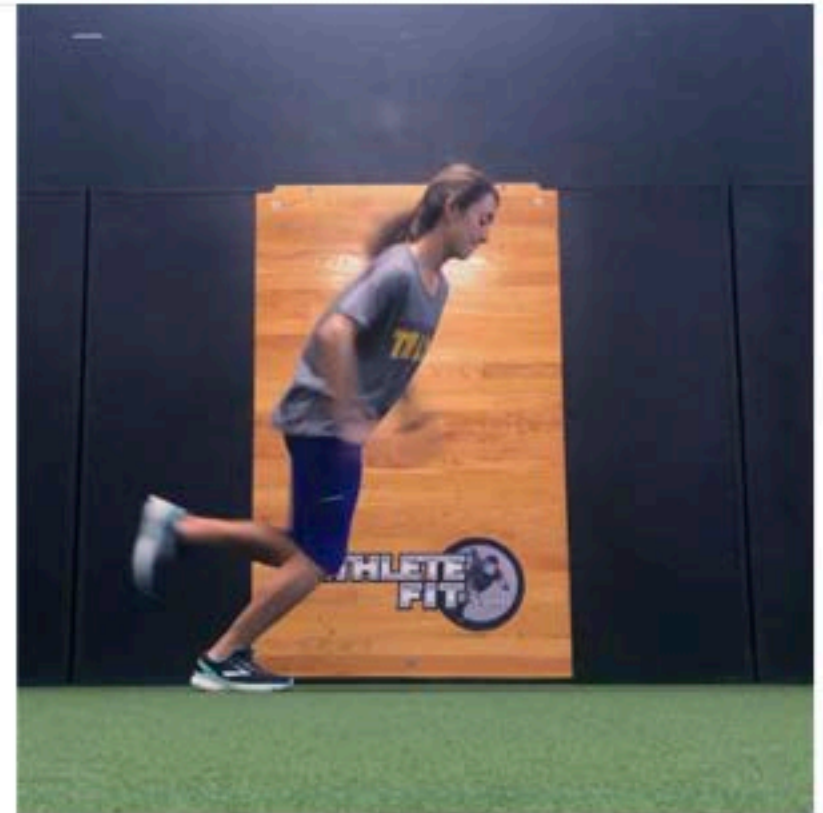
Where to Look & What to Look For

Creating & Controlling Momentum

We need to understand how we 1) decelerate, 2) find balance, 3) reorganize and 4) accelerate with power and efficiency

Creating - Controlling Momentum

- Base of Support and Center of Mass



Understanding Complex Patterns

Breaking the Movement Down into Phases

When a movement pattern is too complex to see all the components at once...
Break it into smaller chunks to identify critical positions and trainable patterns.

Deconstruct the Pattern into Phases

- **Preparation Phase:** Enter a state of readiness - decelerate (find balance/stability)
- **Action Phase:** The primary task or skill - transition (reposition/reorganize)
- **Followthrough Phase:** Return to state of readiness - accelerate (close space)
- Within each phase we assess **our key points of observation...**

Observing By Phase

Preparation Phase

Goal: Controlling Momentum

Finding Balance and Stability (preparing for the task)

Factors Effecting our Actions

- Entry speed - slow as possible
- Tactical Positioning - shuffle stop
- Active Feet - loaded bounce
- Anticipation - situational awareness



Observing By Phase

Preparation Phase

What positions do we end up in...
How did we get there?

Finding the 'Shuffle Stop' Position

- From a Shuffle or Lateral Run (easy)
- From a Forward Run (more complex)
 - 1/2 Turn (inside leg)
 - Strong, Lateral Lunge Position
 - Torso Lean



Observing By Phase

Preparation Phase

Prep Phase Flaws

What do we commonly see in inefficient movers...

Common Flaws

- Stutter Steps/Hops
- Failure to Make Half the Turn
- Foot Drag/Outside Leg Plant
- Medial Knee Drift
- Torso Sway



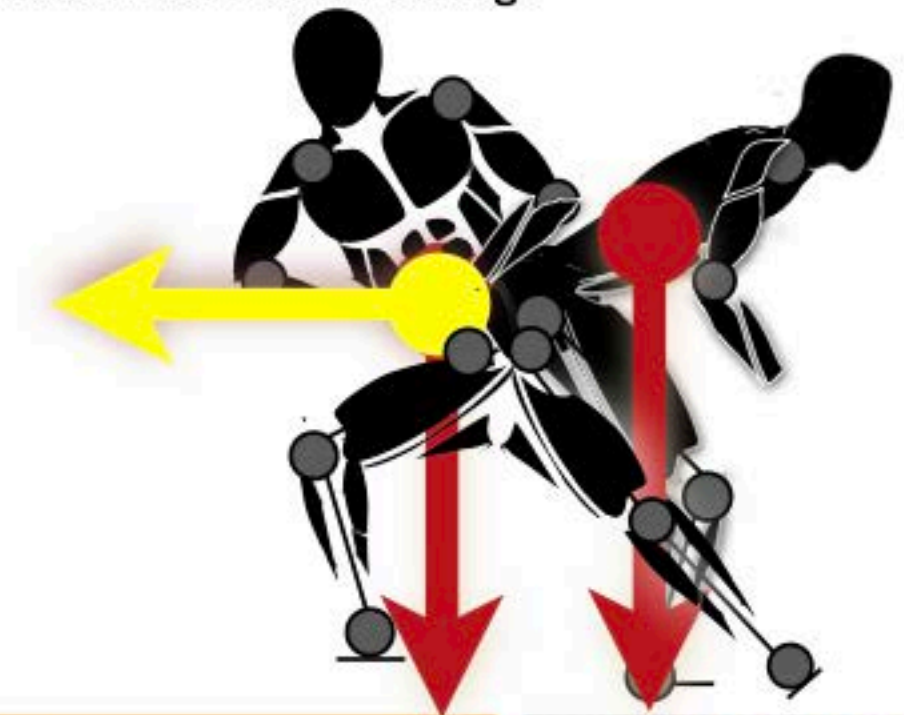
Observing By Phase

Action Phase

Goal: Rethink/Reposition/Reorganize
Make necessary alterations to create a tactical advantage

Factors Effecting our Decision Making

- Exit angle...strategy?
- Will we take contact?
- Offensive Fake...Adjustment?



Observing By Phase

Action Phase

What positions do we end up in...How did we get there?

Finding the 'Sprint Start' Position

- Typically Lateral Start Position
- Create a Rear Foot Lateral Push
 - 180 COD (positioned perfectly)
 - >180 COD (requires repositioning)
 - Hip Flip or Switch Techniques



Observing By Phase

Action Phase

Action Phase Flaws

What do we commonly see in inefficient movers...

Common Flaws

- Pivot Instead of Push
- Rise up, rear foot pivot to backpedal
- Turn their back on opponent
- Feet stay flat

Observing By Phase

Followthrough Phase

Goal: Find Aggressive Acceleration Pattern
Build momentum, quickly increase speed in first 3 steps

Factors effecting our power...

- Foot Placement, Shin Angle...
- Knee Punch
- Torso Lean
- Efficiency during the prep and action phases set us up perfectly



Observing By Phase

Followthrough Phase

What positions do we end up in...
How did we get there?

Finding the 'Acceleration Bound' Position

- Following the rear foot drive, with front foot elevated..
 - Hips open (creates exit angle)
 - Front foot drives down & back (bound)
 - Torso stays low, shoulders thrown into the run
 - Rear knee drives forward (punch)



Wrap Up

Take Home Points

Areas of Focus...

- Tactical Understanding
(helps Communication & Structure)
- Find Balance & Stability in Prep Phase
(Inside Leg as Primary Decelerator)
- Reposition to Create an Advantage
(Both Feet Off the Ground)
- Find Lateral Push
(Shin, Knee, Torso Alignment)
- Down & Back Drive with Knee Punch
(Acceleration Bound)



Thank You

Questions?

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