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**Agility**



# Agility Overview

There are two types of Agility.

## 1. Change of Direction Agility

- How quickly you can turn around a pre-planned stimulus (i.e. cones)

## 2. Reactive Agility

- How quickly you can move in response to an external stimulus (i.e. player)



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# Agility Importance

## Change of direction agility performance is useful

- It distinguishes between elite and sub-elite levels (in some sports)
- More than half of high intensity sports actions require change of direction

## Reactive agility performance is most important

- Most specific to game performance (e.g. you must defend an attacker, or get around a defender)
- Greater difference between elite and sub-elite AFL players
- Related to your ability to make quick, effective decisions.

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# Reactive Agility Factors (1 of 2)

## Perceptual/Decision Making

- Visual scanning / Anticipation / pattern recognition / knowledge of situations / reaction time
  - Having a large repertoire of skills/moves slows down your opposition's defense.
  - To improve these traits, practice reactive agility drills
    - Allow for chaos and ample opportunities for mistakes
    - Continually add disruptions under intense pressure (e.g., different stance/angle/speed/distance)
  - Understand your role
    - Offensive players: evade, avoid, and manipulate, deceive, create space
    - Defensive players: read / react / reduce time / induce pressure

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# Reactive Agility Factors (2 of 2)

## Physical

- Strength & Power
  - Relative strength, reactive strength, concentric strength, eccentric strength, non-sagittal power, speed
- Technique
  - Balance, posture, foot contact, arm action
    - Hip Turn & Plyo Step help increase speed
    - Shorten steps, drop the hips
    - Agility is violent so “tear the ground up” & “push the ground away”

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# About

BUTLER PERFORMANCE is an organisation that serves committed athletes in their pursuit of becoming exceptionally strong, powerful and enduring.

The Head of Strength & Conditioning (S&C), Lachie Butler, is also the Head S&C coach at the Sandringham Dragons Football Club and is passionate about serving athletes.

For more information, please contact Lachie at [0466725415](tel:0466725415) or visit the BUTLER PERFORMANCE website

<https://butlerperformance.com.au>

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