

Australian Government
Australian Sports Commission

Australian Institute of Sport

Agility & Speed for Football Codes

Jeremy Sheppard
Australian Institute of Sport
Strength/Power Scientist
Physiology Department

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

What is agility?

Definitions traditionally associated with agility:

- *Agility*: the ability to change direction rapidly and accurately (Barrow & McGee, 1971; Mathews, 1973)
- *Quickness*: "a multi-planar or multi-directional skill that combines acceleration, explosiveness, and reactivity" (Moreno, 1995)
- *Cutting*
- *Change of direction speed* (Young et al. 2002)

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Agility: A New definition...?

Agility: a rapid, whole-body, change of direction or speed in response to a sport-specific stimulus (Sheppard & Young 2006; Sheppard et al. 2004).

Note: associated with *open skills*, in that the movement cannot be pre-planned.

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Closed skills involve planned movements and can be rehearsed

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Open skills involve unplanned movements and can not be rehearsed

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Cognitive Considerations

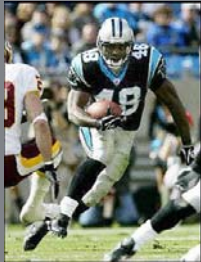
- **Stimulus used (testing or training) must be domain specific** (Abernethy & Russell, 1997; Muir, 1996)
- **Experts and novices exhibit differences in visual cue searching (e.g. scanning field of play)**
- **Expertise likely exhibited by superior search Rate (reading play faster) and attendance to earlier cues**

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

TESTING AGILITY:
Is it possible?




www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

New Testing Developments



Reactive Agility Test (Sheppard & Young, 2004)

Netball Reactive Agility Test (Eaton et al. 2004)

AIS Skill Acquisition Developments (Ibb)

Aussie Rules/Soccer Agility Test (offensive)

Rugby League/Union Agility Test (offensive)

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Overall Agility Performance
Reactive Agility Testing

- Sprint Ability**
 - 0-10, 20, 40 m
 - Fly 10 m
 - W/wo ball
- Change of Direction Speed**
 - Rt CODS
 - Lt CODS
 - Accel Decel index
- Decision-making Time**
 - Video Analysis

www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

Interpretation

Test	Athlete 1	Athlete 2
Reactive Agility Test	1.65	1.65
Mean CODS	1.6	1.8
10 m SS	1.60	1.95
DMT	0.55	0.10
Training Implication	<i>Open Skill agility task (training) as highest priority</i>	<i>Speed, acceleration-deceleration, and agility training</i>


www.ausport.gov.au

Australian Government
Australian Sports Commission

Australian Institute of Sport

TESTING SUMMARY:
Ultimate Outcomes of Testing

- Training emphasis based on an individual's needs
- Creation of Sub-groups for speed and agility training based on needs



www.ausport.gov.au