

## Total Reaction Screen - Understanding the Purpose and Concept

To get the most out of the Total Reaction Screen (TRS) it is essential to understand the purpose and concept behind the TRS.

For schoolchildren, the TRS is an interesting and fun way to exercise and improve personal attributes such as hand / eye co-ordination.

In sport, it is a training aid using drills, performed in game-like scenarios, that improve players' skills and reactions resulting in better game performances.

Let's face it, even lower grade athletes, or kids running around in local park competitions, want to improve. They want to play better. It's natural. The TRS can help players of all standards, from beginners to novices to the competent and to the elite, to improve and play to the best of their ability.

Many training techniques are laborious and repetitious and, whilst they build on skills to a certain level, they are performed within the player's comfort zone without the prospect of taking the player to the level of his capabilities.

The cornerstone of improvement of a player's skills and capabilities is adding *challenge* into the equation. Players need to be constantly challenged to improve.

The TRS works on the precept of taking a player outside of their comfort zone thus requiring the player to concentrate and apply themselves to perform tasks at a higher level than they otherwise would be required to do.

**Comfort Zone** is defined as the behavioral state within which a person operates in an anxiety-neutral condition, using a limited set of behaviors to deliver a steady level of performance, usually without a sense of risk.

A comfort zone is a type of mental conditioning that causes a player to create and operate within mental boundaries. To step outside their comfort zone, a player must experiment with new and different behaviors, and then experience the new and different responses that occur within their environment.

In using the TRS, the player steps out of the comfort zone and raises their anxiety level, engendering a stress response, the result of which is an enhanced level of concentration and focus – the player's **Optimal Performance Zone** - a zone in which the performance of a player can be enhanced and in which their skills can be optimized. In terms of performance management or development, the objective of the coach or trainer is to cause the player to enter the optimum performance zone for a sufficient period of time so that new skills and performance can be achieved and become embedded.

The TRS offers players the opportunity of achieving their Optimal Performance Level and the satisfaction of performing at that level on the playing field.