

RUGBY CODES: INTRODUCING THE TOTAL REACTION SCREEN (TRS)



TRS demonstration at the National Cricket Centre Brisbane, Australia

1. What is it?

The Total reaction Screen (or TRS) is a system incorporating a frame from which strips of material hang to form an apparently solid screen wall. The screen is designed in a way to allow the screen to part and allow an object contacting the screen to pass through the screen. This allows participants positioned either side of the screen to throw, pass, kick or hit an object through or under the screen. The object is only sighted once it passes through or under the screen thus reducing the time the receiving participant must respond and react.

2. Reasoning behind TRS

The TRS is specifically designed to take its users out of their Comfort Zone. A “Comfort Zone” is a stress-free environment where a person can rely on natural ability to perform assigned tasks to a required level. Taking a person outside their Comfort Zone and requiring them to perform under stress enables that person to achieve their Optimal Performance Levels. The result of training in those conditions results in higher performance standards, fitness and application.

3. Use in Rugby Codes

The TRS can be used as a training aid for players in all positions in both Rugby codes. The benefits of improved reaction and response time by key ball players in attack is obvious, however, improved reaction and response time for support players and all players in defence is immeasurable.

Decision making success depends on timing. The TRS is a training aid that offers an opportunity to improve a player’s response time to make the correct decision. This can be the difference between a winning and losing performance.

The varieties of training drills that can be applied as game situation specific skills are only limited by the imagination of those using the device.

4. Further Information

Further information about the TRS may be found on our website <https://totalreaction.com.au/> or by searching for Australian Sporting Innovations.

5. Ordering Your TRS

Alan Pearson of SAQ International has been appointed sole distributor of the TRS for the whole of the United Kingdom and Europe and he is now accepting orders. Contact details for placement of your orders are:

Online: www.saqinternational.com

Email: alan@saqinternational.com

Office Phone: 01664 503740

Mobile: 07966 190016