

Total Reaction Screen – The Simple Test

The following simple test gives an easy example of how the Total Reaction Screen (TRS) works and allows immediate understanding of the advantages that training with the TRS offers.

- Two people stand about six metres apart facing each other.
- Using a rubber ball, the players throw the ball underarm back and forth to each other.
- It is quickly apparent that each person can easily perform this simple task and can even possibly perform it almost automatically.
- This is because the task is within each person's Comfort Zone.
- Now, let's take the same persons outside their Comfort Zone by interposing the TRS between both of them and having them perform the same exercise.
- Each person now faces a screen wall and, though they know the other person is on the other side of the screen wall, their vision is restricted, and they are unable to see what the other person is doing.
- They recommence the exercise by throwing the ball back and forth through the screen.
- This time, instead of them seeing the ball when it leaves the other person's hand and the ball's trajectory, they are delayed in seeing the ball until it "splashes" through the screen wall.
- The delay in sighting the ball combined with the distracting "splash effect" of the ball coming through the screen requires each person to perform movements to a higher standard to carry out this simple task.
- Each person is now well outside their Comfort Zone and rather than just casually catching and throwing the ball, each person must now increase their levels of Preparation, Focus, Concentration, Anticipation, Balance, and also display the Highest Level of Hand / Eye Co-ordination.
- The resultant effect from successfully performing the task at this level is that each person is taken to a new performance level. Constant performance of different skill drills at that level will ultimately result in helping that person reach their Optimal Performance Level enabling them to replicate the newly acquired speed and skills on the playing field.

Note:

- This exercise can be used in training for all sports as a useful warm up exercise as well as being generally used to improve hand / eye co-ordination and to sharpen response and reaction times.
- Different types of balls can be used so that the ball used is relevant to the particular sport.