

EVASION BELTS



INSTRUCTION MANUAL

Congratulations on your decision to purchase this training device!

The Evasion Belt is unmatched for one on one evasive speed and fun fitness training.



To lose a defender in sport the attacker must move faster than the person marking them can respond. Often it is the first 2 or 3 steps that will make the space needed to get involved in the game or be closed out of it. Conversely the defender must learn how to read, stay balanced, and react quickly to the movements of the attacker if they are to keep them out of the game.

These short space multidirectional quickness skills are specifically addressed through Evasion Belt drills.

The belts place participants into a competitive one on one situation by using a tear away connection between the two belts. The objective

is for the attacker to get far enough away from the defender to cause the tear away connection to come apart in the middle. A leader or evader is chosen and has an objective of losing his or her partner by using quickness skills, the defender or chaser simply tries to stay with the evader and keep the belts intact.

On a command the drill starts and each time the evader causes the belts to break he or she gains a point. The objective is to get as many points as possible in a given time frame-30 seconds is recommended. When the 30 seconds is up the players swap roles and the defender gets a chance to score points by being the evader.

Scoring points ensures the participants work at 100% which is necessary if quickness gains are to be maximized. You can't get fast by moving slow.





1. Lateral Mirror

Pick a leader and pick a chaser. Players face each other with a slight hang in the belt if it is taut it will come apart easily and defeat the nature of the drill. In this drill the leader attempts to lose the marker by using lateral movement only. Forward and backward movement is not allowed.

Ensure that the players stay square and do not turn their hips or cross their feet over as this is inefficient. The feet must stay apart and each player must face his or her opposite at all times. Emphasis remaining in the power position and remaining on the balls of the feet.

2. Get away

Here the front-runner tries to lose the back runner by using a combination of speed skills. They can accelerate forwards, change direction, stop, move laterally or use any motion to free up space. Explosive skills and sharp changes in direction must be emphasized. If players have not lost their marker within 6-8 steps they should stop and attempt to lose their chaser from a standing position. This encourages explosive and reactive skills.

3. Get ups

Get ups are a fun finish to a class or training session. Players start face down on the ground lying side by side. On your command they simply get up and race to a designated distance trying to get far enough in front of their partner to break the belt. They continue to race until someone has won and the belts are broken.



For video instructional information on the use of the
Evasion Belts see
"Quickness and Agility for Sport-A physical Educators
Guide Volume 2"

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