

Athletic Team

Offering



# PROPOSAL ELEMENTS

## Testing & Programming

- Aerobic, Speed, Explosiveness and Strength Testing & Retesting
- 8 Week Individualised Programming Block

## Presentation

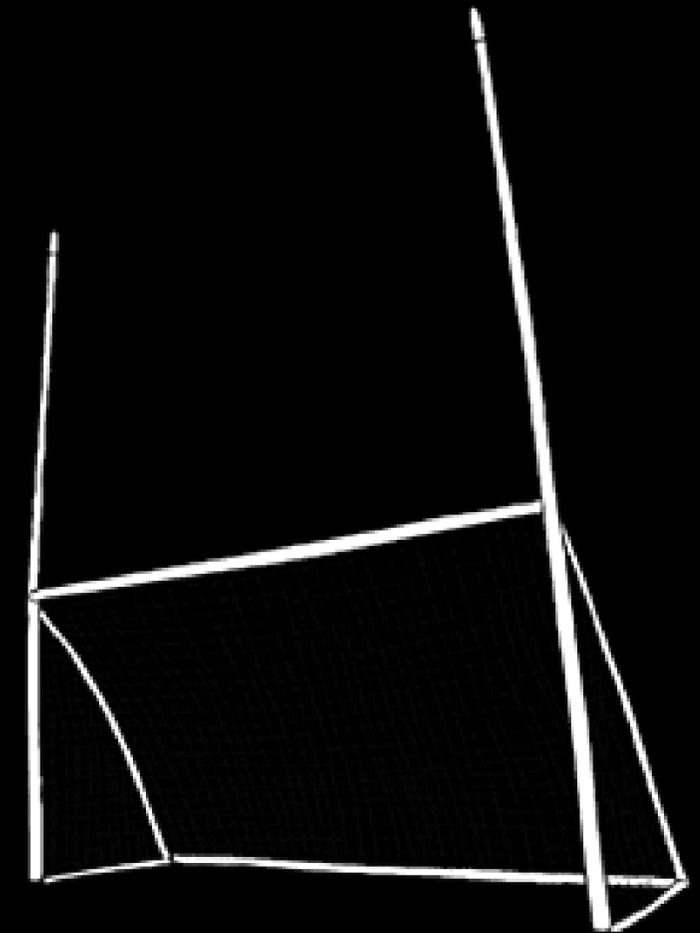
- Standard presentation delivered which can be customised to your bespoke needs

# TESTING PROCESS - PITCH

- Speed testing using VALD Performance

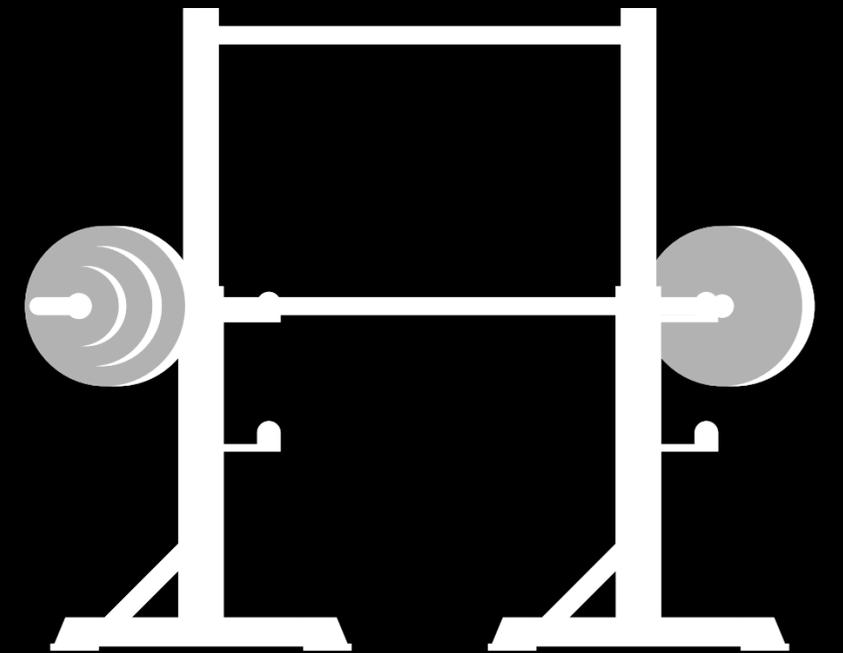
Speed Gates

- Aerobic capacity testing
- Anaerobic capacity testing
- Movement analysis



# TESTING PROCESS - GYM

- Jump & power testing
- Upper & lower body strength testing  
(force/velocity)
- Lifting form analysis



# REPORTING TOOLS

Following team testing, each player will receive an individualised report which tracks their results.

A leaderboard for the team is also created to foster a competitive environment.

A full compliance report can also be created to share with management.

# PROGRAMMING - WHAT IT INCLUDES

- 8 week individualised programme based on testing results
- Delivered through True Coach App
- Charting of workouts & progress which is communicated directly to S&C Coach
- Messaging facility on True Coach to allow for questions, programme adaptations and form analysis etc.

# PROGRAMMING - ADD ONS

Additionally, I can develop speed and running sessions for coaches to incorporate into their training schedule.

In-person games based coaching can also be scheduled as a standalone element or to compliment other programming.

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Alternatively, a standard team S&C programme can be developed for players to follow.

# SPEED MECHANICS WORKSHOPS

*People can be broken down into fast or slow, but really, they should be broken down into people who move well and who don't move well.*

Stu McMillan, Altis Performance.

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Speed mechanics workshops for player and/or coaches to give them the building blocks/tools to move freely and as fast as possible as they develop in years.

# TECHNOLOGY & DATA LED APPROACH

**VALD** PERFORMANCE

**OUTPUT** //



# INFORMATION SESSION ON S&C

The presentation can be altered depending on client aims but the below are a sample of some of the typical elements I can deliver. Topics include the;

- Importance of S&C for achieving peak performance
- Role of S&C in injury prevention and rehabilitation
- Benefits of good nutrition and making maximum gains
- Benefits of regular testing and utilising industry leading technology - removing the guess work
- Best way to incorporate S&C with your pitch training and your lifestyle
- Importance of correct form in the gym, and running mechanics on the pitch