

Athletic Team

Offering



PROPOSAL ELEMENTS

Testing & Programming

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

Presentation

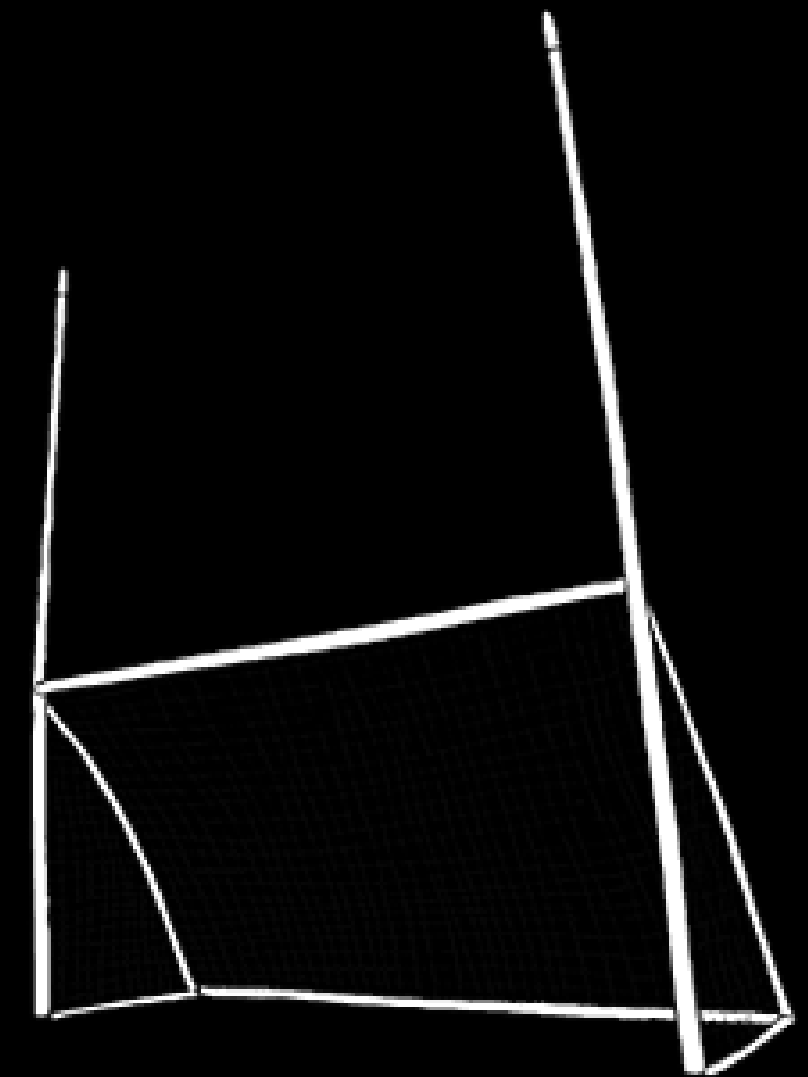
- Standard presentation delivered which can be customised to your bespoke needs

TESTING PROCESS - PITCH

- Speed testing using VALD Performance

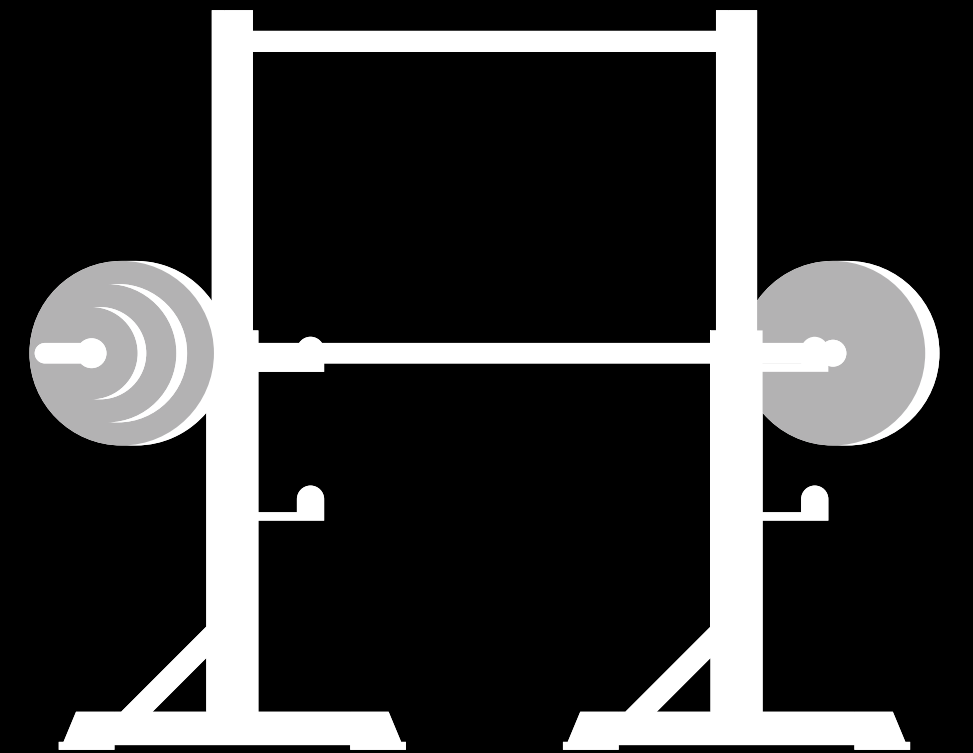
Speed Gates

- 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.

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.

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