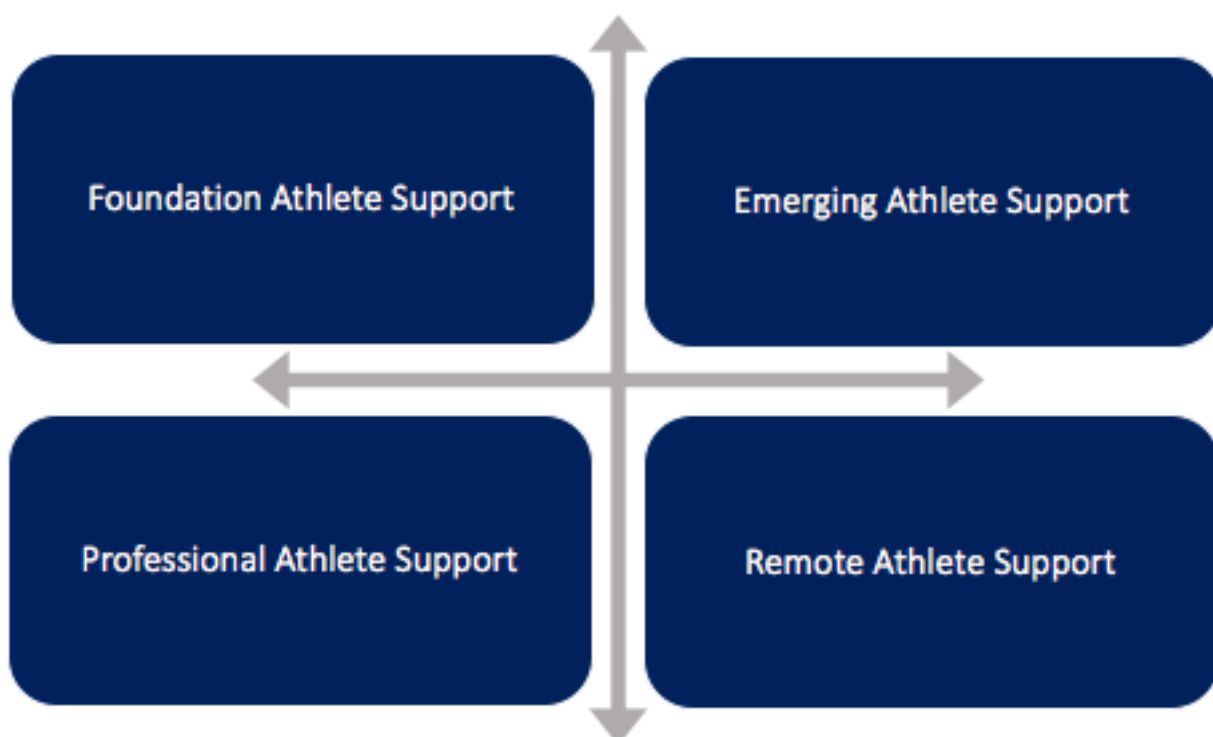


ATHLETIC DEVELOPMENT SERVICES

FOUNDATION SUPPORT



Please find outlined in this document an overview of the services on offer for:

Foundation Support Service

Should you require further clarification on anything written here please do not hesitate to contact me.

Many thanks,

Christian Vassallo



SERVICE OVERVIEW

SERVICE	DESCRIPTION
FOUNDATION PROGRAMME DESIGN	4-6 week Programme Strength & Mobility Programme Weekly Planner Follow-up Programme
PRACTICAL SESSION DELIVERY	60-90 minute session Gym and/or Pitch-based Post-session debrief & Personalised feedback

FOUNDATION PROGRAMME DESIGN

FOUNDATION PROGRAMME DESIGN

SERVICE DESCRIPTION

A 4-week programme is sent across electronically. The programme contains a breakdown of each specific session, which covers Strength and Mobility.

A detailed breakdown of the volume load (sets, repetitions, intensity) required each week is provided. Each programme follows the principle of progressive overload in order to ensure safe and consistent progression.

Video links are made accessible for smart phone, tablet and laptop devices so that exercise techniques are readily accessible to serve as a prompt for unfamiliar exercises.

The athlete can now measure progress, build consistency and develop a mind-set of adhering to a programme with the purpose of achieving a specific goal.

FOUNDATION PROGRAMME DESIGN

COMPONENTS

4-week programme

1 x 4-6 week mesocycle with progressions

Mobility Programme

Strength Programme

Weekly Planner

Personal Video links with individual exercises & drills

Programme run-through with detailed explanation

PRACTICAL SESSION

DELIVERY

PRACTICAL SESSION DELIVERY

SERVICE DESCRIPTION

Practical session delivery involves all elements of gym and pitch-based work. An individually designed training programme is explained, demonstrated and implemented to a high technical standard.

Sessions will last as long as it takes to get the intended quality work done. This is estimated to last approximately 60-90 minutes.

Meticulous planning goes into each session and is delivered in accordance with the bespoke needs of the athlete.

The programme is fitted around the athlete vs. the athlete being fitted into the programme.

PRACTICAL SESSION DELIVERY

COMPONENTS

GYM

Mobility & Self-Management
Movement competency
Rehabilitation
Robustness and Strength
Speed-Strength Diagnostics and Force-Velocity Profile
Explosive Power Development
Olympic Weightlifting and Derivatives

PITCH

Running Mechanics
Plyometrics
Acceleration & Max Speed
Agility
Motor Skill Development
Endurance

Post-session debrief and feedback