

ASSESS | PLAN | DEVELOP

SPORT SCIENCE

WELCOME TO YOUR CLUBS SPORT
SCIENCE DEVELOPMENT PLAN



THE **COACHING** CO.

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YOUR CLUB

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OPTION 1:

USING PLAYERDATA GPS TRACKING KIT (USUALLY £15 PER UNIT PM, BUT £6PER UNIT PM WITH US + MONTHLY ANALYTICS, YES, YOU GET A DISCOUNT AND WE ANALYSE IT FOR YOU).

MONTHLY DATA DOWNLOADS WITH ANALYSIS OF ALL ATTRIBUTES COLLECTED BY PLAYERDATA IN AN EASY FORMAT.

PLAYERDATA CAPTURES THE FOLLOWING:

DECELERATIONS
ACCELERATIONS
DISTANCE

HIGH INTENSITY RUNNING
SPRINT DISTANCE
NO. OF SPRINTS
TOP SPEED

METERS PER MINUTE
NO. OF HIGH INTENSITY EVENTS

OPTION 2:

2X AEROBIC TESTING DAYS
2X ANAEROBIC TESTING DAYS
2X MATCH DAY VISITS*

AFTER THIS INFORMATION IS GATHERED WE WILL PROVIDE AN 27 PAGE EASY TO ACCESS ACTION PLAN FOR THE CLUB, THIS INCLUDES:
RESULTS FROM THE BLOCK OF TESTING
TOP FOUR IN EACH ASSESSMENT AREA

POSITIONAL RESULTS
NUTRITIONAL INFORMATION
TRAINING SCHEDULE WHICH INCLUDES:
CARDIO/HIIT
STRENGTH AND CONDITIONING
CALISTHENICS
PLYOMETRICS
FOOTBALL
STRETCHING/MOVEMENT
OUR PACKAGE WILL COST £300

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RESULTS

OVERALL: TOP 4

**Avg.
Speed**

Anaerobic

Power

**Avg
Acceleration**

Aerobic

Work Done

**Most
Improved**

Turning Speed

Total Distance

**Avg
Agility**

Overall

Name	Time	Acceleration	Speed	Turning Speed	Power	Work Done	Training to Match Comparison	Squad Fitness Comparison Score /5	Agility
	4.19	1.71	7.16	Need to Improve	1090	4651	Good	3.00	11.73

EXERCISE

DAY

A

Sunday

B

Monday

C

Tuesday

D

Wednesday

E

Thursday

F

Friday

G

Saturday

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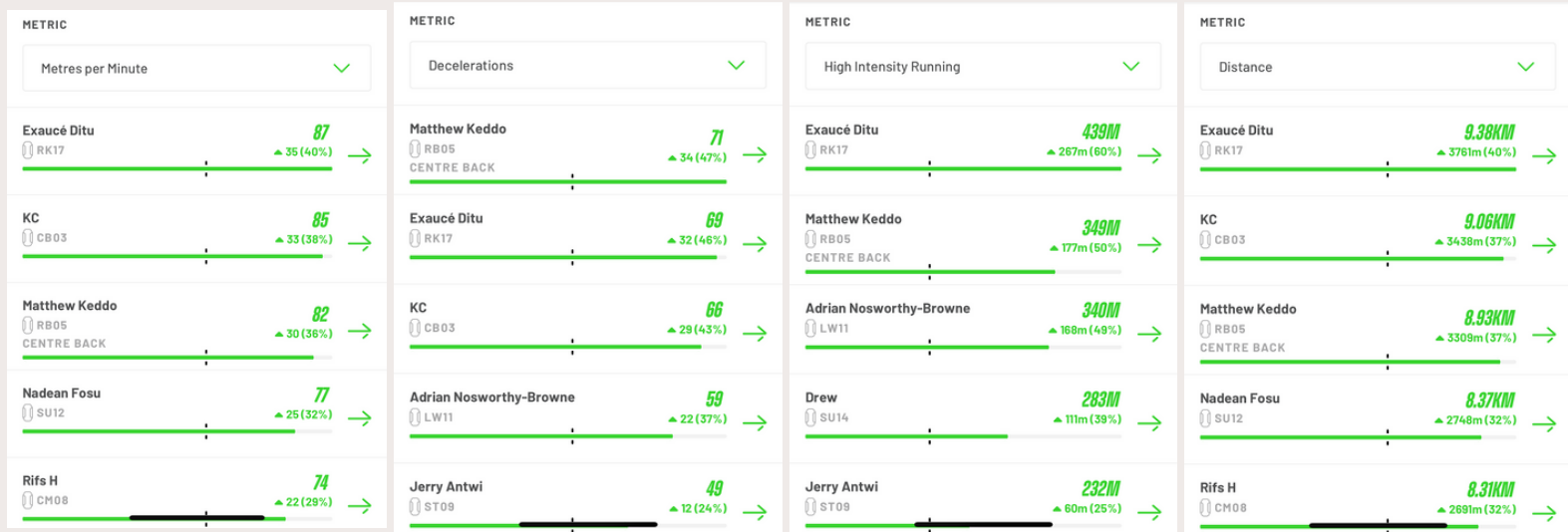
POSITIONAL RESULTS : FORWARDS

	Time	Acceleration	Speed	Turning Speed	Power	Work Done	Training to Match Comparison	Squad Fitness Comparison Score /5	Agility
	4.19	1.71	7.16	Need to Improve	1090	4651	Good	3.00	11.73
	4.20	1.70	7.14	Good	1033	4337	Good	3.00	11.35
	4.03	1.85	7.44	Good	1059	4267	Very Good	4.00	11.27
	4.03	1.85	7.45	Good	1049	4222	Very Good	5.00	11.31
	4.51	1.48	6.66	Need to Improve	746	3363	Good	3.00	12.29

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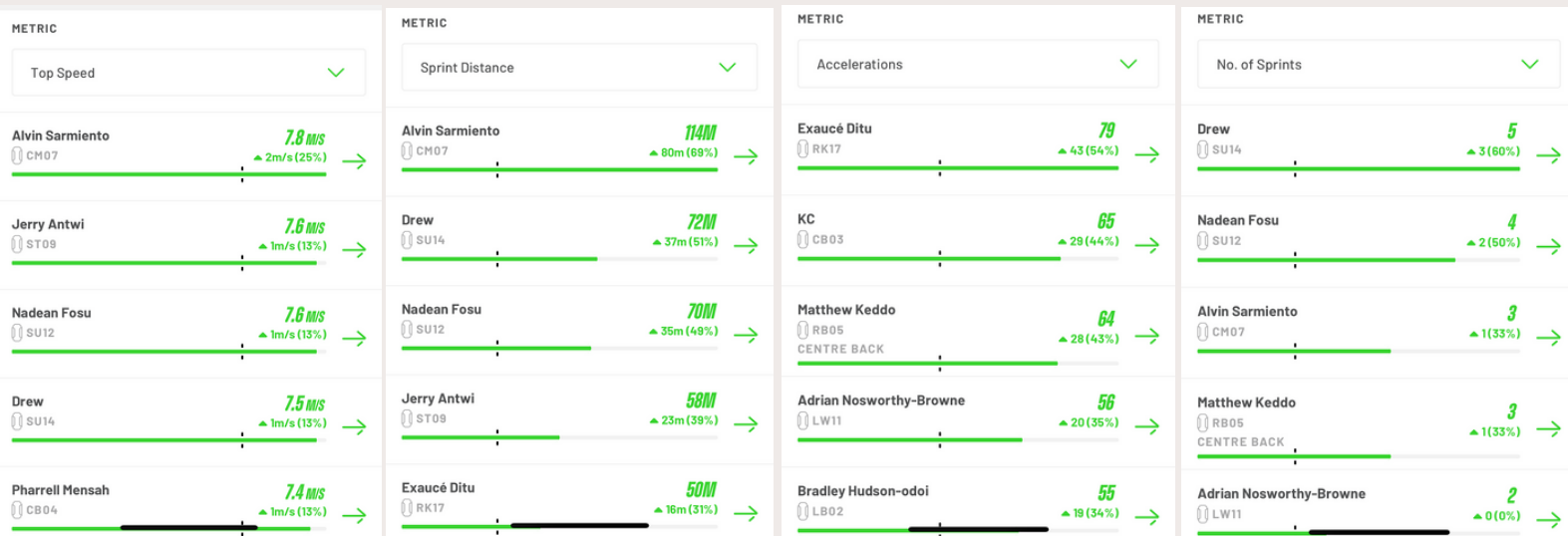
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EXAMPLE FC TOP PERFORMERS



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THIS PLAN WILL FOCUS ON HOW TO IMPROVE
YOUR PERFORMANCE.

INCLUDED IN THIS PLAN:
AEROBIC & ANAEROBIC RESULTS
GAMEDAY RESULTS
NUTRITIONAL ADVICE
TRAINING SCHEDULE



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ADDED EXTRAS:
TRAINING SCHEDULE WILL BE BROKEN INTO:
CARDIO/HIIT
STRENGTH AND CONDITIONING
CALISTHENICS
PLYOMETRICS
FOOTBALL STRETCHING/MOVEMENT

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NUTRITION

YOUR NUTRITION IS ESSENTIAL.

WE ARE LOOKING TO CREATE AN ATHLETE AS WELL AS A FOOTBALLER

THE NUTRIENTS YOU RECEIVE FROM YOUR DIET WILL POWER YOU FOR
YOUR INTENSE FIRST MONTH.

THE MAIN ELEMENTS WE LOOK AT ARE:

PROTEIN: ESSENTIAL FOR GROWTH AND REPAIR

CARBOHYDRATES: OUR BODIES MAIN SOURCE OF FUEL AND VITAL FOR
OUR SUCCESS

FATS: THE REGULATION OF OUR HORMONES AND SLOW RELEASE ENERGY

THE CORRECT DIET WILL AID YOU IN YOUR TRAINING SO MAKE SURE YOU
EAT WELL AND...

MAKE SURE YOU ARE EATING ENOUGH.

INCLUDED:

MACRO NUTRIENT BREAK DOWN

MEAL PLAN EXAMPLES

CARB PERIODISATION

SUPPLEMENT INFORMATION

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THANK YOU

MANY THANKS FOR CHOOSING US AT THE COACHING CO.

WE HOPE YOU HAVE FOUND THIS PLAN TO YOUR BENEFIT.
FEEDBACK AND REVIEWS ARE APPRECIATED AND PLEASE DO FOLLOW
OUR SOCIALS.

GOOD LUCK AND WE HOPE TO SEE YOU IN THE NEXT PHASE.



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