

*Frankee*

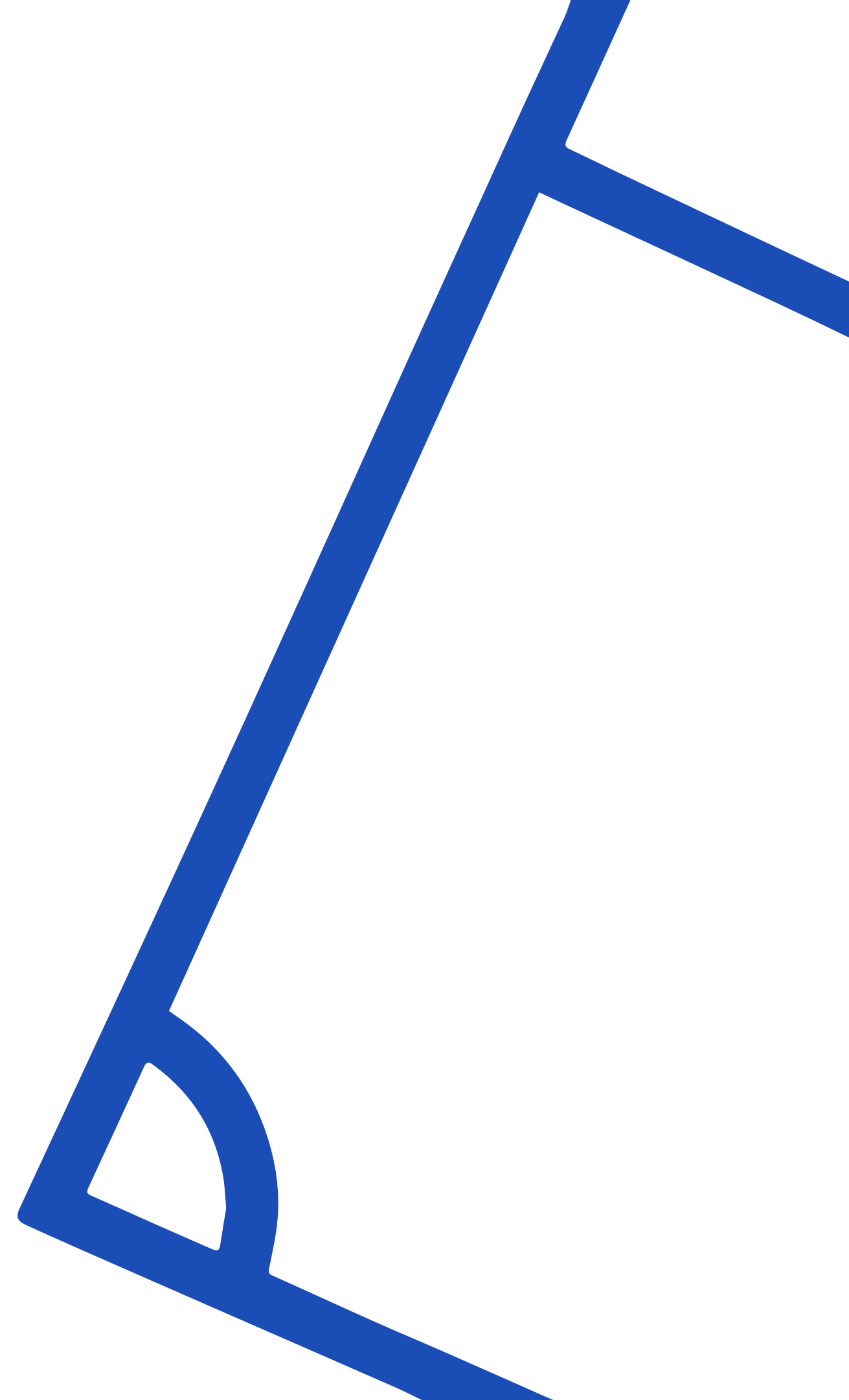
Digital Training  
to enhance your game



# Enhance your game

- ✓ Physically
- ✓ Emotionally
- ✓ Technically
- ✓ Psychologically

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# We help young players...

- ✓ Increase practice time
- ✓ Become healthier
- ✓ Become better athletes
- ✓ Develop their life skills

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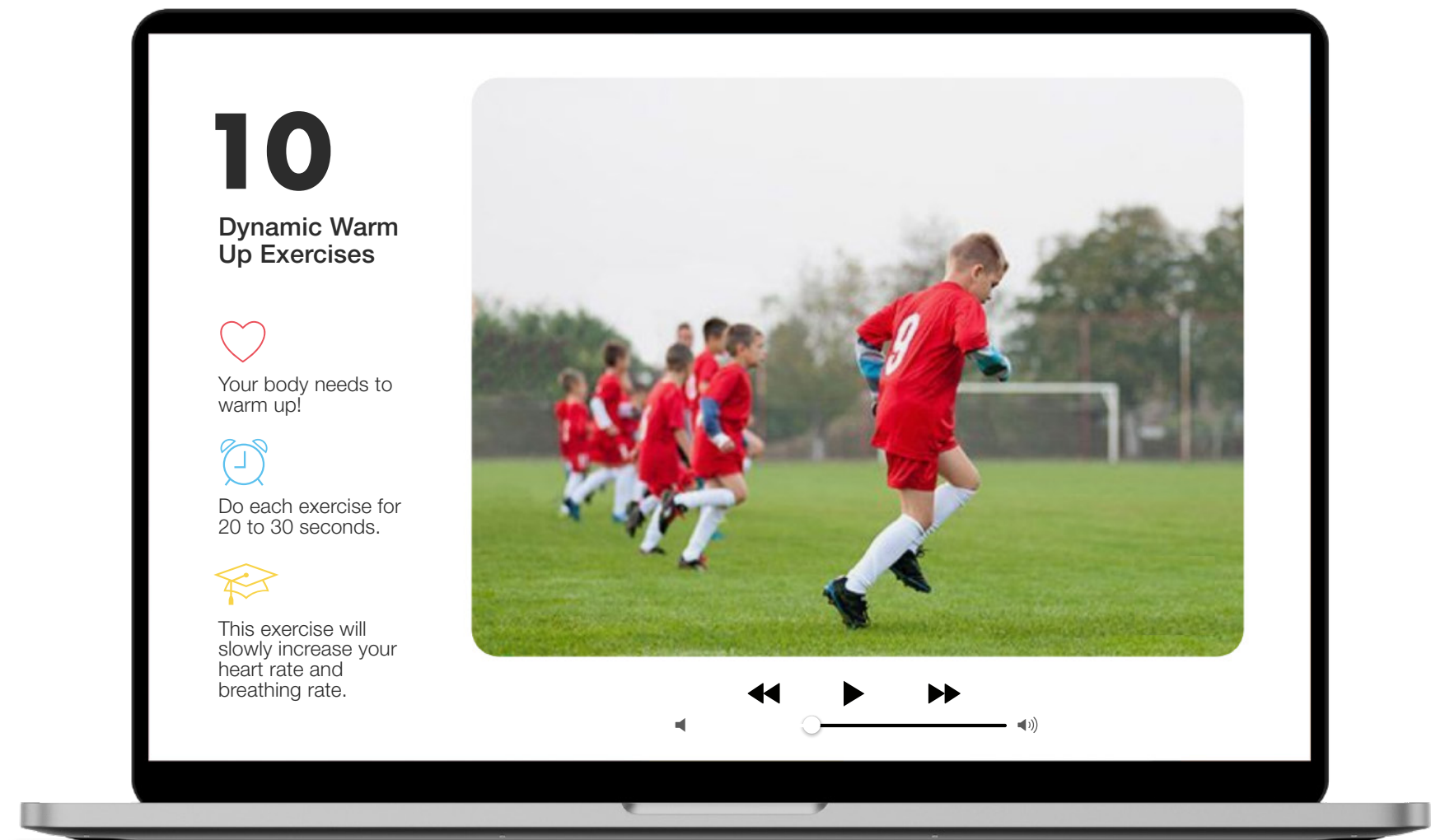


Supplementary development in addition to the training ground

# The #1 online programme to enhance your game

“...It provides a great boost for the kids, they ❤️ it, they talk about it, and it keeps making them better!”

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# In partnership with Ignite Sport UK

- ✓ Ignite Sport UK are training providers specialising in education and football
- ✓ Delivering thousands of hours of structured coaching each year
- ✓ Expert specialist instructors, coaches, sports scientists and researchers working together to enhance young players' game



**IGNITESPORT**<sup>UK</sup>

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# Top level content is now within reach

Young players can finally access the highest expertise in modern football, complimenting their current club coaching

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Long-term involvement in health & physical activity

# Encouraging engagement & wellbeing

- ✓ Nutrition
- ✓ Habits
- ✓ Psychological development

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One complete solution to boost skills by...

# Supporting the player throughout the whole year

- ✓ Exploring
- ✓ Developing
- ✓ Mastering

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Our programme



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## What they will learn

- ✓ Core techniques
- ✓ Advanced techniques
- ✓ Physical literacy for football
- ✓ Nutrition
- ✓ Analysis and goal setting
- ✓ Enjoy playing, enjoy practice

## About the programme

- ✓ Structured content
- ✓ Expert tips
- ✓ Develop through innovative practice
- ✓ Track your progress
- ✓ Grow in confidence
- ✓ Develop performance

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Our programme

# We believe in...

## Taking the theory and putting it into practice

- ✓ Weekly practices to develop technique, physical literacy and confidence
- ✓ Watch the video then take the practice

## Creating a structure to the players' learning throughout the year...

- ✓ Structured syllabus containing topics from the different areas:  
technical, tactical, physical, psychological and social
- ✓ 8 week cycles that naturally link together

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Our programme

# We understand...

There are different styles of learning, so we use a blended learning strategy to enhance the players experience

- ✓ Video sessions that are put into practice
- ✓ Workshops
- ✓ Presentations
- ✓ Tasks, challenges and competitions
- ✓ Visual aids
- ✓ Player cards
- ✓ Reflection tools
- ✓ Powerful goal setting

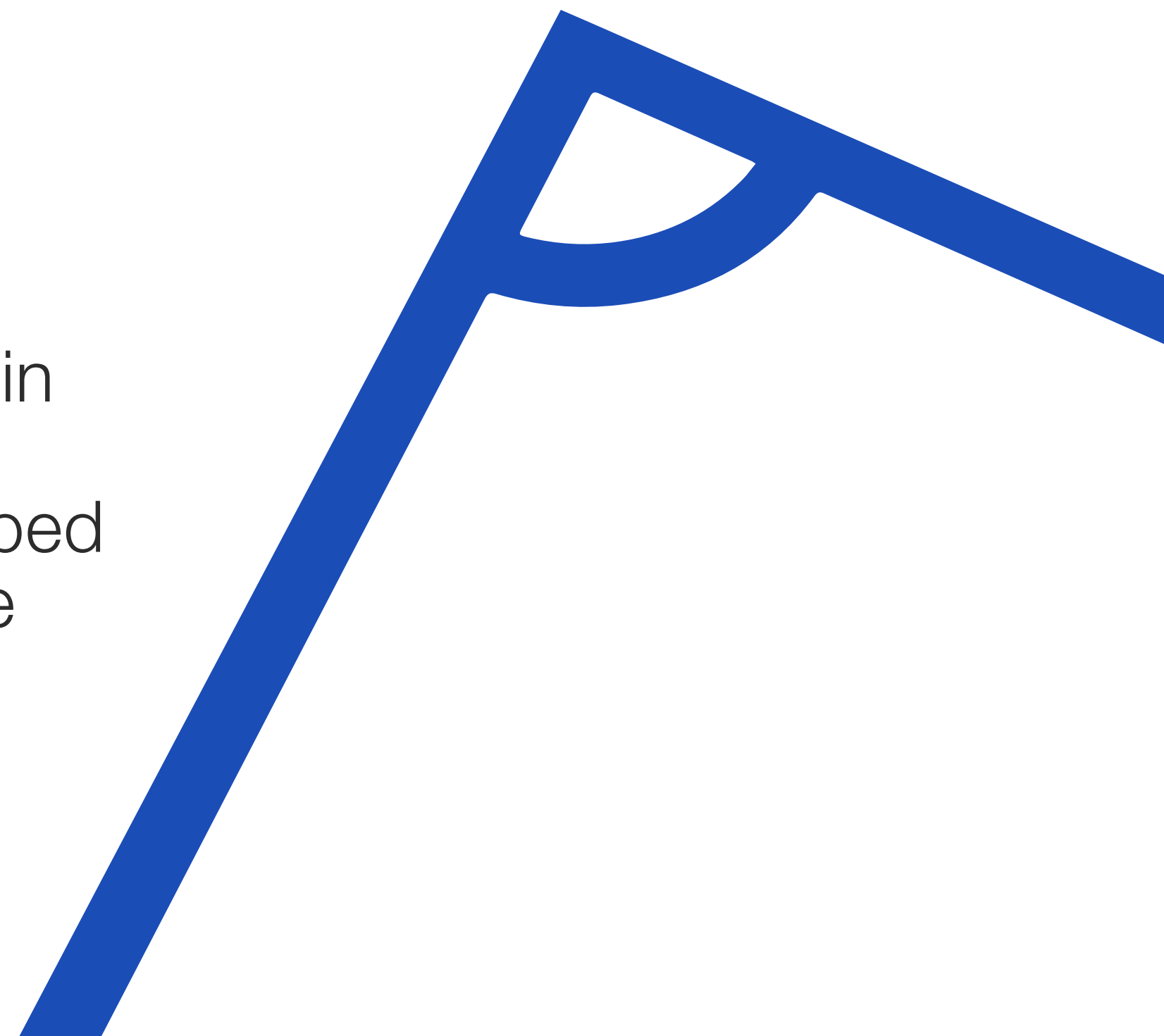
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Successfully unplugging children away from their screens

# More exercise, less screen time!

- ✓ Engaging, easy to follow programme that will take your child to the field
- ✓ More quality time with the kids - parents are encouraged to be involved in the development of their child's skills
- ✓ Powered by our unique formula developed by a group of experts in their respective field

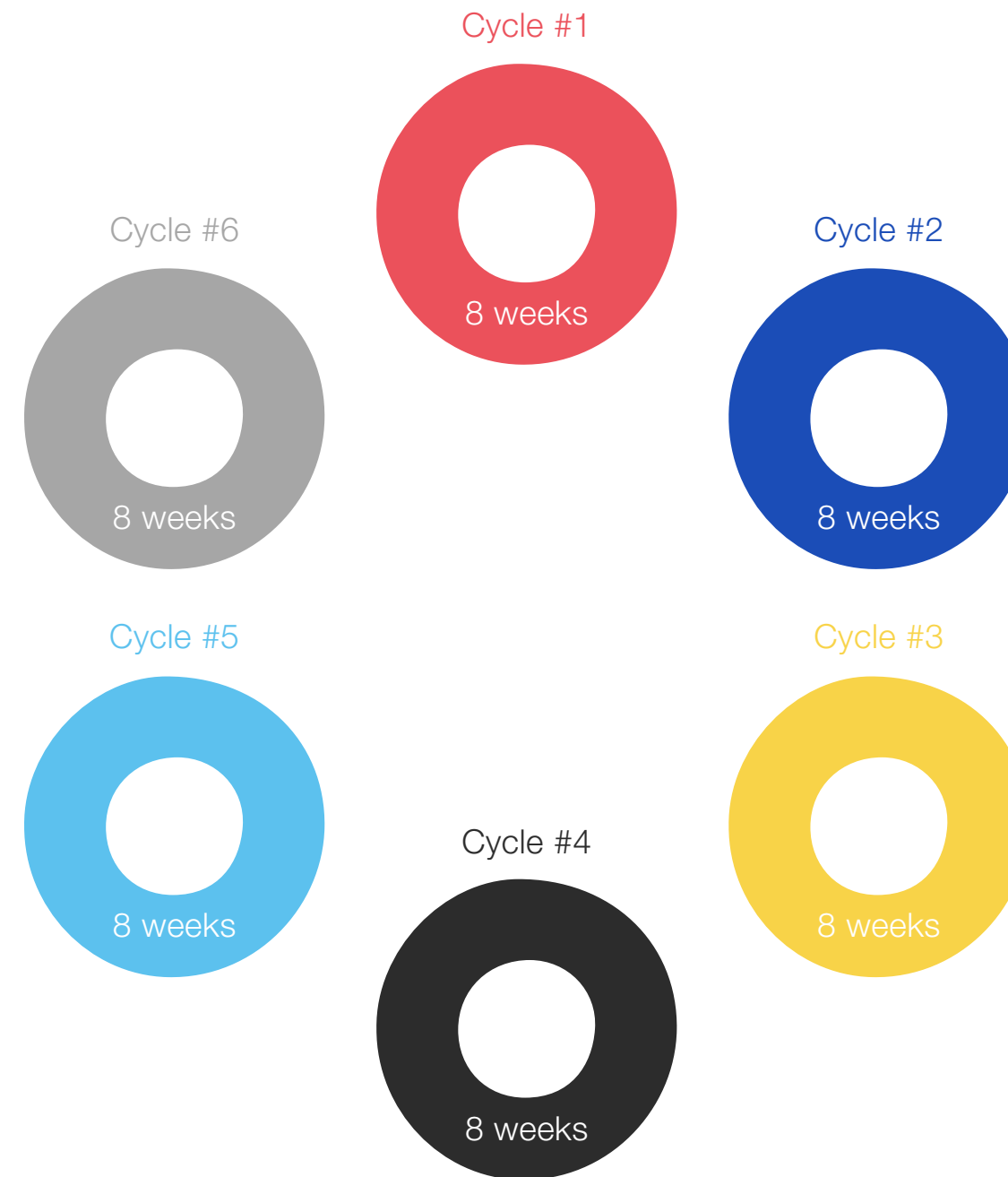
*Frankie*



Six modules

# All year round

- ✓ 8 week cycles that naturally link together
- ✓ It can be commenced at any time – there is no season... start today!
- ✓ You can sign up for an individual cycle or the whole annual plan



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Start today

# Cycle #1

- ✓ **Technical sessions** - develop confidence, ball familiarity, turning and dribbling skills
- ✓ **Physical literacy** - focussing on balance, cutting moves, changes in direction
- ✓ **Physical supplement** - nutrition for football, we analyse what is needed in a footballers' diet
- ✓ **Self-reflection and analysis** - goal setting and creating realistic challenges

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#### Technical/Tactical

GK handling  
Ball Mastery  
Dribbling moves  
Turning skills  
1v1 mastery  
Tactical masterclass

#### Psychological

Challenges  
Reflection  
Self Assessment  
Goal Setting  
Making decisions

#### Physical

Agility  
Travelling skills  
Balance & Co-ordination  
Nutrition for football

#### Social

ENJOY! ....Practice  
Competitions  
Fun  
Working together  
Family discussion



Join the ride!  
Sign up today

Sign up

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