



# SENIOR PERFORMANCE TRAINING

STRIVE • PROGRESS • TRANSFORM

**SPEED TRAINING IN TEAM SPORTS:** BUILDING FASTER & MORE ROBUST ATHLETES



# BROCHURE

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# THE PROBLEM

## FOR ATHLETES

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### Injury ✘

Reduce likelihood of non-contact, soft tissue injuries such as hamstring & ACL tears. These injuries often occur because the body isn't prepared to meet the demands of sprinting/ changing direction.



### Conditioning is Not Sprinting ✘

Not enough time is spent working at 90% + of maximum speed, meaning the chances of increasing speed are low. A common theme in team sports is focussing on volume through conditioning drills, meaning time is spent in the middle zone of not being able to 'sprint' due to insufficient rest but also experiencing levels of fatigue both during and after practice sessions.



### Feeling Slow ✘

Speed kills. Game changing moments are done at high speeds, the fastest athlete will come out on top. The feeling of knowing your opposite number is faster than you is not only demoralising, but it makes you think differently about your game.



# THE SOLUTION

## SPT SPEED WORKSHOP

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### Designed to Help Athletes:



#### Build Tolerance ✓

Improving technique and exposing athletes to speeds & distances experienced during the chaos of game-day.



#### Sprint ✓

Allowing sufficient rest so athletes are able to hit speeds of <math><90\%</math> + of their maximum.



#### Increase Speed ✓

Creating an environment where athletes are able to get faster.

### SPT Speed Workshop For Sports Coaches

Supplying coaches with the tools needed for speed gains...

LEARN MORE



# THE PROBLEM

## FOR CLUBS

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### When Hiring an External Fitness Coach



#### **Inconsistency & Short Term** ✘

Usual blocks are only for pre-season, these can be inconsistent and sporadic due to training schedules, facilities and availability of the coach.



#### **Cost** ✘

Paying per hour for a set number of sessions can be costly and is usually a short term fix, with little insight or explanation.



#### **Lack of Support & Communication** ✘

When the block has finished there is rarely any communication between coaches which also leads to a lack of support if any questions need to be asked around progressions, regressions and how it can be implemented in practice



# THE SOLUTION

## SPT SPEED WORKSHOP

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### Supporting Team Clubs Through:



#### Education ✓

12 months mentorship, monthly calls and cheat sheets, the ability to coach, assess and adjust, rather than being a spectator.



#### Sustainability ✓

The model can be repeated/progressed and regressed not only for athletes but for coaches too



#### Minimising Costs ✓

There is only a one time fee for a package rather on a session by session basis

### SPT Speed Workshop For Sports Clubs

Supplying clubs with the tools needed for speed gains...

LEARN MORE



# HOW IT WORKS

## SPT SPEED WORKSHOP

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A four part approach to ensure that key principles and solutions are embedded in your team but also the opportunity to spread them across your club.

- **Part I**  
Education
- **Part II**  
Delivery
- **Part III**  
Evaluation
- **Part IIII**  
Consultancy

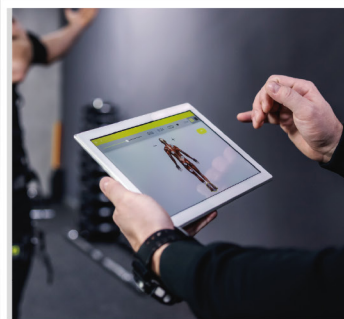




# HOW IT WORKS

## PART 1 & 2

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### Part 1

#### *Education*

Pre workshop survey giving coaches the opportunity to share the areas they are looking to improve. Being able to understand and learn the key principles of coaching speed in team sports rather than watching on from the side.

Understanding the what & why will allow coaches to teach technique and make adjustments when needed, but also explain to athletes, parents and other coaches.



### Part 2

#### *Delivery*

Coaches will be improving physical qualities as well as technical, leading to a more-rounded player.

Increased confidence & knowledge will lead to a higher quality of session with more attention to detail and in turn positive results





# HOW IT WORKS

## PART 3 & 4

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### Part 3

#### *Evaluation*

Receiving feedback on what went well and what can be improved will set the coaches up for successful delivery in the future.

Several avenues of feedback from SPT, fellow coaches but also members of the squad involved in the delivery will cover many angles.



### Part 4

#### *Consultancy*

12 months consultancy with monthly video calls, a monthly cheat sheet giving more detail on the areas covered during the workshops.

Ongoing communication discussing progressions and an opportunity for coaches to ask for feedback and get questions answered.



# ADVANTAGES OF

## SPT SPEED WORKSHOP

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- Continued development and education of coaches
- Professional approach, offering athletes more at a higher quality
- Athletes will become faster, more robust with greater efficiency
- Communication with SPT to answer any questions, so you're not left to fend for yourselves

### What Does The Future Look like?

- Faster more robust athletes meaning they are available more often and can affect game changing moments in a game. A clear direction for fitness related time in practice and warm ups to drive the desired outcome
- One off payment with benefits once the workshop is complete, a 12 month partnership to continue the progress of both coaches and the team
- Ability to share knowledge and experience to fellow coaches within the club



# PACKAGES &

## PRICING

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### Pre-Season **£150**

One day workshop on the aims and practices of pre-season fitness, plus planning of fitness elements for that period.



### Professional **£300**

A one day workshop covering warm ups, practice, and an opportunity for coaches to deliver and receive feedback. 6 month consultancy and cheat sheets included.



### Elite **£550**

Two day workshop, taking place over two weeks, covering warm ups and practice. Also includes two opportunities for coaches to deliver and receive feedback as well as 12 month consultancy and cheat sheets.



# CONTACT US

& ENQUIRE TODAY

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To learn more about **SPT's Speed Workshop** please contact **Liam Senior** on:

**Email:** [seniorperformancetraining@gmail.com](mailto:seniorperformancetraining@gmail.com)

**Call:** 07539 558 041

**Visit:** [www.seniorperformancetraining.com](http://www.seniorperformancetraining.com)

 [@seniorperformancetraining](https://www.instagram.com/seniorperformancetraining)





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