

YOUR FOOTBALL

M E N T O R

YFM GRASSROOTS COACH CONSULTATION

Integrating an effective strength and conditioning programme into your team practices

- 60 minute consultation to provide fitness training solutions
- MSc S&C graduate and Certified Strength and Conditioning Specialist
 - Guidance on session organisation, technique and demonstration
- Injury reduction and players performing stronger, quicker actions on the pitch
 - Minimal interference to technical and tactical priorities

Lacking resources/funding for a fitness/strength & conditioning coach? Learn how to integrate S&C into your teams training sessions to reduce injuries and increase player performance! The consultation will cover as much detail for the coach as possible in the allotted time, but coaches are welcome to book follow up sessions for further support.

Rate: £60 per consultation

Contact us at yourfootballmentor@gmail.com

We will ask you to complete our questionnaire to help us understand the needs of you and your team, then create an online appointment for the consultation.

