

## How to Develop Speed in Football: Presentation and Question & Answer session

**Presentation and Question & Answer session:** This consists of a 2 hour presentation on How to Develop Football Speed. This will cover best practice, training methodologies from 8 years old to professional level and specifically the key factors in development:

- The Optimal Training period - Who, When, Why & How
- The Neural Stimulus - Training the Neuromuscular system
- Motor Development - Movement Patterns for soccer
- Frappier Acceleration Training Model
- Football Specific Speed Training – Intensity & Technique coaching
- Mental Strength training and preparation for coaches & Athletes

The workshop will cover the theory and practical application of drills and exercises based upon the development of Quickness, Active, Reactive and Complex speed which is required in Football. Technical advice and knowledge transfer will be given on how to develop & coach speed.

### What will you learn?

- The Long Term training methodologies to best develop soccer athletes from 8 years old to professional level
- How to develop Speed, technique and movement training sessions for different age groups
- What to observe?
- What to coach?
- What to correct?
- How to incorporate speed, technique and skill training into the coaching sessions
- How many times a week to train speed
- How to achieve skill fluency

### Who are the courses suitable for?

The *Sport Dimensions Football Speed Workshops* are suitable for :

- Football coaches of all age groups-
- Fitness coaches
- Personal trainers
- Exercise & sports scientists

**Course Cost:** £40 per person.

## **Workshop Presenter:**

**Mike Antoniadis** is the founder and Coaching Director of Sport Dimensions, a company specialising in Speed Coaching, Strength Training and Rehabilitation after injury or surgery.

Mike has been a coach for 26 years and has worked in the UK, Europe and the USA. He is a qualified UEFA Coach, Speed Coach, Strength & Conditioning Coach and Rehabilitation Specialist. He has worked as a coach at professional and academy level in the UK and Europe and works as a coaching consultant for a number of professional Football and Rugby clubs as well as track and field athletes in the UK and Europe.

Clients include among others athletes from, Chelsea FC, Chelsea Academy, Fulham Academy, Stoke City, Crystal Palace, Ipswich Town, Saracens, Bath, Harlequins, Celtic, Blackburn, QPR, and Cyprus Football Federation. Mike runs coaching workshops and seminars on Football Speed, and Long Term development of Football players, and is a guest lecturer at Sheffield University and St Mary's University

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Mike is the co- author of **"My Travel Fitness"** a book on getting fit and staying fit while you travel. He is also the author and producer of his own DVD on developing speed in football called **"Feel the Speed"**.

He has been featured in a number of newspapers and magazines for his work with elite athletes, such as Running Fitness, The Times, Daily Mirror, Daily Mail, Ultrafit etc. His training methodologies have also been highlighted on the BBC Sports Academy.

For more information on Sport Dimensions log on to [www.sportdimensions.com](http://www.sportdimensions.com)