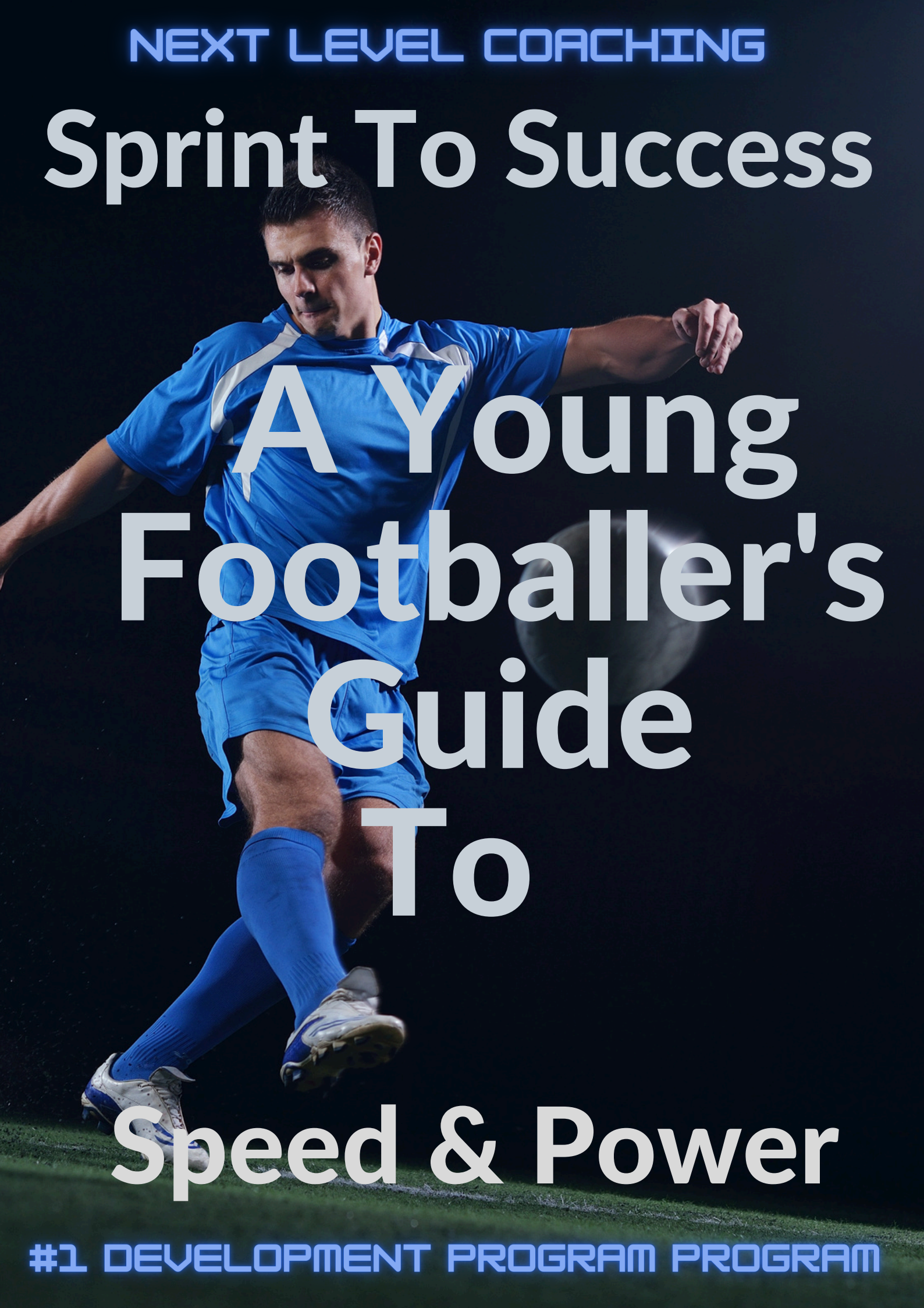


NEXT LEVEL COACHING

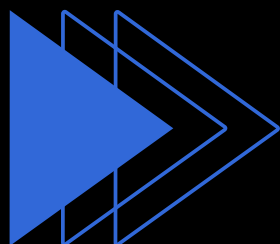
Sprint To Success



A Young
Footballer's
Guide
To

Speed & Power

#1 DEVELOPMENT PROGRAM PROGRAM



Hi I'm Tom



Founder of Next Level Coaching, The UK's #1 Coaching & Development program for talented footballers aged 9-16.

Im a professional football conditioning coach with over 18 years experience in getting players faster, stronger and more explosive in their movements allowing them to take thier game to the Next Level!

If you're a parent, or player who wants to improve their Football speed, this eBook with trainings will be invaluable to you. I've written it to teach you the basics of speed development - the tips you can implement TODAY into your training regime to start off on the road to Explosive Football Speed.

After all speed and explosive power are 2 of the key traits for players to progress, develop and play at the highest level possible.

These tips are easy to understand, easy to implement and easy to practice. By making some modifications to your training and your sprint technique, you will see quick results.

As for me, well ive been helping some of the best young footballers across the country get faster, stronger and more explosive AND ELEVATING THEIR GAME TO THE NEXT LEVEL.

Over the past FEW years, my coaching and training programs combining athletics & Strength and conditioning have helped 1000'S of players get faster and more powerful improving their game tenfold!

It's why MY company Next Level Coaching is the uk's #1 program for young footballers.

Enjoy these Tips and implement the trainings and start to see a difference in no time at all...

and questions feel free contact me.

OUR MISSION

OUR MISSION AT NEXT LEVEL COACHING IS TO CREATE POWERFUL, FASTER & MORE EXPLOSIVE ATHLETES, TO IMPROVE PLAYERS ON-FIELD PERFORMANCE USING PROVEN SPEED BUILDING WORKOUTS TO TAKE THEIR GAME TO THE NEXT LEVEL

TOM

EXPLOSIVE SPEED

Are you ready to take your game to the Next Level, Get Faster, Stronger & more Explosive ?

You are not alone – I've coached 1000'S of players over the years getting them faster and developing their speed, and every player has been able to have more impact on the pitch as a result of my training.

To develop explosive speed, it needs to be specifically trained and done consistently. Every player get get faster & more explosive 100% GUARANTEED with the correct coaching and training.

I've compiled some tips with some training videos that will help you see results quickly, but for this to happen you must implement the trainings and tips.

BONUS TIP

Developing a players Fast twitch muscle fibres, and the force they can exert and produce is the key

Watch [Here](#)

Imagine making more Chances, and scoring more goals, and having more impact! With the help of this eBook, you can learn how to develop explosive speed which will enable you to do that and much more!

The simple fact is that speed and explosive Power are crucial athletic qualities that players need to succeed in football. Yes you have to have the technical ability and game intelligence but speed and explosive power are the key components that sperates the elite players to the rest.

Once you start developing speed, you will be able to make the full use of your skill and ability have much more impact on the pitch and most of all be able to maximise your full potential.

Explosive Speed allows players to create space that provides them with more time, burst past players more easily, create more chances and score more goals.

Anyone can develop explosive football Speed. This is why this eBook will be invaluable, no matter your age or skill level. It's the result of many years of research, along with years of testing and fine-tuning on 1000's of football players.



Want To Improve Your Speed In Minutes

Sprint Mechanics refers to your body's position during sprinting. Correcting your Sprint Mechanics should be the first thing to work on, as this will make the most significant improvement to developing explosive speed. The best part of fine-tuning the mechanics is that progress to your speed can be seen within minutes.



Explosive Tip 1

Correct 4 key Mechanical Moves

1. BODY LEAN – Lean forward 45 degrees. Look down about 1m in front as this will ensure that your upper body is leaning forward.

2. KNEE DRIVE – Drive your knee up and explosively. Pretend there is a plate of glass in front and that you need to smash the glass with your knee.

3. FOOT CONTACT – Push back as hard as possible with the ball of your foot so that your hip, knee & ankle form a straight line (triple extension).

Pretend that you want to put a hole in the ground – the harder you push backwards, the more explosive your body will go forward

4. ARM ACTION – Arms swing opposite to legs. When the left leg is up – the right arm is up, and vice-versa. Swing your arm back powerfully as high as possible.

Arm Mechanic Drill [HERE](#)

TRAINING TIP

You don't need to nail down the technique of Usain Bolt...

...but by becoming more energy efficient in the way you move will help you get Faster.

BONUS DRILLS [HERE](#)

NEXT LEVEL COACHING

Strong football players are generally fast football players. This is because the more force they can exert into the ground, the quicker they can propel themselves forward.

Explosive Tip

2

Build a solid base of strength

When players want to build strength for the purpose of Explosive Speed, they need to focus on a few areas but the 2 areas are crucial.

1. Lower Body (Glutes, hamstrings, quads & Hip Flexors)

2. Core training

Developing strength in your lower body is the engine and foundation that fires our speed and power off the mark!

Doing your strength routine with or without weight is optional and subject to your age, experience and current strength. Either way, concentrating on lower body exercises will develop your strength power, speed and fire up your muscles for explosive speed!

Try the great exercise for developing Hamstring and glute strength [HERE](#)

The other part of the body football players need for explosive speed is your core, and developing core strength.

Your core's job is to provide stability. You increase your stability by improving your core strength.

For speed off the mark, you need your body to have a strong base and form to call on when you sprint. Hence, the need for a strong core. With a strong and developed core, you won't be swaying from side to side, and your body will get to its destination faster, a strong core will enable you to turn faster, react sharper, stop and accelerate more efficiently and effectively also.

Unfortunately, it is common for core stability exercises to be neglected when it comes to improving speed.

Having a solid core allows your body to quickly transfer force throughout your body to keep it stabilised while in motion. Think of it this way – your core is the link that holds everything together.



Run faster, strike the ball harder, win more tackles, score more goals, become a better player,

Do proper ab training... literally everything gets improved with the right kind of CORE training..

Where Not just doing more crunches and calling it a day..

Do something standing, something side lying, something fast, something slow, something heavy, something light...

Do it consistently for weeks, months and you will 100% more athletic than ever before..

Get your young players to have a go at this functional Core Challenge [HERE](#)

MORE TRAINING TIPS

Plyometric training is your secret weapon for becoming faster and more explosive on the field.

Not only will this help develop speed and explosive power, it also strengthens tendons & ligaments, preventing injuries.

Resistance - Add in weights or resistance bands once correct form & technique is mastered

Develop your Speed & Explosive Power in 10 weeks GUARANTEED!

And Take Your Game To The Next Level

Getting players faster & more explosive is not easy and anyone who tells you it is, doesn't know what they are talking about, it takes hard work and dedication from players and also the coaches. Players have to be strong in lots of areas, they have to be able to absorb and produce force, have solid ankle stability, be strong upper and lower body, be equally as strong on both sides, have good core strength & stability, football is not just about straight lines, so its crucial players can also stop, change direction, and accelerate rapidly aswell .

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Once you've developed strength, you'll need to turn that strength into power.

Explosive Tip

Turn your strength into POWER!

Plyometric training tips:

- Quality over quantity – remember it is not a cardio workout!
- Each rep should be maximal effort
- Low reps and long rests

Strength produced quickly is your Power. There are two important components to power for players:

1. Exert force into the ground with each stride
2. Get your foot off the ground quickly after exerting that force.

The faster you can get your foot off the ground, the faster your body will propel forward. But! If your foot makes contact with the ground for too long, it will be like driving a car with the handbrake on, so be mindful of that.

Plyometric training is sometimes called 'jump training' or 'Plyos.' It's a powerful exercise that increases your speed, endurance, and strength. In its simplest form, you are increasing your power by training your muscles so you can exert maximum force and speed in short amounts of time.

The faster this process happens on the field, the faster football player or athlete you'll become.

Plyometric training involves jumping, hopping, bounding and skipping and some great plyometric exercises I recommend include:

- Squat Jumps •Depth Jumps •Box Jumps •Hurdle Jumps •Bounding •Single leg Jumps

Watch some of our young players doing some plyometric training with us [HERE](#)

NEXT LEVEL COACHING



**Want to reduce injury,
improve performance
and endurance, and
have greater strength?
Then STRETCH
regular.**

Explosive Tip

4

**You must make stretching a
priority!**

I can guarantee that stretching will improve your speed. Stretching is a vitally important part of explosive football speed, irrespective of your age, gender or skill level.

Stretching increases your range of motion, and when your legs are moving to the full range of motion, you are increasing your stride length and rate of force development. What does all this mean? Improving your range of motion in your shoulders, hips, and ankles will also see a dramatic increase in your explosive football speed.

When players have a stronger, more powerful and more range in their hip flexors they are much quicker across the ground... Check out these great exercises we get our young ballers good at.. [HERE](#)

Your level of flexibility is important too. There are two type you need to focus on:

1. Static Flexibility – is when you stretch the muscle to its limit and hold the stretch for some time. Static flexibility is performed during a cool down. Hold the stretch for 30 seconds and perform static stretches twice per day, three times a week, to take your speed to the next level.

2. Dynamic Flexibility – is using a controlled speed and moving your muscle through its full range of motion. Try this great ankle stiffness and mobility drill to increase force production [HERE](#)

Developing explosive speed is something any player can do with the right coaching and implementing the right exercises and being consistent with them, these tips here are a great way to start.

Remember when talented young footballers add more speed and explosive power to their game they are able to become the standout and dominant player enabling them to take their game to the Next Level, Football is now faster than ever and in 5 years time it will be even faster still.... “Don’ Get Left Behind”

9-16 years are the crucial ages for Athletic Development

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GET FAST NOW

Want to take your game the Next Level & Maximise Your Full potential?

I've been coaching top young football players how to develop explosive speed for years, and I love it. One thing I've discovered is everyone can improve their speed. If players have the work ethic and a desire to get faster & more explosive then we can 100% get them faster & more explosive in their movements.

That's why parents of young football players and players love my "10 week Explosive Next Level Speed" Football program. This comprehensive, 10-week Football Speed Coaching program is designed specifically for football players aged 9 to 16 the key ages to maximise their full potential.

It's full of my tried and proven speed training techniques & workouts to make you a stronger, faster and more explosive player so you can have more impact..

The PRO S.T.E.P.S 10 Week Speed Program Will enable you to.....

- Slash seconds off your current speed and become the player everyone is trying to catch
 - Be the first player to the ball,
- Make the most of your skill, talent & ability, to become a powerful, faster and better player.
 - Have the exact explosive speed drills I use to train professional football player's.
 - The exact exercises including the timings of reps and sets you need.
- Receive all my bonus trainings, courses and modules such as optimising recovery, Elite Pro Nutrition, stretching and recovery, mind mastery, Forge your Path to Success, Fitness Testing along with much more...

The trainings include...

- Speed Mechanics • Plyometrics • Speed Drills • Power Training • Strength Training • Core Strength
- Flexibility • Muscle Activation

WHAT ARE YOU WAITING FOR?

**INVEST IN YOUR SPEED, TODAY AND BECOME THE STANDOUT
PLAYER!**

NEXT LEVEL COACHING

Every Player Is Different & On Their Own Unique Journey!

My company is built on success, every single player can get faster, stronger & more explosive 100% GUARANTEED,

We guarantee this for every single player we work with or we train them for free until they do, which is how confident we are with our program and training.

To achieve great results in this program and anything in life it takes hard work and commitment, the program is not easy but is set up to get results which is exactly what it does.

Our program is not for everyone and we don't accept just anyone onto the program... players have to be committed and have the desire and determination to improve and succeed.

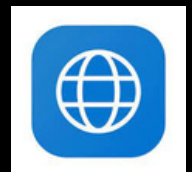
If they do and come into our program then it will be the best investment they can ever make.

To find out more about our programs schedule a no obligation call with myself [HERE](#).

I also share lots of tips, tools & trainings in my Free private Facebook group [HERE](#) feel free to have a look.

To your success

Tom



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