



DEVELOPING GAMESPEED

Our most popular workshop, which has run in multiple locations across the globe. Available in a one or two day format, gamespeed is the premier workshop for athletes or coaches looking to maximise the effectiveness of speed and agility training in a sports specific setting. The one day workshop covers the basics of the gamespeed system, including our unique target movement classifications and allows coaches and athletes to develop effective sport specific training sessions and programmes that maximise on field performance. The new two day workshop takes the system to a new level and integrates the latest methods for including the newly formulated task based approaches to effective gamespeed development, together with evaluation of the skill based premises underpinning effective coaching of gamespeed. This is the most comprehensive sport specific speed and agility workshop available.

Coaches participating in a gamespeed workshop will be able to:

1. Break down complex sports movements into clear discrete movement patterns
2. Develop a mechanically based technical model for each and every movement pattern, allowing for the effective coaching of each movement
3. Learn how to introduce and progressively develop all movement patterns.
4. Learn how to apply task based approaches to ensure the maximum transfer from training to performance.
5. Maximise an athlete's speed and agility in a sport specific context.