



GAME PERFORMANCE TRAINING

Effective training needs to be geared to the unique needs of both an athlete and the sports in which they are performing. This requires the ability to break down performance into identifiable capacities, and then to develop these capacities within a system that allows for the optimisation of training on a sequential and targeted basis. “Game Performance Training” is a complete system that directly attacks performance with a triangulated approach, addressing the athlete’s needs from a kinetic, a kinematic and metabolic standpoint. Game Performance Training utilises its unique gamespeed, game force and game-metabolism systems, providing for sequenced development in each of these domains. In this way, training can be planned to maximise an athlete’s performance at any level of play from beginner through to professional levels.

NB. This workshop can be run on a generic basis, but can also be geared to target performance in any particular sport.