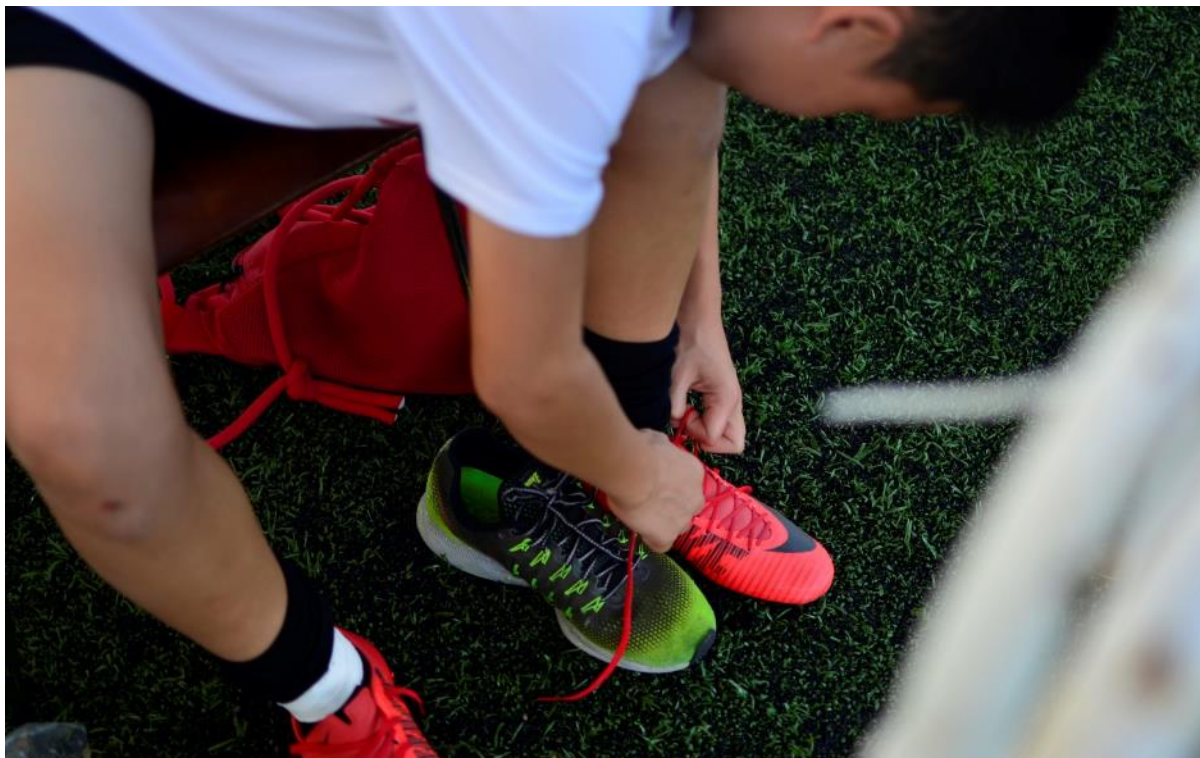


## PRIVATE TRAINING (IDP)



Using our Individual Development Plans (IDP), every player can plan for success with access to professional coaching support. This allows for progress in specific aspects of play, working with an experienced coach to address agreed areas for improvement. Training continuity from session to session allows players to build upon their prior learning.

IDP sessions can be booked individually, or in blocks at reduced rates.

Every player has different needs. With this in mind, a bespoke individual training plan can cover a wide range of topics, or some very specific areas for development that need to be addressed.

Some sample IDP sessions include:

- Receiving the ball on the ground/in the air
- Beating defenders in 1v1 situations
- Finishing from crosses

Players can also have an assessment session, where a coach will analyze performance and come up with suitable suggestions for future training.