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## **TANNER SPEED**

Explosive takeoff speed and power are critical factors in today's football. Efficient speed requires optimal coordination of all muscles involved.

But what do you need to consider in the development of grassroots and young football talents? With high profile expertise from more than 30 years of track and field and football academy coaching Tanner Speed developed a concept to support grassroots to develop the running skills which are necessary for success in today's high speed football.

### **Snabbare fram till bollen genom bättre löpteknik**

Program Seminar 1:

- Ca. 45 min – 60 minutes
- Theory part 1: „Running efficiently!“
- Running coordination is the fundament – Analysis of running styles
- Ca. 1 ½ – 2 h
- Practical coaching
- „GOLDEN 8 „ - T1 agility ladder – First drills with T2/T3 agility ladder

or

Program Seminar 2:

- Ca. 45 min – 60 minutes
- Theory part 2: „Sprinting and jumping“
- Sprinting faster and jumping higher – essential skills for today's football players
- Ca. 1 ½ – 2 h
- Practical coaching
- T2/T3 agility ladder – Jumping coordination and training structure

The club has two options.

1. The participants will also do the practice themselves. This is what we prefer. This way the coaches get a by far better understanding.
2. Second option is that we will have a demo team (preferably age 10-13) and the coaches only watch.

The seminar is suitable also for other ball games oriented coaches and teachers.

For more information and references:

<http://www.tannerspeed-lauftraining.de/content/about-us>

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## **TANNER SPEED**

Prices:

### Model A

club internal seminar

Number of club coaches unlimited

Only club coaches

1 club

Price: 3400 SEK + 800 SEK travel expenses

### Model B\_1

internal seminar with two clubs

Number of club coaches unlimited

Only coaches of two clubs

2 clubs

Price: 5300 SEK + 800 SEK travel expenses

### Model B\_2

internal seminar with three clubs

Number of club coaches unlimited

Only coaches of three clubs

3 clubs

Price: 6500 SEK + 800 SEK travel expenses

### Model C

open seminar for all coaches in the region

Number of coaches unlimited

Club promotes event/recommended price 400 SEK

Minimum 25 participants

Price: 250 SEK/each participant + 800 SEK travel expenses