

Strength and Conditioning Support: Amateur + Grassroots Sport

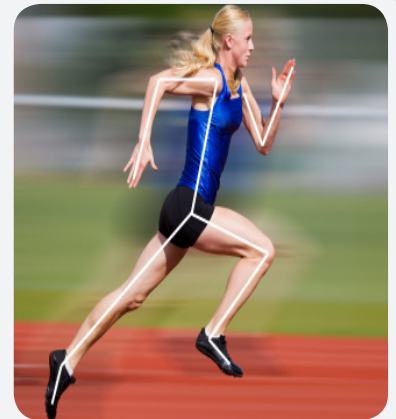


FREE STRENGTH AND CONDITIONING TRAINING SESSION

We want to use our experience of training the UK's elite athletes to help those who play sport to maximise their performance.

This free 45 minute practical introductory session will provide technical sprinting and agility training designed to help players improve their body position and control to maximise speed.

- Create more space
- Make quicker breaks
- Beat opposition players
- Win more games
- Get to the ball faster
- Out perform the competition



Free Training Session

Sport981 will come to your club and deliver a strength and conditioning session for your squad which will introduce sport specific speed and agility training. In sport there is no substitute for speed and training the body to be more functional and move with greater control and precision means faster players.

The workshop is free to attend however this offer is for a limited time only so book your workshop now.



About Sport981

Sport981 offers world class sports performance, conditioning, education and consultancy services.

Since it's inception in 2004, the Sport981 team have worked with numerous top professional sports clubs, coaches and athletes within the UK and abroad, in addition to producing some of the UK's most promising future sporting prospects.

Sport981 are committed and driven to stay on the cutting edge of exercise prescription and application methods.

Book Now

To book your free introductory strength and conditioning session or for more information contact Tim Stevenson, e: timstevenson@sport981.com t: 07983 402853

For information on additional professional support services please contact us

Education and Training Performance Training Academy Services Consultancy Equipment

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