

BE *Unstoppable*

Athletic Performance Training



Angelo
Athletic Performance Coach



Be Unstoppable Sports Program

Who is it for:

This program is for all kind of athletes such as soccer players, hockey, basketball, netball, etc. The program is for athletes in different ages and levels as well.

The group can be separated by age (under 15, under 20 or over 20).

The goals from the program:

The main goal for this program is to teach athletes the correct techniques for speed and agility. Help them to link their moves, such as forward to backward, backward to forward and sideways move is also one of the goals, as well as using the correct body position and form to do actions like:

- Stopping and starting;
- Starting quickness;
- Posture;
- Foot interaction with the ground;
- Acceleration and deceleration;
- Cutting;
- Spin moves;
- Reactivity;
- Crossover ability;
- Drop Stepping;
- Backpedaling.

All the above actions occur when the athletes play, but unfortunately when they practice their sports, they don't tend to learn about this.

Athletes learn about the techniques to play the game, which is the job of the coach. The coach will teach the athletes things like how they have to pass the ball, where to receive the ball, etc... this is the coach's job.

How the athlete should run, how the athlete should stop, change direction and acceleration again, this is a job for the **physical conditioner**, unfortunately most schools, clubs don't have a specific professional for that. However, a **physical conditioner for an athlete is a very important part for the athletes training**. Without a good preparation and not having a good technique, it is very difficult to be fast and to improve performance for the game. With a good preparation, an athlete can also avoid injuries.



When running and suddenly stopping and then changing direction, the athlete changes the body's balance and also transfers the body weight from one leg the other, if an athlete is not ready to do that he/she can have a big problem in this situation, like loosing the ball because he/she does not have the skills to change the body weight and also keep the same speed and agility or maybe he/she could have an injurie.

And if they just keep doing their practice (just playing), athletes will never learn this important part of their development, and probably won't be as fast and agile.

If athletes want to be faster and have good agility (**and all athlete need improve this**) no matter what age and level, this needs to be developed separately from the game practice. This is really important.

I have coached athletes for speed and agility for more than 10 years (Brazil and NZ), and at the moment I am working with a few good players here in NZ; **hockey (Black Sticks), rugby**. These guys are really good, but they still have to sharpen their technique to link their moves and become faster athletes.

For example, for you to see how hard this is. If the players who have played for New Zealand at this time, and this guys play for years, they have a lot of experience, and they still need to sharpen up their moves. If an athlete just starts training, it is not hard to imagine how many attention he/she needs to put into this part of training.

The program is about making the athletes stronger, faster and with good agility to push for the next level in their game. But using the proper exercises and also a coach who has the experience in working with athletes.

What I offer here is a program that works, because I have run this program for over 10 years and during this time, I have worked with many athletes from different sports like Football players (wide receiver and running backs), soccers, basketball, fighters, hockey, netball...and all my athletes achieve their goals (or more).

About the trainer:

- Graduated and specialist in physical conditioning
- Have worked with athletes for over 15 years
- Current Physical Conditioner for Wellington Hockey (since January 2010), developing physical training for Hockey - boys and girls between 11 to 24 years old.
- Physical Conditioner NZ Sports Academic (since March 2012) - Rugby, Development of physical training for Rugby, for boys and girls between 15 to 24 years old.



- Experience in working with World Champion Futsal team, ULBRA (University Luterana do Brasil) 3 times world champion (coach and 5 players in this team used to play for the Brazilian team).
- Experience in training Wide Receive and Running Back for American Football.
- I have trained more than 400 athletes, from all kind of sports, such as volleyball, basketball, soccer, hockey, tennis, fighters, surfers, rugby... when working as a physical conditioner for a University sports club in Brazil, having the opportunity to work with 9 different kinds of sports, all playing in first division national and some International.
- Have worked with high school, college and professional athletes for more than 6 years (track field - Sprinter 100/200m)

For more details, please visit www.beunstoppable.net.nz

Where and when:

Mornings, afternoons and evenings

Monday to Friday - **booking is essential**

To book, email angelo.mh@hotmail.com or txt 021 054 7299

Cost:

One of the main objectives of this program is to provide a high level of training for more athletes of different ages and levels, who would normally not have access to this kind of training.

Costs are negotiable and dependant on number of participants.

Any questions, please feel free to ring or email.

Hope to see you soon.

Your coach for speed and agility
Angelo