



CALCIO FOOTBALL CENTRE

Remote Football Coaching

Who are we?

Calcio Football Centre is a football coaching business based in Leeds. The business is run by Dan Pinna (below). Dan is a UEFA B qualified football coach with a Bachelor of Science degree in Sport Studies from Liverpool Hope University. Dan's studies and research centered on football and sport physiology, psychology and coaching. He is a fully qualified teacher as well as an experienced and highly qualified coach.

Dan, alongside Calcio Football Centre's other highly experienced and qualified coaches, work with footballers of all ages and abilities. Predominantly our work is based on the playing pitch. Through 1:1 coaching, small group sessions and larger group training, we provide players with a coaching experience tailored to their needs and requirements. Recently, we have extended our services to online coaching. This allows us to work with players all over the UK and the world. Football is more than just what happens on the pitch and many things can impact that. Let us tell you how our unique remote coaching programme helps.



Remote Coaching

Our remote coaching programme is aimed at players ages 15+ who have aspirations of taking their football career one step further. We provide online coaching content, nutritional programmes and also football specific strength and conditioning programmes that can be done from home, the gym or the local park. Here we will delve into our different strands of support and how they are crucial for development.

Nutritional programmes

A key part in any sport is body composition and nutrition. This can be a challenging subject area to get right, especially in the world we live in today where there are a plethora of different voices telling us what we should and shouldn't be putting into our bodies. A lot of these voices are from ill-informed people and 'influencers' looking to sell a product, or push a false perception of fitness.

With our nutritional programmes you take control and decide what foods you do and don't decide to eat. We simply provide the tools to help you make those decisions. Each week we will give you a calorie and macronutrient target (carbohydrates, proteins and fats). These will be adapted each week depending on how our clients are feeling, their performance under these targets and feedback we receive.

Strength & Conditioning remote coaching

Before we discuss our Strength and Conditioning coaching programme. Let's discuss what footballers need in order to succeed.

Footballers require a certain level of strength and conditioning. Players at a higher level need to be able to cover between 8-13 km per match depending on positions and the level they are playing at. A lot of this distance is covered by short and extended sprints throughout the 90 minutes in different areas of the pitch. Making recovery runs from one side of the pitch to the other and getting across an area to block a pass or shot all add to the distance covered.

Players are also expected to be able to jump at a height in order to compete in the air when defending, passing and attacking. This, alongside the running requirements show a great need for dynamic and powerful strength coming from a player's legs.

VO2 max is a main indicator of a player's fitness and capacity to work hard. Research has shown that players at the top of their division have a 10-20% better VO2 max than teams at the lower end of their division.

Players spend a lot of the game changing from one leg to another (running, jumping, stretching to block an opponent, kicking the ball). They also spend the majority of the moving time accelerating and decelerating going against their running momentum to adjust and recover the ball to change direction.

Players need enhanced strength in their joints in order to change direction and momentum as much as they do. Their knees, hips and ankles need increased strength and mobility in and around the joints and associated muscles as well as the strength and flexibility to adjust.

Our Strength and Conditioning programmes

We discuss the players needs with them and provide a series of findings based on their strength and flexibility limits in certain areas. In addition to their VO2 max and distance covered in a match or training session (where possible via activity tracking with watches and other devices) but there are ways to conduct this at home without devices.

No two players or athletes are the same and because of that, no two plans are the same. Our Strength and Conditioning programmes are tailored to your needs. We build on strengths and develop weaknesses.

Footballers following our programmes develop their lower body explosiveness through eccentric, plyometric and resistance focused movements. These movements are achieved through activities that can be utilised in gyms, the home or

anywhere with some space. These movements are adapted to a player's training capabilities.

A player's fitness and VO₂ max is dramatically improved through varied, long, short and intervalled exercises designed to push players to their limits. We ask players to follow a simple base fitness test before the programme and we revisit that later in the players development to measure improvement.

The frequency of these sessions are worked out with each individual as, of course, life can get in the way. Each week may look different and things can change at the last minute. This is always accounted for and adjusted.

Communication

All of our footballers are able to contact Dan at all times through the week regarding training or any aspect of their plans. Training can be changed at any time and check ins happen as often as is agreed between coach and player.

We will use a shared document where players are encouraged to add notes as to how they feel each day/week, session or meal went. Mutual communication is absolutely key in order to develop players in the best way possible.

We do not put any timescales on these plans. This is not a 'body transformation in 12 weeks' sort of plan. This plan is to be ongoing during a player's career. The target for us at Calcio Football Centre is to help players meet their end goals, whatever they are. Changes can be small, but they will have a great impact on performance levels and fitness.

We ask players to provide stats on the body composition, fitness levels and also we request match/training footage where possible. We look to analyse players' individual performances without discussing tactics that could overrule the player's coach.

If you like what you have read, have any further questions and would like to find out more, simply email calciofootballcentre@gmail.com or call Dan direct on

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07791283033.

Many thanks for your time.