

**EVOLVE**  
ONE-TO-ONE  
TRAINING



# One-to-One

Our one to one sessions will be an opportunity to work with a specialised coach to focus on any weaknesses in your game or to master your strengths. These sessions are a great way to break down the individual techniques and gain a better understanding of these techniques.

Each session will cover different elements and work on targeted areas of your game. Our sessions are designed to challenge you technically, physically and psychologically.



# FOOTBALL

- Fundamental movements; ABC's
- SAQ (Speed, Agility, Quickness)
- Ball mastery
- Receiving | Touch direction & weight
- Dribbling | 6 surfaces - 2 feet
- Passing | 2 feet - variety of techniques
- Finishing | Both feet



# GOALKEEPING

- Fundamental movements; ABC's
- SAQ (Speed, Agility, Quickness)
- Ball mastery with hands & feet
- Handling & Footwork
- Receiving | Touch direction & weight
- Distribution | Using hands & feet
- Shot stopping | Reaction saves
- Dealing with crosses
- Position in relation to the ball



# INFORMATION

In addition to our one to one sessions, we are able to adapt these sessions to accommodate more than one player at any one time. Prices for up to three players are outlined on the next page.

We also provide reduced session times for our younger members who would benefit from a shorter training session, or an extended 90 minute session for our members looking to engage in a longer training time.



We also offer a discount when booking 6 or more sessions in advance.

These will be the prices stated below, at the reduced rate of 15%.

When booking your initial session, you will be provided with a player self-assessment form, to outline any strengths or weaknesses. We will then take key elements from this information and transfer them into your tailored session.

### **ONE-TO-ONE**

30 minutes: £25

60 minutes: £40

90 minutes: £60

### **TWO-TO-ONE**

30 minutes: £20 pp

60 minutes: £30 pp

90 minutes: £40 pp

### **THREE-TO-ONE**

30 minutes: £15pp

60 minutes: £25pp

90 minutes: £30pp



# ADDITIONAL SERVICES

Filmed session & Promo video

From £50

Photographs & edit

From £40

Player assessment report

£10

Player performance pack

£20

Player food diary & report

£10

Nutritional guidance pack

£15





Check out our new YouTube channel

