

**HIGH
PERFORMANCE
FOOTBALL
AGES 4-13**



IGO I GO COEL

FOOTBALL

INSTITUTE



NEXT GENERATION



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IGO FOOTBALL
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The Complete Player

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IGO FOOTBALL METHODOLOGY

1

**TO DEVELOP THE TOTAL HUMAN
BEING FOR HIGH PERFORMANCE**

**AN INTEGRATED SCIENTIFIC BASED
METHOD OF FOOTBALL DEVELOPMENT**

2

3

**10 000 HOURS BENCHMARK.
LONG-TERM PLAYER DEVELOPMENT
IS ACHIEVED BY QUALITY
REPETITION.**

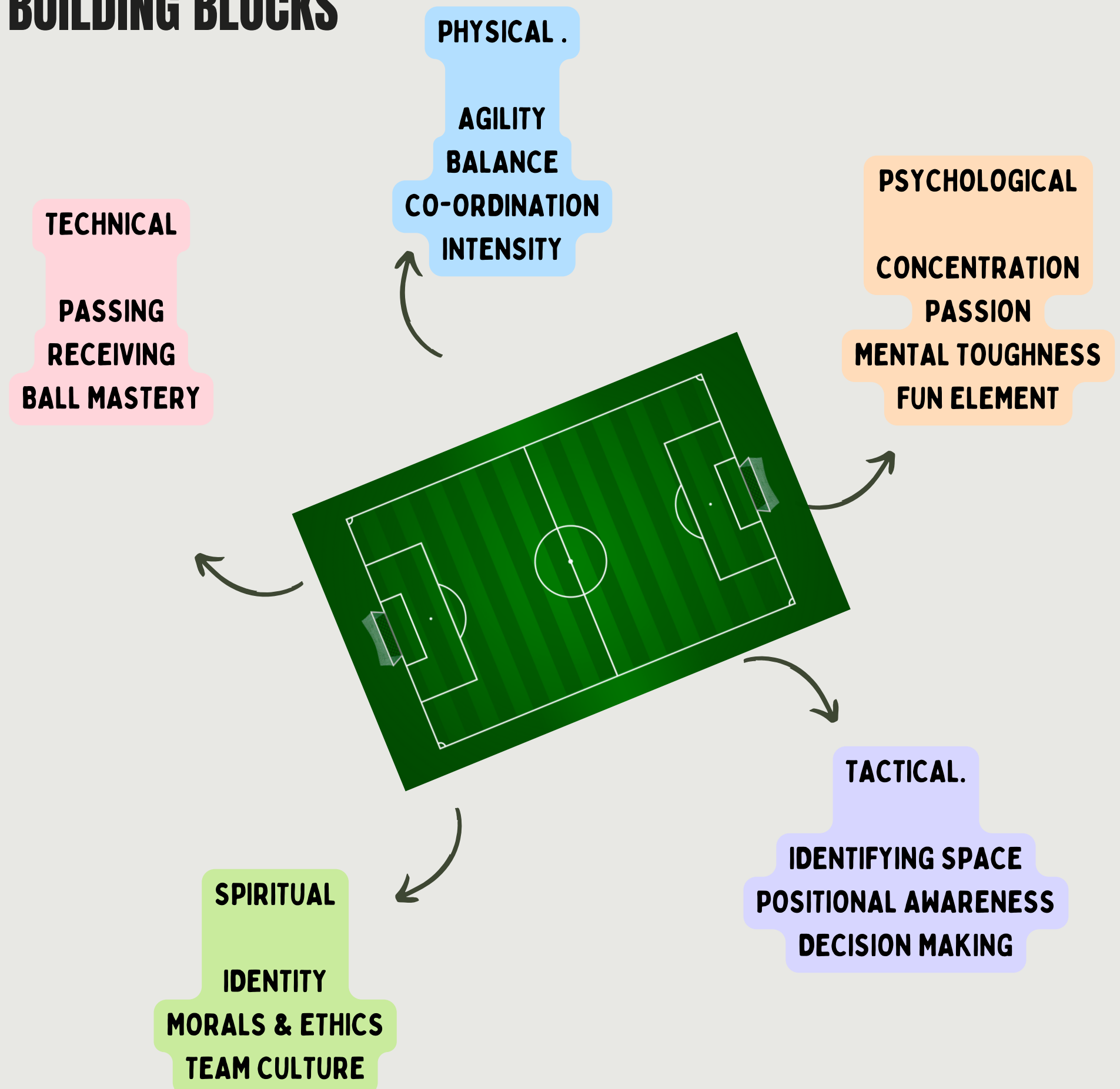
**TO ACCELERATE PLAYERS TO NEAR
1000 HOURS OF QUALITY COACHING
BY AGE 13**

4



5 ASPECTS OF 'THE COMPLETE PLAYER'.

IGO FOCUS - THE BUILDING BLOCKS



SESSION STRUCTURE

Session

Requirements

- Dress - Sports wear, cleats are recommended.
- Water bottle, sports hat.

1. BALL MASTERY

- Ball Skills, ABC's, Fun Games

2. FOOTBALL TECHNIQUES

- P & R, football specific movements

3. GAME SITUATIONS

- 1v1, 2v2 Defending/Attacking

4. SSG - SMALL SIDED GAME

- Technical Application, Cognitive test

5. FEEDBACK

- Evaluation
- Group Dynamics
- Homework Tasks

MICRO-CYCLE TRAINING WEEK

FOUNDATION

AGES 4 -6
SESSION
DURATION:
30 - 45MIN

MONDAY:

Foundation Session 45min
• *Homework 15-30 min*

TUESDAY:

Homework 30-45min

WEDNESDAY:

Foundation Session 45min
• *Homework 15-30 min*

THURSDAY:

Homework 30-45min

FRIDAY:

Foundation Session 45min
• *Homework 15-30 min*

SATURDAY:

Homework 30-45min

SUNDAY

REST

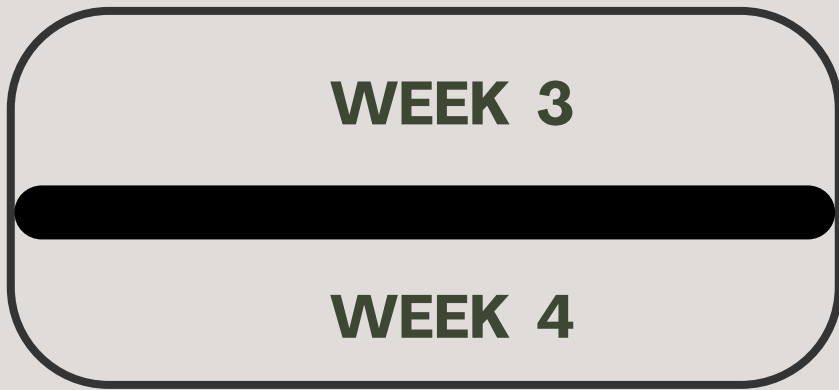
***Recommended: 2-3
sessions a week***

***Total Training Time:
3-6hrs***

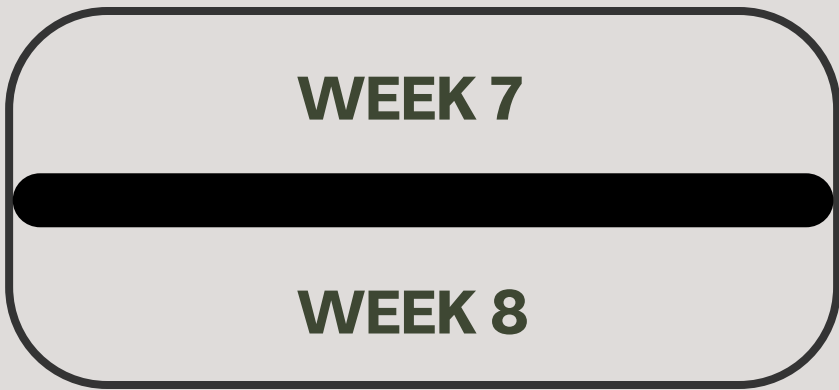
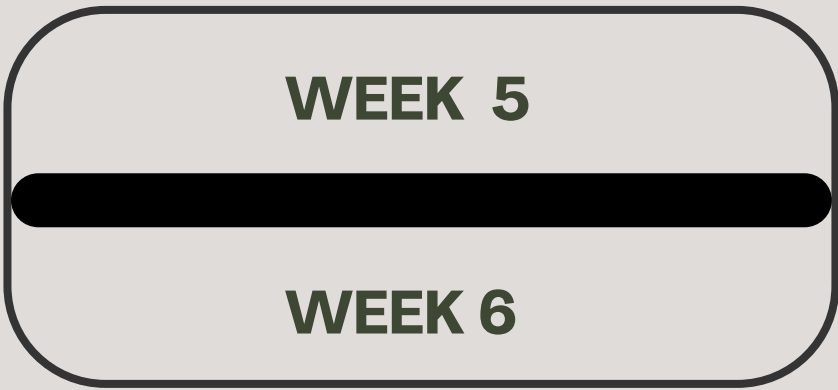
3 MONTHS MESO-CYCLE

FOUNDATION

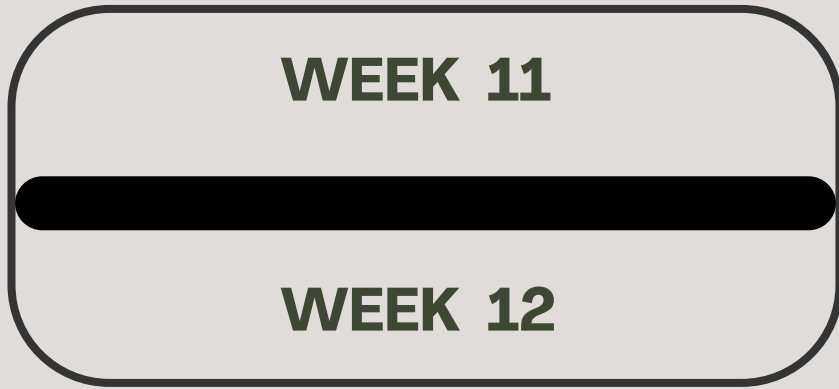
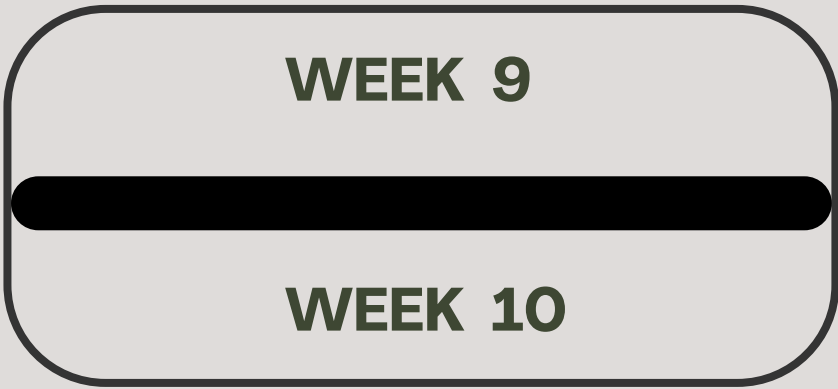
MONTH 1



MONTH 2



MONTH 3



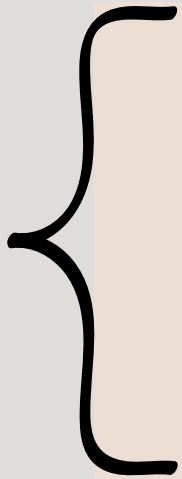
- 1 Session p/w = 12 Sessions**
 - 2 Sessions p/w = 24 Sessions**
 - 3 Sessions p/w = 36 Sessions**
-

ANNUAL MACRO-CYCLE

PROGRESSIONS WITH EACH MESO-CYCLE

4 MESO-CYCLES A YEAR

MESO-CYCLE



January

Febuary

March

April

May

June

July

August

September

October

November

Decemebr

COACHING ACCREDITATIONS



QUALIFIED COERVER COACHES



SPORTS SCIENCE BACKGROUND



TNGS ELITE FOOTBALL BACKGROUND



QUALIFIED CAF DIPLOMA COACH



CERTIFIED COACHING SCIENCE



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Fees Structure

Weekday

Once-off registration R 600
(includes IGO training shirt)

MONTHLY SESSIONS	PERIOD	3 MONTHS TOTAL
4 SESSIONS BUNDLE R 600 P/M	3 MONTHS MESOCYCLE CONTRACT	R 1800
8 SESSIONS BUNDLE R 1200 P/M	3 MONTHS MESOCYCLE CONTRACT	R 3600
12 SESSIONS BUNDLE R 1800 P/M	3 MONTHS MESOCYCLE CONTRACT	R 5 400

Saturday Auxiliary Sessions

MONTHLY SESSIONS	PERIOD	3 MONTHS TOTAL
4 SESSIONS BUNDLE R 500 P/M	3 MONTH CYCLE (non- contractual)	R 1 500

**HIGH
PERFORMANCE
FOOTBALL CLINIC
AGES 6 - 13**



I GO COEL



IGO FOOTBALL INSTITUTE

**EVERY
SATURDAY**

**HATFIELD
CHRISTIAN
SCHOL**



10:30 - 11:30



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4 SESSION

BUNDLE R 500

NEXT GENERATION



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