



“Mentorship has played such a massive part in my development as a coach and as a person.

I started my journey 10 years ago right at the bottom of the professional pathway and now I find myself coaching and rehabbing some of the world's best athletes and consulting to major worldwide teams.

If you are a coach or therapist who recognises the need to bridge the gap between the bed, gym and the field, whilst using your coaches eye to solve "unsolvable" problems and help athletes return faster & fitter than ever, then this mentorship is for you.

The 360 Mentorship is designed to take coaches and therapists on a similar journey to what I have experienced, only streamlined to make the changes faster than I did!

By the time you're finished, you'll have developed an elite coaches eye and understand what to do with it before building out your rehab philosophy and implementing a speed based approach. Finally, you'll learn how to profile and build a speed system for team sports that is not only wildly effective, it's so simple it's genius!

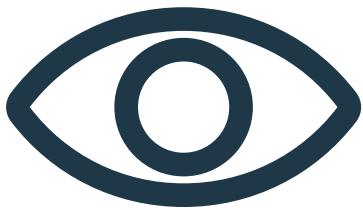
360 will accelerate your learning through interactive lessons, tasks, case studies and 1-1 support to help you make sense of the performance problem, becoming more valuable to yourself and your athletes along the way.

“I'm so incredibly proud to have created something I believe will not only improve our industry, but add to the value and worth of the forward thinking practitioners who take part.

CLICK TO WATCH THE FULL VIDEO

WHAT'S INCLUDED?

COACHES EYE



LEARN HOW TO DETECT , CORRECT & INFLUENCE
MOVEMENT FOR INCREASED EFFICIENCY &
PERFORMANCE.

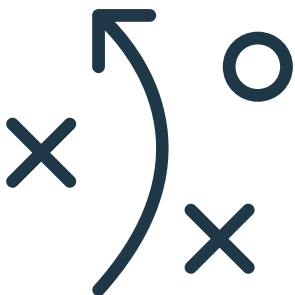
UNDERSTAND HOW TO TEST & PROGRAMME TO
INFLUENCE WHAT YOU SEE.

INJURY REHAB

DEVELOP YOUR PHILOSOPHY USING
OUR PROVEN FRAMEWORKS.
ELITE ATHLETE ACL CASE STUDIES
SHORT TERM SOFT TISSUE TEMPLATES



GAMESPEED



TRAINING THAT TRANSFERS.
LEARN MY GAMESPEED MODEL & DEVELOP YOUR
OWN SPEED SYSTEM THAT TRANSFERS IN THE
REAL WORLD OF SPORTS PERFORMANCE.



**X2, 1-1 ZOOM
CALLS**



**COMMUNITY VIDEO
DISCUSSIONS**



**PEER WHATSAPP
GROUP**

CONTENT BREAKDOWN

MODULE 1: COACHES EYE

THE (PRACTICAL) FUNDAMENTALS OF SPEED

DEVELOPING YOUR COACHES EYE IN THE FIELD

DEVELOPING A PHILOSOPHY & SYSTEM FOR ERROR DETECTION

CAPACITY OR STRATEGY: IDENTIFYING WHERE THE PROBLEM LIES, WEAK LINKS & WHAT TO DO

MODULE 2: INJURY REHAB

DEVELOPING A PHILOSOPHY: 4 PART SERIES

ELITE ATHLETE ACL CASE STUDY (UTILISING A SPEED BASED APPROACH)

SOFT TISSUE INJURY TEMPLATES: CALF / HAMSTRING / QUAD

MODULE 3: GAMESPEED

GAMESPEED MODEL: TRAINING THAT TRANSFERS

PROFILING & TRAINING IN THE FIELD

DESIGNING A PRACTICAL SPEED SYSTEM



“THE BEST PROFESSIONAL INVESTMENT I'VE EVER MADE.
I STARTED LEARNING IMMEDIATELY, AND MY PRACTISE
AND INFLUENCE ON THE PROGRAMME WAS VERY
NOTICEABLE.”

“

JACK INSTRALL
BRISTOL CITY WOMANS FC

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POV CASE STUDIES

OUR POV SESSIONS PROVIDE LIVE & EDITED FOOTAGE OF 4 ELITE ATHLETE SESSIONS. GAIN DIRECT INSIGHT INTO THE COACHING PROCESS, FROM PLANNING, PROGRAMMING & COACHING TO ATHLETE FEEDBACK AND REVIEW.

THESE VIDEO SESSIONS ARE THE KEY TO BRINGING THE THEORY TO PRACTISE.

CASE STUDY 1

GRACE CROMPTON
GB 7S WINGER, RUGBY UNION

"UTILISING THE GAMESPEED MODEL:
THE TRANSFER OF STRAIGHT LINE SPEED TO
GAMESPEED "

CASE STUDY 2

ISAAC VASSELL
PROFESSIONAL FOOTBALL PLAYER

"ACL REHAB: AN APPLIED INSIGHT INTO USING
A SPEED BASED APPROACH, THE 10:30
PROTOCOL AND IDENTIFYING COACHING CUES
VIA MOVEMENT"

CASE STUDY 3

COLM GATH
SPRINTER

"RETURNING TO SPRINTING FOLLOWING GROIN
REHAB - THE DECISION MAKING APPROACH
THAT ALLOWS FASTER PROGRESSIONS"

CASE STUDY 4

WILL STUART / JOE COKANASIGA
ENGLAND RUGBY

"PREPARING PLAYERS FOR THE RUGBY WORLD
CUP"



THE POV SESSIONS WERE ABSOLUTELY AMAZING. THEY PROVIDED CONTEXT AND ALLOWED US TO GAIN INSIGHT AS TO HOW AL USES THE FRAMEWORKS HE PROVIDES THROUGHOUT THE MENTORSHIP. THEY ALSO PROVIDED A UNIQUE ATHLETE PERSPECTIVE INTO THE COACHING PROCESS AND HELPED ME DEVELOP MY UNDERSTANDING OF COACH-ATHLETE RELATIONSHIPS AT THE HIGHEST LEVEL.

”

“

PETER WRIGHT
OWNER, PETEY PERFORMANCE

FAQS

HOW DO I KNOW THIS IS FOR ME?

IF YOU'RE A PASSIONATE, DETAIL ORIENTATED COACH WHO WANTS TO BECOME A MOVEMENT SPECIALIST THROUGH LEARNING MORE ABOUT COACHES EYE, THE PROFILING & TRANSFER OF SPEED AND APPLYING A SPEED BASED APPROACH TO REHAB THEN 360 IS FOR YOU. THIS MENTORSHIP IS INTENDED TO MAKE YOU THE MOST VALUABLE PRACTITIONER IN THE ROOM TO BOTH YOUR ATHLETES AND YOURSELF.

WHEN DOES IT START & HOW LONG DOES IT LAST?

JANUARY 1ST, 2025

WHAT'S THE AVERAGE WEEKLY TIME COMMITMENT?

2-3 HOURS WEEKLY TO CONSUME LECTURES, MAKE NOTES AND ENGAGE WITH THE GROUP.

HOW MUCH WILL IT COST?

EARLY BIRD (FIRST 10 SIGN UPS): £3000
REGULAR SIGN UP: £4000

CAN I PAY IN INSTALMENTS?

YES. THERE ARE 2 OPTIONS:

- 1) FULL PAYMENT
- 2) X6 INSTALMENTS (PAYABLE ACROSS 6 MONTHS)

HOW DO THE MONTHLY PAYMENTS WORK?

6 MONTHLY PAYMENTS WILL BE TAKEN FROM YOUR ACCOUNT EACH MONTH ON THE DATE THAT YOU SIGN UP FOR THE COURSE.

HOW DO THE 1-1 ZOOMS WORK?

BOOKABLE VIA CALENDLY. TIMINGS FOR THESE ZOOM CALLS CAN BE FLEXIBLE BASED ON YOUR SCHEDULE. YOU WILL RECEIVE A RECORDED COPY OF THE ZOOM FOR YOUR OWN RECORDS AND REFLECTIONS.

HOW LONG ARE THE 1-1 ZOOM CALLS AVAILABLE FOR?

THE 1-1 CALLS ARE AVAILABLE TO BOOK FOR A 3 MONTH PERIOD UPON COMMENCEMENT OF THE MENTORSHIP. THIS IS TO GIVE A 4 WEEK GRACE PERIOD TO BOOK CALLS IN TO ACCOMODATE BUSY LIFESTYLES!

CLICK IF YOU STILL HAVE QUESTIONS!

TESTIMONIALS



"I found the mentorship tremendously valuable, an incredibly rich learning experience"

Pete Fisher Gym Owner



"Alan challenges you to analyse movements with a sharper focus within return to run and rehab"

Nigel Goh Physiotherapist, Queensland Reds



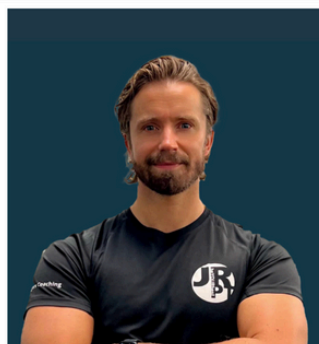
"Al did an amazing job in breaking down such a complex topic"

Steve Thompson Senior Lecturer Performance
Coach, Wales FA



"Alan's working method is amazing, he puts the quality of the movement in the foreground"

Federico Lazzarini Performance Coach, Padova FC



"This has been one of the best investments I've ever made! I can't thank Alan enough!"

Jack Rogers Owner - Jack Rogers Performance Coaching



"The value that was provided it exceeded my expectations. I recommend the mentorship to any S&C coach"

Peter Wright Performance Coach - Petey Performance

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