

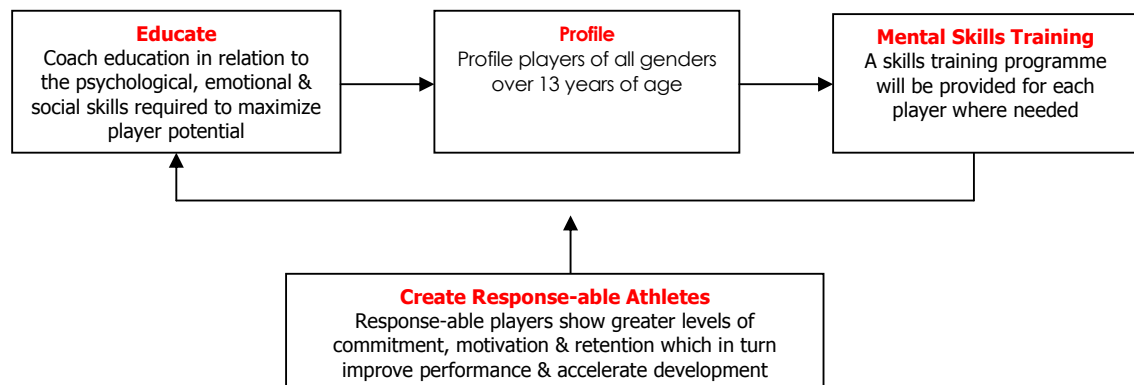
*“Without addressing a players mental attributes we are limiting the affect we have when trying to develop our players”  
Jose Mourhino*

**Provelop** aims to facilitate the coaches players & parents towards a greater understanding of their athletes psychological, emotional and social skills thus enabling both coach and player to maximize potential

Our purpose is to create **positive, measurable, transferable and lasting** behavioural change for the benefit of the coach and player’s performance and development.

*“Enthusiasm and the mental edge are the keys to winning”  
Pele*

Our Profiling model draws on the work of many of the leaders around the world in the area of Performance Psychology. Through synthesizing their research and correlating this with our own the basic process is shown below;



## **Programme Objectives**

The overall aim of the programme is to expose coaches and players to the psychological traits required for a soccer player to maximize their potential.. The programme will provide holistic development where the players will work on the physical side of the game (Position specific fitness), mental/emotional(profiling and mental skills presentation),technical and decision making(practical games/use of questioning),tactical concepts(practical sessions on conditioned games) and talent I.D.

**Provelops flagship** is about providing the tools to facilitate a ‘High Performance Environment’. A high achieving team in any sport encompasses individuals who have the skill to be able to be:

- Honestly self – aware
- Show the correct Mindset
- Have Mental strength
- Understand their own strengths relative to their motivational and working traits

By developing these psychological, emotional and social skills through profiling your players you provide the opportunity to ultimately create “response-able Athletes”

*“The mind messes up more than the body”  
Tommy Bolt*

### **Programme Content For the presentations at night**

- The importance of Psychological profiling and mental skills training to maximize coach and player potential: Theoretical input to coaches ,Player’s, Parents
- Talent Identification and our Athlete Specific Development Programme. : Theoretical input to coaches ,Player’s, Parents

Other programmes such as the ones below are available on request (additional to pricings)

- Athlete Led team Culture
- Stages of Team development
- Leading Leaders
- The 8 step model to change your coaching philosophy
- Profiling clinics(Mental assessments of individual players)
- Mental skills training workshops (to move your player forward in his/her mental/emotional development as a player and a person).