



BEAT STRONGER

Previously London Pulse delivered a successful multi-sport programme for Year 8 and Year 9 athletes who were selected at our pathway trials.

These athletes trained with professional technical coaches in various sports, under the London Pulse multi-sport programme. This programme is supported by the West Ham United Foundation (football); Sunrisers (cricket); Harlequins Foundation (Rugby); Hockey and London Pulse Netball, who delivered specialist sessions.

We have been working hard behind the scenes and are now ready to introduce our new Beat Stronger Programme!

Our Programme Aim

To help train athletes (boys and girls) by making them faster, stronger and more robust for their chosen sport(s). We are looking to work with accomplished athletes who are looking to take their training to the next level by understanding and executing the key mechanics behind the movements required. No matter what sport you play our goal is to help you reach your peak performance.

What to expect

This programme is offered for ages 12yrs to 14yrs. You must be at the age-appropriate leading level of your chosen sport (this program **will not** be appropriate to those who are new to a sport, training at grass route level or new to a training environment).

What does this Programme Offer?

Group weekly training session(s) with our coaches to

work on the technicalities of Agility, Power and Reaction training.

We achieve this using unique training exercises as well as covering strength and conditioning (Power). All the movements and drills we teach our athletes can be linked into numerous sports building a stronger athlete.

The foundation of our programme is based on our power of three pyramid:

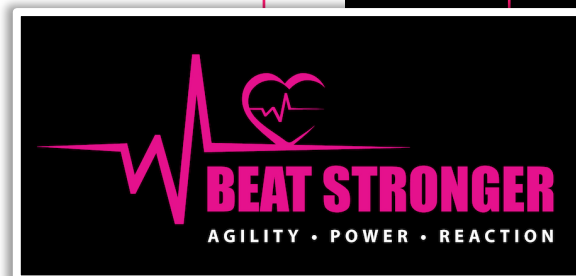
AGILITY - faster footwork and speed
POWER - making athletes more robust
REACTION - quick off the mark

We believe you should have all the benefits of the sports you excel at and none of the disadvantages. Our programme has been created to enhance the way athletes train and perform. To be at your best you need to train like the top, using our innovative and inventive drills, skills, and techniques.

AGILITY

POWER

REACTION





Sports Coach Collaborations

Who Leads the training sessions?

Agility Coach - Luke Craig

Ex Chelsea FC Football Coach
Director of Netball of Starz Netball Club

Power Coach - Taylor McDonald

Sports Therapist
Performance Coach for EMMNA

Reaction Coach – Jason Livingston

Former European 60m record holder
Former European Indoor 60m champion
Olympian

Programme Duration

10 week term time programme from May to July
Tuesdays - 19:00 – 20:30

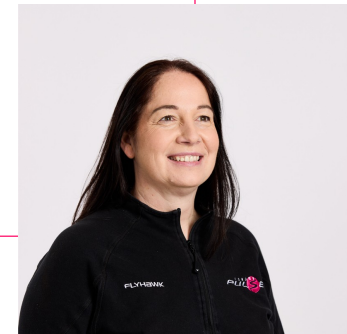
- May – 7, 14, 21
- June – 4, 11, 18, 25
- July – 2, 9
- Playoffs competition - 13 July 2024

The Goal?

We want to find the best young athletes to put into our Beat Stronger programme to promote this training behaviour and ideology. Most of NSL and Pathway athletes have excelled in multiple activities when younger and the transference of those skills has been an important part of their career development.

Can I become a Beat Stronger coach?

We are always keen to expand our coaching team! If you are keen to get involved, please contact our Performance Pathway Manager Rowena Scott-Fairclough at rowena.scott-fairclough@londonpulsenetball.com



“ We believe that athletes should be well rounded sportspeople and this programme has been designed to invest in and develop the future talent.”

Sam Bird – CEO London Pulse

Programme cost

To take part in our Beat Stronger Programme the associated cost is £250.00. This includes:

- x3 Agility Sessions
- x3 Power Sessions
- x3 Reaction Sessions
- Effective warm up, activation and cool downs for each component.
- Closing Playoffs competition event

