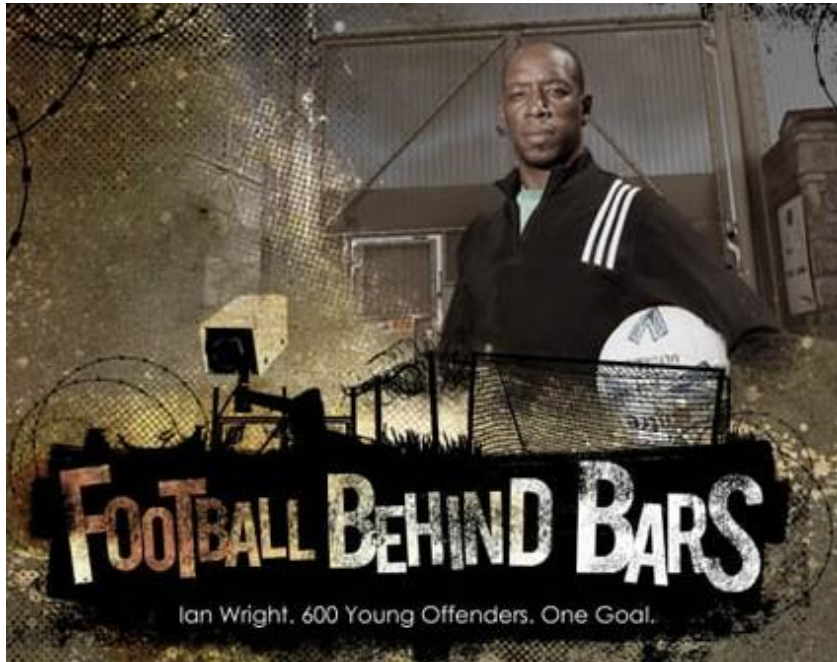


Keep Your Cool.



You may have seen some of the work we did for SKY1's "Football Behind Bars" with Ian Wright



Now developed in association with Chiron Sports & Media,
designed specifically for football academies
Young talented footballers stay in control:

Win on and off the pitch

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An **action-packed** engaging six hour programme, available split over 3 x 2 hour sessions or as a full day package.

Full squads can be catered for.

A Powerful **Team Building** Exercise

- Registration & introductions
- Your Contract at the Academy/ Club and Responsibilities
- Being streetwise in and around town – walking & road rage
- Dealing with fans/paparazzi - courtesy & respect
- At the Nightclub/Restaurant Top Tips
- Handling the neighbours
- Handling the match officials
- Brawling between players, pitch incursions
- Harassment and stadium violence
- Handling your own anger
- Passive, Aggressive, Assertive Practical
- Voice Control & Body Language
- Legal Framework - Dos and Don'ts & Reasonable Force

- Practical Real Play Session - Handling **The Intimidator™**
 - Knowing and controlling your hot buttons
 - On pitch
 - Off pitch

- Self Protection training
- Practical Real Play Session Handling the **MADMAXMAN™**
 - You see him coming
 - Surprise attack

- **MAXStress™** mini-ECG anytime adrenal stress control technique