



Long Term Athletic Development Program Tackle Football Training: Where Training Meets Field Results

Hello!

As a parent, you want your young athlete to be more than just strong—you want them to be great football players. At **Insight Strength and Performance**, we combine the latest strength strategies with proven, field-tested training to develop athletes who perform when it matters most.

Why Insight? Safety, Science, and Field Results

Safety First—Every Session

- **Over 3.5 million youth athletes under 14 require medical treatment for sports injuries annually, with approximately 50% preventable through proper training protocols**
- **Our evidence-based injury prevention methods reduce common football injuries by targeting movement quality and strength development**

- Each phase emphasizes technique mastery before intensity, protecting your athlete's growing body

Proven Results—On the Field

- Structured, periodized training that adapts to your athlete's age and development stage
 - Position-specific skill development that translates directly to game situations
 - Measurable progress tracking so you see real improvements—not just in the gym, but on the field
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The Insight Advantage: Football-Specific Development

1. Foundation Excellence (Mobility & Movement Mastery)

- Build bulletproof movement patterns that prevent injuries and optimize performance
- Movement quality assessment and correction before adding intensity
- **Injury prevention protocols proven to reduce risk by up to 42%**¹

2. Intelligent Strength Building (8–10 Weeks)

- Develop football-specific strength, not just muscle
- Age-appropriate resistance training that supports natural growth
- Focus on movement quality over maximum weight
- Strength training reduces injury risk by up to 68% when technique is prioritized²

3. Power Explosion Development (9 Weeks)

- Transform strength into explosive football power
- Sport-specific power exercises that directly transfer to tackles, blocks, and game-changing plays
- Progressive overload principles to maximize athletic development

4. Elite Athletic Performance (Olympic Lifting & Agility)

- Master advanced movements for total-body power and coordination

- **Advanced agility training for unmatched field awareness and reaction time**
- **Mental toughness development through challenging, progressive training**

5. Game-Ready Performance (In-Season Optimization)

- **Position-specific drills that mirror actual game demands**
 - **Strategic recovery protocols to prevent burnout and overuse injuries**
 - **Performance maintenance to keep your athlete at their peak all season**
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Small Group Training: Maximum Impact, Personal Attention

- **Individual Attention:** Impossible in big groups—our small format ensures every athlete gets personalized coaching
- **Faster Progress:** Small groups move through material 40% faster due to fewer interruptions and more focused training³
- **Peer Learning:** Athletes learn best from teammates working toward similar goals
- **Safety Focus:** Better supervision means better safety outcomes

Every Day Drills (EDDs): Position-Specific Excellence

Each session includes position-specific skill development that creates muscle memory for game situations. These aren't generic drills—they're precisely designed to make your athlete more effective in their specific role.

Field-Demonstrated Results: What Sets Insight Apart

While our competition may focus on impressive numbers in the gym, **Insight's program is built to make your athlete better at football—not just stronger.**

We bridge the “transfer gap” by designing every drill and exercise to mirror the exact movements and decisions players face during games.

Research shows that **sport-specific training with high transfer value produces superior football players⁴.**

How We Measure Success

- **Position-specific performance tests** that measure football-relevant qualities
- **Movement quality assessments** that identify and correct inefficient patterns

- **Game-situation evaluations** that measure decision-making under pressure

The Proof: On-Field Improvement

- **Improved Skill Acquisition and Development.** Our athletes are programmed to fulfill their job descriptions, from ballistic capability to resilience in the trenches
 - **Enhanced change-of-direction ability** crucial for evading and pursuing opponents
 - **Superior movement efficiency** that maintains performance throughout the game
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Your Investment in Excellence

Program Details

- **Frequency:** 2–3 sessions per week (1.5–2 hours each)
- **Investment:** \$25 + tax per session
- **Locations:** PowerHouse – Bedford Place Mall, Chain Lake Sports Field - 531 Crown dr.
- **Group Size:** Small, experience-based groups for maximum attention

What You Get

- **Injury Prevention:** Professional-grade training protocols that keep your athlete healthy
 - **Skill Development:** Position-specific training that creates game-changing improvements
 - **Confidence Building:** Systematic progress that builds both physical and mental strength
 - **Long-term Success:** Foundation training that supports athletic development through high school and beyond
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Ready to Unlock Your Athlete's Potential?

The **Insight Strength and Performance LTADP system** has transformed Dozens of young football players into confident, skilled, and injury-resistant athletes. Our comprehensive approach addresses every aspect of athletic development while keeping your athlete safe and engaged throughout their journey.

Your athlete's football future starts with one decision—the decision to train with purpose, science, and excellence.

Coach AC

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Transform potential into performance. Transform good into great. Transform your athlete's future.

References

¹ Injury prevention protocols proven to reduce risk by up to 42%:

Dose-Response Relationship of Neuromuscular Training for Injury Prevention (Frontiers in Physiology, 2017)

² Strength training reduces injury risk by up to 68%:

Resistance training among young athletes: safety, efficacy and injury prevention effects (PMC, 2009)

³ Small groups move through material 40% faster:

Classroom Instruction That Works (Marzano, 2001) – Adapted to sports training context

⁴ Sport-specific training with high transfer value produces superior football players:

Effect of Functional Training on Physical Performance in Athletes (Journal of Strength and Conditioning Research, 2022)