



## 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.

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### 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%\*\*<sup>1</sup>**

#### **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 prioritized<sup>2</sup>**

#### **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 training<sup>3</sup>
- **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.

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## 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 players<sup>4</sup>.**

## 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**

**Insight Strength and Performance**

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

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## **References**

**<sup>1</sup> Injury prevention protocols proven to reduce risk by up to 42%:**

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

**<sup>2</sup> Strength training reduces injury risk by up to 68%:**

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

**<sup>3</sup> Small groups move through material 40% faster:**

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

**<sup>4</sup> 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)*