



MATT WACKETT
Sports Coaching

FOOTBALL COACHING SERVICES

MATT WACKETT COACHING

GET IN TOUCH

If you have specific queries or would simply like to just have a quick chat about coaching or anything seen here, please do give me a call: **07738 662 016**.

AVAILABILITY

Currently I have limited availability club or team coaching and some availability for 1:1 coaching. Please note that with any 1:1 individual coaching session Matt Wackett Coaching reserves the right to charge for any cancellations less than 2 hours before the session starts.

*minimum 4 session blocks. Preferably longer to improve outcomes from working with the group.

1:1 COACHING

INDIVIDUAL SESSIONS 60 MINUTES - £30/HR

- 1:1 session on your choice of topic
- All equipment and facilities provided
- Sessions include video playback for continued improvement.

INDIVIDUAL TRAINING PLAN MONTHLY - £150/PER MONTH

- Free Basic Training Peaks account
- Four individual 1:1 coached sessions (60 mins each)
- Coach prescribed fitness goals & recovery
- Bespoke pre-training session plans
- Monthly review & progress call with coach (30 mins)

CLUB OR TEAM COACHING £25/HR*

Matt has been coaching grassroots foundation level sessions for over 13 years and has seen a number of 5, 6 and 7-year-olds progress to Premier League club academies. Team sessions are limited to 16 players to align with FA coaching guidelines, additional charges will be required for more than 16 players to accommodate an assistant coach. Whilst sessions plans can often be similar, the focus of Matt's coaching is to appropriately layer sessions with complexity and progression to ensure that individual players and the group can develop in their own time. Sessions are tailored to the needs of the group to support their development.