



Football Flick is a technical training equipment solution.

Delivering player performance enhancement and assessment solutions.

Validated improvement of core skills by way of scientific program

Proven to develop core skills by up to **49%**



Scientific Validation Programme in Partnership with

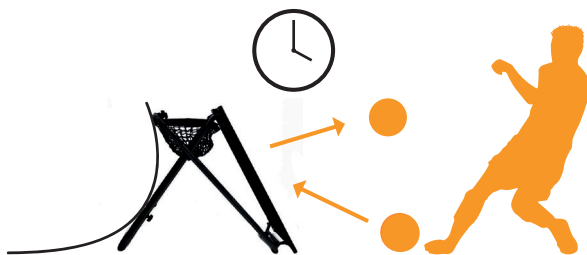


Performance Drills:

The following Key skills were assessed:
Results - % Increases from Each Group
Monitored over the 9 Week Period:

Regime 1 - Close Control

Control > 73%



Test

Continually pass the ball against the Angled Rebounder for 30 seconds or until either a misplaced attempt or mis-control. May be half volley or full volley from 1.5 metres

Measure

The test measures how long the player can continuously volley or half volley the ball against the surface and how many successful attempts are made

Benefit & Result

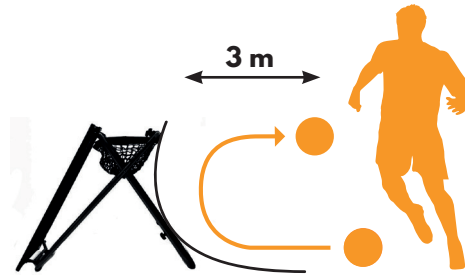
Continued application of this test measures and improves close control, reaction and repetitive muscle memory. Difficulty can be increased by:

- Using weaker foot
- Alternating between feet
- Increase the distance to the rebounder
- Increasing the tempo and strength of the attempts

Validated to improve close control by up to 73%

Regime 2 - Passing Accuracy

Passing > 29%
Avg.



Test

Pass the ball 10 times using either foot from a 3 metre distance. Repeat for both the Curved Ramp and the Angled Rebounder, ensuring the ball is returned successfully to the player after each attempt.

Measure

The Accuracy is measured by the % of passes successfully returned and brought under control for both exercises.

Benefit and Result

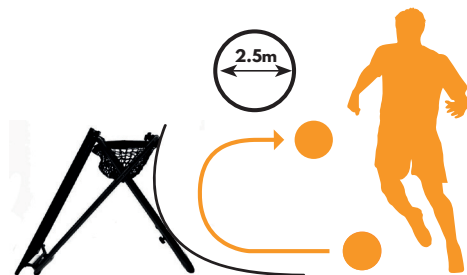
Continued application of this test will improve the basic technique of performing a ground pass and lofted pass which is a basic skill in the game, both feet can be measured under separate tests and the difficulty can be increased by implementing the following adaptations:

- Use just the strongest foot
- Use just the weakest foot
- Alternate between both feet
- Use the outside of each foot as above
- Move further away from the unit
- Variation on any of the above and change tempo

Validated to improve Passing Accuracy by up to 29% ave

Regime 3 - Speed of Touch

Touch > 45%



Test

Pass the ball from 2 metres away into the Curved Ramp using either foot and then control the return using either foot, chest or thigh. Complete 10 attempts and control the ball to the stationary position within a circular area of 2.5 metres in diameter of standing position.

Measure

Time the speed of ball control to rest and how many controls remain in the target circle. Aim to improve both speed and percentage of accurate controls

Benefit & Result

Continued application of this test measures and improves ability and speed of control when making and receiving a controlled pass in a defined area.

Difficulty can be increased by:

- Using weaker foot
- Alternating between feet
- Increase the distance to the rebounder
- Reduce the diameter of the target circle
- WConcentrate on weakest method of control

Validated to improve speed of touch by up to 45%