

NLP SPORTS



**Taking Sports to the
Next Level of Performance**

DEVELOPMENT PROGRAMMES

NLP SportsFitness

Sports & Dance Parties



NLP sports international house, Bow, LONDON, E3 2SJ

Contact

Office: 0203 432 5722

Email address: info@nlp sports.co.uk



NLP SPORTS DEVELOPMENT PROGRAMMES

FOOTBALL COACHING

Football is one of the most eminent games among the youngsters. In order to excel in the game, the player should follow a strict routine. It requires discipline and dedication. Workouts play a vital role in keeping the mind of the player fresh.

NLP's football programme allows children and adults to have fun, and develop good discipline and physical conditioning, plus a step-by-step football coaching system with everything you need to create a winning team.



can give children a good workout and help adults stay fit. It can be played with up to 4 participants. NLP's tennis programme is exhilarating and fun.

BASKETBALL COACHING

Basketball can teach many important lessons of life to you. It will teach you how to become competitive and this is important in the outside world. You'll also learn how to become successful in the real world.



TENNIS COACHING

Tennis can be a good, fast-paced exercise that can get children heart pumping and help children stay in shape. It can be played with just one other person or as a foursome. Either way, it is exhilarating and fun. Tennis is a great, fast-paced exercise that



ATHLETICS COACHING

Athletics is an exclusive collection of sporting events. This involves competitive running, jumping, throwing, walking and many more. NLP's program teaches the following: shot put, long jump, high jump, sprinting and middle distance running.

CRICKET

Our cricket programme is a great way for young cricketers to improve their skills, techniques and confidence. The sessions usually last 1 to 2 hours and covers all aspects of batting, bowling and wicket keeping. It is a unique opportunity for young cricketers to pick up tips, coaching skills and advice from professional cricketers

BADMINTON

NLP's badminton program is designed to cater for the needs of children and adults. Our badminton programs are designed to be fun, as well as a great way to keep fit.



RUGBY

NLP provides a number of rugby programs designed to cater for the needs of children and adults. Our rugby programs are games based and is an excellent and healthy sporting alternative.

BOXING

NLP sports non-contact boxing is developed for the needs of children who want to start boxing in a controlled environment. Boxing coaching gives children the skills and tools to develop quickly a strong body and unshakable confidence.



FENCING

Fencing engages the mind as well as the body and forces participants to develop high levels of concentration and tactical thinking. Anyone can succeed in fencing if they are willing to put the work in.

Participants are introduced to tradition, rules, techniques and tactics.

NLPs fencing offers classes to all levels from beginners, who have no fencing experience to those who have more basic fencing experience.

Fencing benefits includes:

- Enhances speed and accuracy
- Increases agility
- Helps weight loss

BOXERCISE

Boxercise has the perfect answer to providing healthy fitness classes that are great fun. Energy can be channeled into an activity that will give you confidence and improve self-esteem. Boxercise is one of the most effective forms of cross-training available today. It combines use of both aerobic and anaero-bic energy systems.

MARTIAL ARTS

There are many different forms of self defense and combat styles from around the world.



NLPs martial arts programme can help fitness and health. Martial arts allows participants to develop anticipate, and be more decisive and take positive action.

DANCE

NLP's dance programmes comes with a wide variety of different styles of dance such as hip-hop, street dance, and many more. Hip-hop dance originated from the streets of America and now it is used world-wide and is a very popular form of dance with today's youth. Street dance is a distinctive and fun form of dance which has continued to grow in popularity. For more enquiries on which dance classes are available please email us at: info@nlpssports.co.uk.



NLP SPORTS TO START FENCING AND BOXERCISE AFTER SCHOOL CLUBS

As well as football, basketball, tennis, and dance after school clubs, NLP can now coach fencing and boxercise. Since the London olympics parents and teachers have enquired about these sports thus raising the demands for them. NLP offers fantastic rates with topcoaches who are extremely qualified and experineced who can create a fun, and educational atmosphere for children. For more information please email info@nlp sports.co.uk to enquire about prices and other services.

WHY IS SPORTS PARTICIPATION IMPORTANT FOR CHILDREN?

There are many benefits to increased participation in sports for children. Habits are established in the early years of life and studies suggests that children who are more active reduce the risk of obesity. Children are also more likely to mature into adults who are physically active and can also see an increase in cardiovascular fitness, better balance and coordination, not to mention the fact that children sleep better and children who participate in sport have better social skills. Most importantly though, sports participation is fun.

WHAT IS CHILD OBESITY AND HOW CAN NLP SPORTS HELP TO CONQUER IT?

Childhood obesity is a condition which affects children and young people. If a child's body is holding too much fat, they can be classified as obese. Signs of childhood obesity include a weight which is well above the average for a child's weight and height. Childhood obesity can often lead to the child growing up over-



weight and unhealthy, which can lead to heart problems later on in life. Part of NLP's mission is to help conquer child obesity by pushing the needs for a child to be physically active through sport. NLP offers flexible classes, courses, and after school clubs for children and teenagers in order to encourage sports participation for all types of sports including football, basketball, fencing, boxercise, cricket, tennis, dance and many more. NLP continues to educate the importance and benefits of a healthy lifestyle to parents, children, and teachers.

HOW CAN SPORTS PARTICIPATION HELP IMPROVE A CHILD'S BEHAVIOR?

Studies suggests that a lack of opportunity to play sport in the UK is a big factor of why children misbehave. The lack of competitive sports in primary schools such as football and basketball are prime reasons why children may underachieve in school. One reason for this is that children can have short attention spans and boredom effectively is partly to blame.

Sports activities such as tennis can help increase concentration in children and growing sports such as boxercise can give children a proper channel for aggression and turn negative behavior into positive behavior which becomes controlled aggression.

NLP offers a range of sport to conquer children's bad behavior. As well as coaching children, NLP also has the resources to recommend talented children to professional clubs so after our coaches have left the school, the child can continue to build on their talent at a competitive level.



WHY FINDING THE BALANCE BETWEEN SPORTS AND EDUCATION IS IMPORTANT?

Each child is different. Some children grow up getting their homework done before going outside to play football with their friends. But, as they start to get older, children will begin to see it as a chore and get put off by the sight of schoolwork and would rather just have fun. This is why it is important to get the balance right from the early days of their development. Children who grow up realising the importance of education and extra-curricular sports and activities become better achievers in school. Studies suggest that a simple but effective timetable coordinating homework and a fun activity means that they will strive in their grades at school, and also have the chance to relax and have fun in their extra-curricular activities. Using our popular after school clubs, NLP sports can help educate parents into how to integrate sports and school successfully without making one or both less irrelevant than the other.

WHY CHOOSE NLP SPORTS FOR AN AFTER SCHOOL CLUB?

NLP sports offers great benefits to joining one of our after school clubs. We offer competitive and reasonable rates for all our after school clubs for any sport. As well as football and basketball, we also specialize in athletics, boxercise, fencing, dance, tennis, cricket, rugby, and much more. Our coaches are highly experienced and highly qualified to make clubs fun and educational, as well as giving the children a great workout whilst parents can have time to relax and get on with other duties. Among those reasons, NLP have the resources to recommend talented participants to professional clubs and personnel who can help the child utilize their sporting talents at a competitive level. If you would like NLP to organize your child's after school club, feel free to contact us, our details are located on our website at www.nlpsports.co.uk, or contact your son or daughter's school who will contact us to make the suitable arrangements.

NLP Sports instructors and coaches. All instructors and coaches are CRB checked to an enhanced level and covered by our public liability insurance up to £5M.

PPA COVER

NLP Sports can solve all your PPA cover needs! NLP Sports also specialises in planning and delivering effective PPA Cover to primary schools. Our coaches can plan and deliver excellent sports lessons coupled with the national curriculum for both Key Stages 1 and 2:

All of our coaches are:

- * Experienced and qualified to take lessons within primary schools
- * All coaches are CRB checked to an enhanced level
- * Our coaches are highly skilled and highly trained
- * Coaches are also able to tailor lessons to meet all the children's needs
- * Our coaches make lessons fun and educational

FREE SESSION

NLP are now accepting bookings for next term. In order to receive a FREE taster session for dance or football contact us on 0203 432 5722 for more information.

DISCOUNTS

Also add our discount:
A multiple booking of 10 lessons or more qualifies for a 10% discount

