

PROJECT 8

# PROJECT 8

## 2022

Professional | Bespoke | 1-2-1 | Sports Coaching

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# Welcome to Project 8

Welcome to the start of your journey of 1-2-1 coaching, tuition and mentoring.

I'm sure you'll have some questions along the way. No problem. That's where I come in. Project 8 is uniquely designed, bespoke programme of coaching. Delivered in a 1-2-1 or small group environment if you wish. The coaching is filmed, analysed and players will document their progress and development throughout the programme.

No other such detailed and rigorous programme exists and that is why from its infancy to now it has been so successful.

The programme is designed to get results, and this will be done in a coaching style and approach that suits you and your needs as a player.

We'll help direct and instruct where necessary and let you as the player drive forward your learning with our expert guidance and support.

I look forward to working closely with you in the weeks and months to come. Let's make this adventure an exciting and rewarding one!

Matt Fairburn



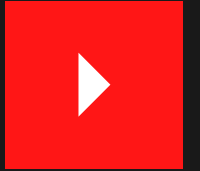
Your coach for 2022



"My aim is to  
make players  
technically  
sound, and excel  
creatively"

Matthew Fairburn, Founder of Project 8

# Why is 2022 looking so great for the Project?



## The Full Project 8 Includes:

- A tailored and designed programme for the individual.
- 8 Hours of Coaching from me, one of the UK's most highly regarded skills coaches.
- Video taken of skills and technical work for player reflection
- Analysis and feedback throughout the session
- Mentoring advice via Google Meet
- Project Conclusion

## New / Improved for 2021:

- Fitness input provided by Henry Davies S&C
- £100 to spend on YI Hockey Accessories / Stick / Performance apparel to help support you.
- 20% Off all our camps and courses (1 year)
- Downloadable resources

Take your game to the next level this year. **2022** is your year.



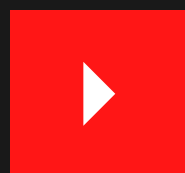
# Understanding the needs of you the player.

Can you relate? FAQs.

- 1, Looking for the first step in your hockey, not sure where to start?
- 2, Selection Headaches?
- 3, Advanced Skill development, no body to deliver?
- 4, Scholarship Preparation?
- 5, Big game, trial or tournament on the Horizon?
- 6, Want to progress through the Single System?
- 7, Not played due to Covid-19?

As an Ex Junior International, representing England in a World Cup, I know the pressure and demands of the game. I Understand that no two individuals are the same, where one player's need varies entirely to another.

Invest in your future, your passion and fulfil your potential with me this year.







We have  
worked with  
over 100  
players on  
Project 8

Don't just take our  
word for it...



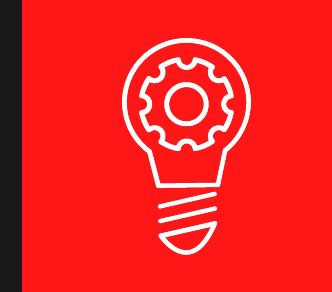
# We bring it... In bags.

Building a rapport with players  
is something that we take  
very seriously.

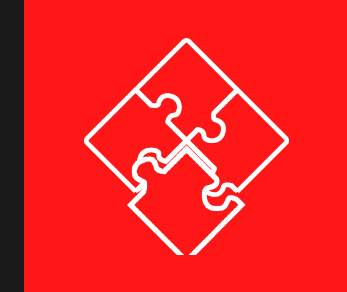
Let us show you what we can do for you.



Motivational  
Inspirational



PX  
(Player Experience)



Results  
and End Goals

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No one else  
brings **Rigour**,  
**Enthusiasm**,  
and **Fun** like us  
when training.



## Results

- Growth Mindset
- Repetition
- Rapport with the coach
- Inspiration demonstrations

## Experience

- Playing with a smile
- All round supportive help
- Professional
- Fun & Progressive



# How sessions look.

- Sessions will be planned based on player and parent feedback, and sessions are split into manageable chunks.
- During the session players will be expected to fill out their player progress booklet.
- The sessions run for 90 mins, and within the session 15+ video clips will be taken for the player to reflect on.
- Players may want a particular focus on skills from a recent match performance or up coming match.

We intend to extract as much from the session as we possibly can!!





# Pricing & Dates

The Project 8 programme will have three running periods, these are:  
Jan-April, April - June & July-August 2022 (Bath, Cheltenham & Bristol).

## Good to know:

**Full Project 8 Course: (individual player)**  
**£689.00.**

Delivered by: Matt Fairburn

**Full Project 8 Course: (Siblings / Pairs)**

Enjoy working with a friend, teammate or sibling. Challenge each other, work against each other and enjoy all the benefits of Project 8 but working with someone.

**£399.00 per/person. (Pair)**

**£299.00 per/person. (Three) Max**

Delivered by: Matt Fairburn

**Project 8 Short Course, 4.5 hrs:**  
**£399.00**

Delivered by Matt fairburn

**£219.00 per/person. (Pair)**

**£150.00 per/person. (Three)**

### 3 Flexible Payment Options:

- 1, Full amount upfront.
- 2, £50% upfront, 50% before project begins.
- 3, Three x equal payments before project starts.



# Testimonials

“Just wanted to say a huge thank you as Eloise has made the U14 South East Wales county team. She says your Project 8 made a massive difference. We are so proud as she is only 11!”

“Yes I made the first team which is mainly the year above, won the regionals and off to Nationals on Tuesday.”

“Just to say thank you for getting his confidence back Matt and hopefully you can work with him again.”

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# Delivery & Locations

We don't stick to set dates, we form a plan of delivery to work with you the player.

One week it may be a weekend, the next it may be an evening.

Sessions are split into:

4 x 90 minute sessions, and 1 x 2 hour session to make the full 8 hours.

Course delivery is advised over 4-6 weeks.



Cheltenham, Bristol and Bath are preferred locations, but we can travel.



Times to suit you



Dates to work around you



# What's Next?

**Our aim is to see improvements quickly and you can enjoy these successes.**

**Concluding and next step notes will be provided at the end of the Project.**



## 1, GET THE FACTS

Get in touch with us to organise a conversation and find out more.



## 2, QUESTIONNAIRE

After speaking with you, we'll gather further information through our specially designed questionnaire.



## 3, DEVELOP A PLAN

Based on information provided, conversations and if we have worked with you before, we'll develop a bespoke programme designed to work best for you.



## 4, THE PROGRAMME

We'll work closely with you to meet your training and playing goals.



## 5, ENJOY THE RESULTS

We'll work closely with you to meet your training and playing goals.



Register Your Interest  
[CLICK HERE.](#)

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