

If you want to go fast, go alone. If you want to go far, let's go together! *(based on an African proverb)*

## M.V.P Programme: your recipe towards success

Prepare your **M**ost **V**aluable **P**izza!

1. The base (24/7 invisible training)
2. Main ingredients (visible practice sessions: make the most of them)
3. Extra ingredients and toppings (games, tournaments etc.: enjoy them)
  - Individual or small groups
  - In person / by videoconference

Request details of the M.V.P recipe catered

to the appetite, budget and availability of you and your player(s) / athlete(s)

## Consultations & support:

- Pre-season, during and in specific moments of need
- One-off consultations or continued support

Free introductory chat (15–30 minutes); 60 minutes each successive session

In person (at a convenient venue) or by videoconference/telephone

- ✓ One-off consultation: from 100 euros\* per session
- ✓ Continued support programme: often more effective and economic than one-off sessions; according to needs

\*depending on the location

possibility of subsidies or other options in cases of limited economic resources

prices valid for the 19/20 season

[info@coachingconexion.com](mailto:info@coachingconexion.com)  
or  
complete the web form