



## PERSONALIZED PERFORMANCE PROGRAM



Led by: Mauricio Negri PhD

# DR. MAURICIO NEGRI

**GGG – Personalized Performance Program**, is led by Mauricio Negri and ESports Control USA. Dr. Negri is a highly qualified, experienced sports scientist and professional physiologist. He brings to GGG over 28 years of experience at the highest level of soccer. Throughout his career, Dr. Negri was the physiologist for two well-known Brazilian soccer clubs, Vasco da Gama and Fluminense FC, and he was also the physiologist for the Brazilian Men's National Team at the 1998 FIFA World Cup, and when Brazil became five times world champion at the 2002 FIFA World Cup.



- Current Academy High Performance Director at Orlando City SC



- Sport Science of professional Soccer from Fluminense Futebol Clube for 17 years.



- Sport Science of professional soccer from Clube da Regatas do Vasco da Gama for 11 years.



- Sports Science of the Men's Brazilian National team in the 1998 and 2002 World Cups.





# SCIENCE APPLIED IN SPORTS

Science applied in sports minimizes the negative impacts of excessive exercise and allows setting goals to achieve better performance and reduce the risk of injury. The **GGG – Personalized Performance Program** will provide biological support for player development by providing and implementing an evidence-based program.

Dr. Negri and his team will work to establish the ideal stages for the application of appropriate stimuli, respecting the stage of development of GGS's young athletes. Consequently, we can further maximize the genetic and individual potential of all athletes participating at the program.

**Muhammad Ali**

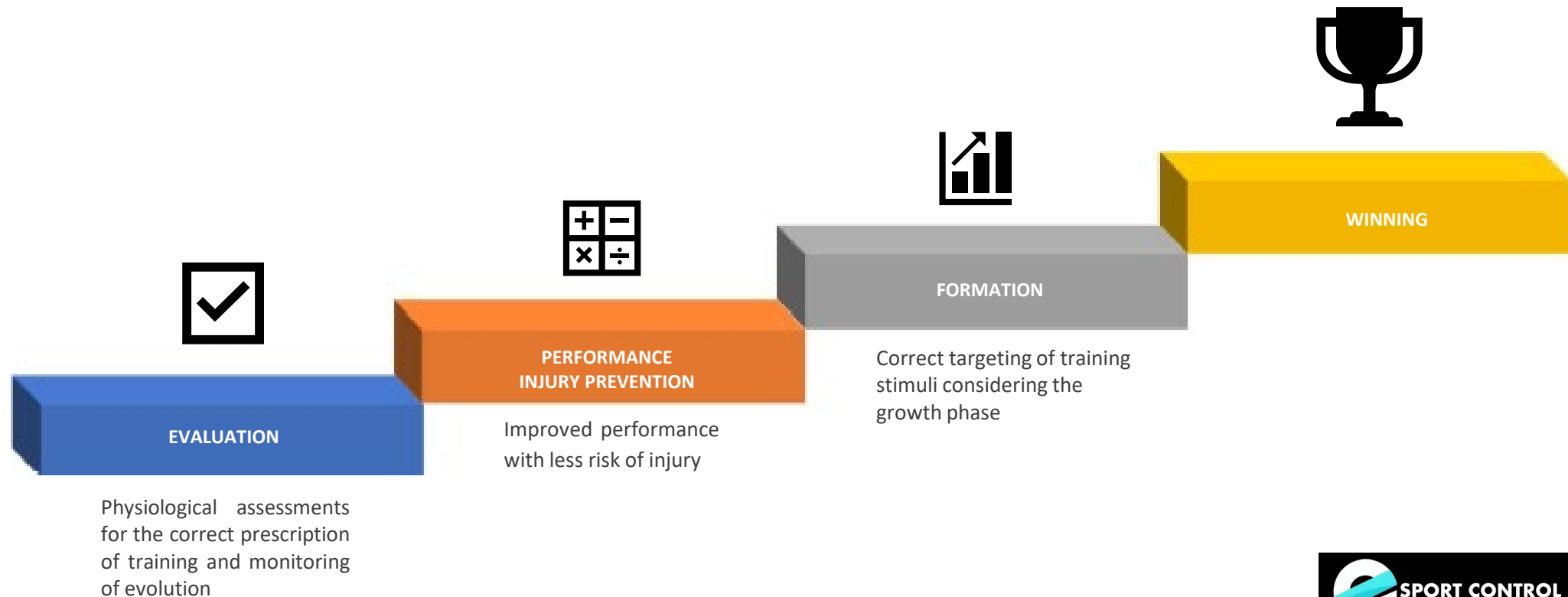
*"I hated every minute of training, but I kept repeating to myself: 'don't give up, suffer now to live the rest of your life as a champion'"*.





# BASIS FOR SUCCESS

The work methodology applied in training is the result of the integration of the technical, tactical and sports science areas. As a result, players will enjoy training fundamentals of soccer on the pitch, which will focus on coordination, agility, speed, strength, power, and endurance. Throughout the soccer season, the program will develop each player, based on their specific goals by age group, considering the period of the season.



# EXCELLENCE IN SPORTS PERFORMANCE

For sports performance to achieve excellence there are several determining factors. The psychological, technical, tactical and even social factors are determinant in sport. However, the physical and morphological factors are the most valued, due to their importance in individual or group sports.

Of the morphological factor, the most addressed in the literature is body composition, in which we can follow the percentages of fat, muscular and bone mass. However, when approaching the population of young athletes, it is necessary to pay attention to some specific markers, such as biological growth. It is necessary to monitor biological growth to understand how and when functional and structural changes occur so that we can intervene at the right time.

It is necessary to increase the evolution of a child in relation to the different stages of biological growth, during the development process, relating to the variables of strength, speed, and aerobic capacity. The evaluation of the physiological state is of fundamental importance for the correct management of training stimuli. The lack or excess of stimuli (physical activity, food, sleep...) results in losses that cannot be corrected in adulthood.



# OBJECTIVES OF THE PROGRAM

The objective of the **GGS – Personalized Performance Program** is to evaluate the physiological condition/stage of an athlete’s growth. The goal is to develop individualized training programs, to direct the right stimuli, for the best performance, with the least risk of injury, so that we can reach the complete development of each athlete.

This is one of the foundation for success, and in order to achieve it in soccer, we must take into consideration these three stages of the program:

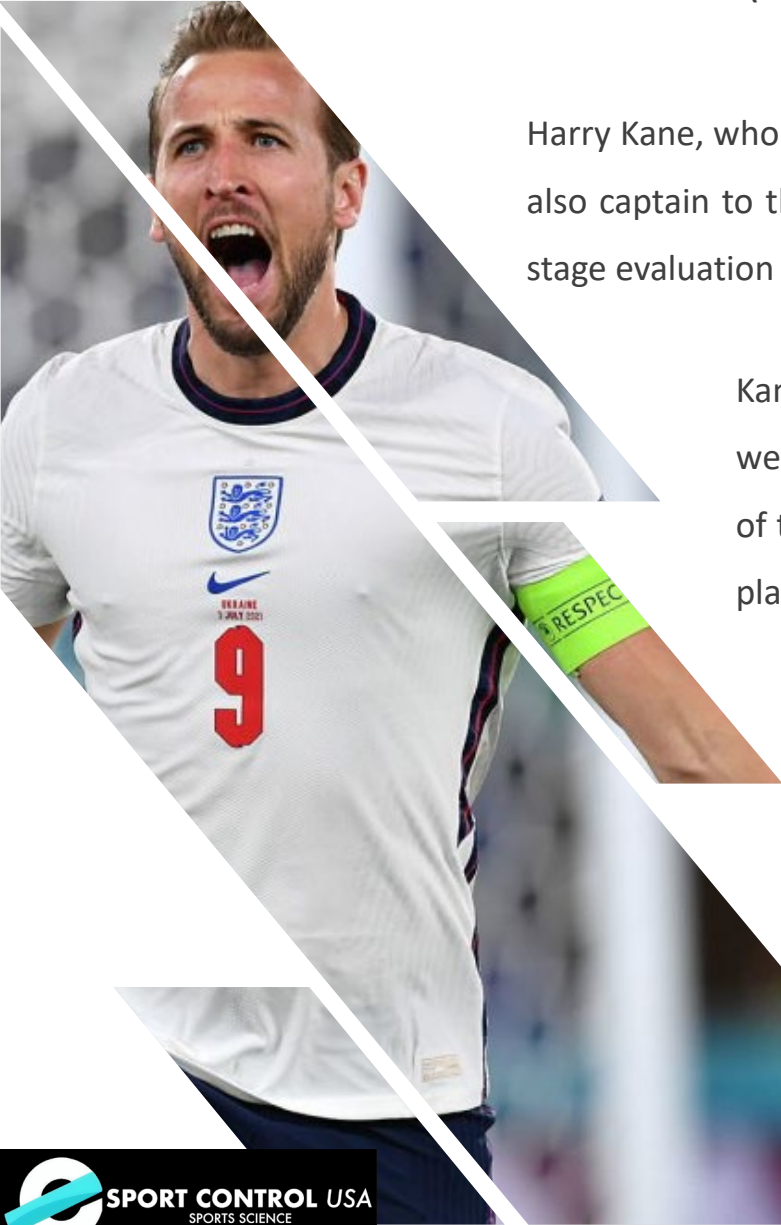
- 1) Evaluation
- 2) Prevention of injuries
- 3) Formation of the athlete

Being “successful” is usually perceived, and considered equivalent, as being a champion of a tournament or league. However, it’s not only that. Being successful also means seeing your child reach their goals, whether that meaning they will become a professional athlete, or getting a scholarship for college, but also achieving a healthy development, as well as becoming role models, better citizens, and young community leaders.



# HARRY KANE

(EXAMPLE)



Harry Kane, who currently plays for Tottenham Hotspurs (English Premier League) and is also captain to the England Men's National Team, is an example of how important the stage evaluation is.

Kane started to play for Arsenal at 11 years old. He was a late stage maturator. He was smaller, weaker and slower than his peers. The team didn't understand his stage of growth and because of that he had to leave. He went to Tottenham and today he is considered one of the best soccer players in England and the world.



*"It's hard to tell at that age what the player is going to turn into. I was only small at that age. I was for my age. I was a late developer. So, look, it's hard to call a player at such a young age."*

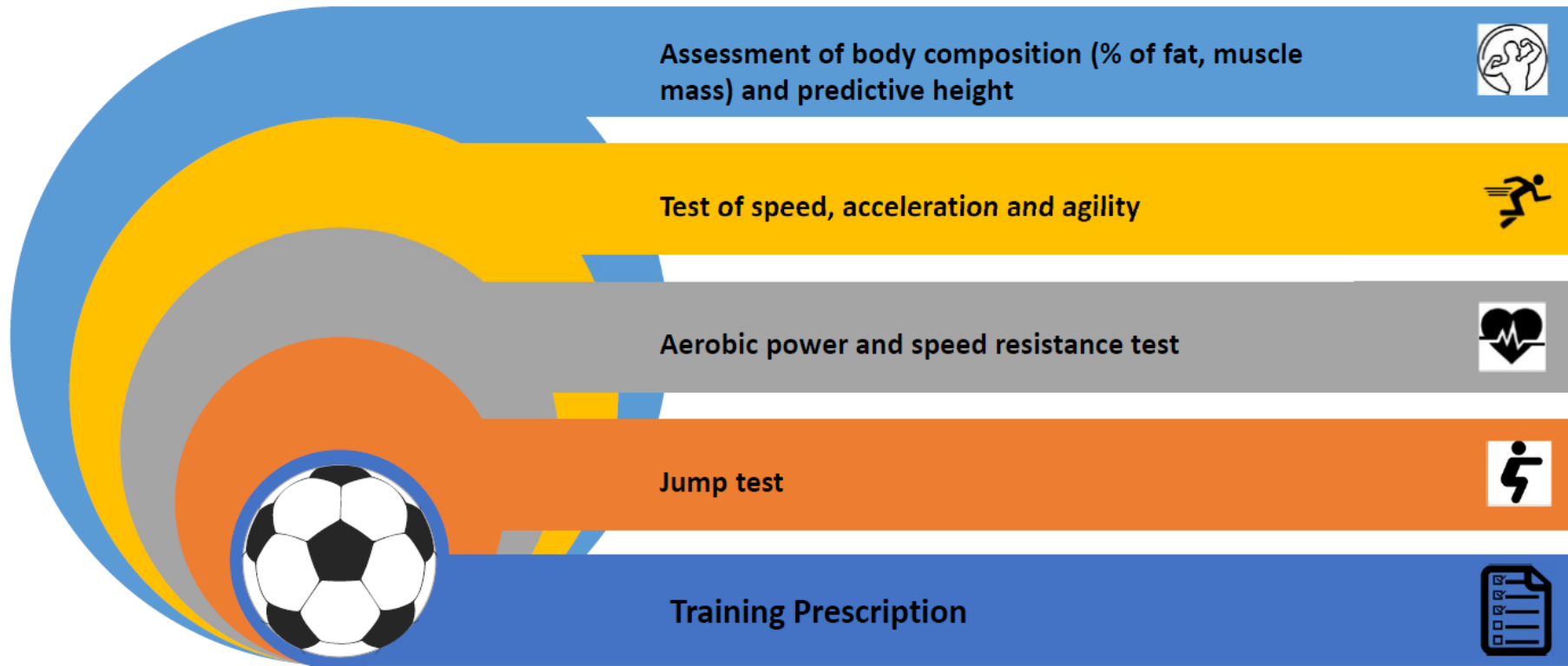
*"After that, I went to Spurs when I was 11. It wasn't like it took off straight away, I still had to work hard. There were highs and lows along the way. As I got older and older, I grew up a bit, I caught up with the rest of the players for my age and it went from there really"*





# PHYSIOLOGICAL EVALUATION

The physiological evaluation is done with state-of-the-art equipment and follows execution protocols with scientific evidence. The work consists of:

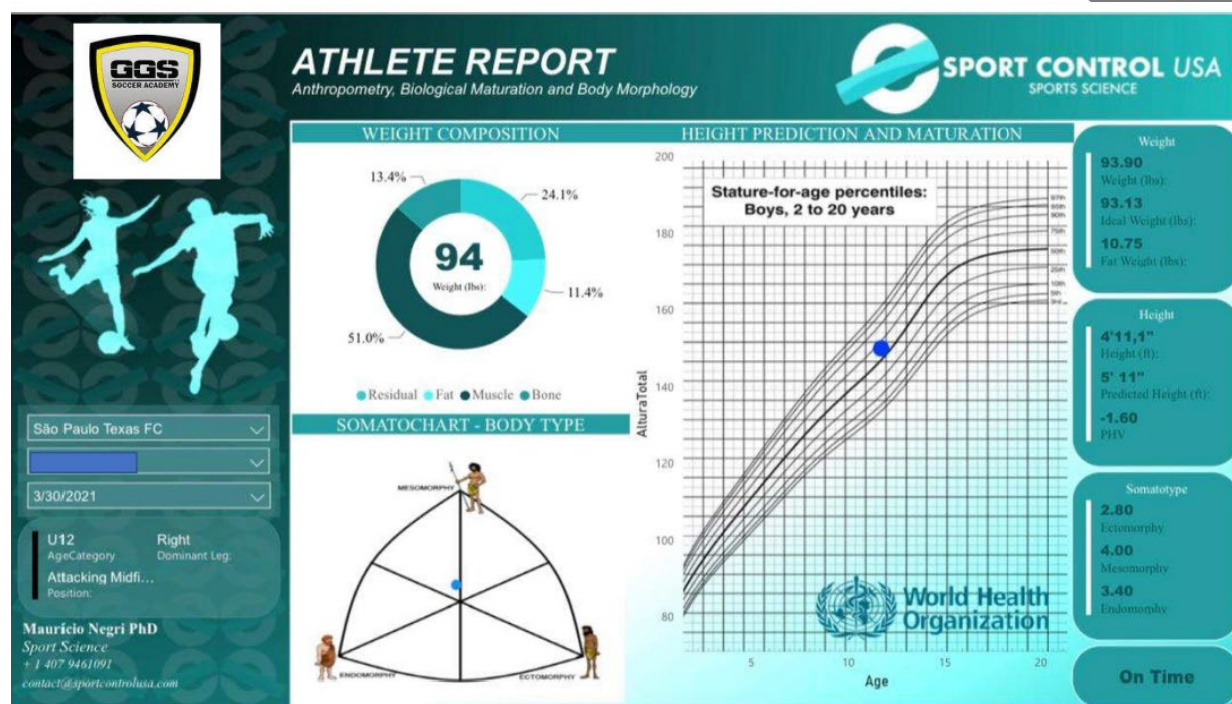




# PHYSIOLOGICAL EVALUATION

To start the program, Dr. Negri and his team will evaluate each participant athlete's physiological conditions. During the evaluation process, he will identify the athlete's needs and work on them. This way, the athlete can improve their performance, and at the same time, reduce the probability of injuries.

In the Athlete's Report, parents and players will be able to see all the data about the athlete's body composition, which is divided into muscle mass, bone, fat and residual. Residual referring to vital organs and blood.



# PEAK HEIGHT VELOCITY (PHV)

To better explain Peak Height Velocity, please look at the scenario on the right. These are two children born on the same day. Case 1 is a late maturator, where his peak of growth will be at 15 years old. On the other hand, Case 2 is an early maturator, where his peak of growth will be at 12 years old.

But more important than becoming a professional soccer player or not, is that the coach and the child's parents understand what stage the child is in and how far he can go.

As the height is a genetic trait, you can stop growing if you don't have the right stimuli: exercise, diet and sleep. But there isn't a treatment to grow, unless there is a hormonal test. The right stimuli for each stage of development are as important as performance is.



<u>CASE – 1</u>	<u>CASE – 2</u>
<ul style="list-style-type: none"><li>• Age: 14.25</li><li>• PHV: 15.61</li><li>• Height: 141.1 m</li></ul>	<ul style="list-style-type: none"><li>• Age: 14.25</li><li>• PHV: 12.15</li><li>• Height: 184.7 m</li></ul>

# SPEED OF 30 m AND PHV

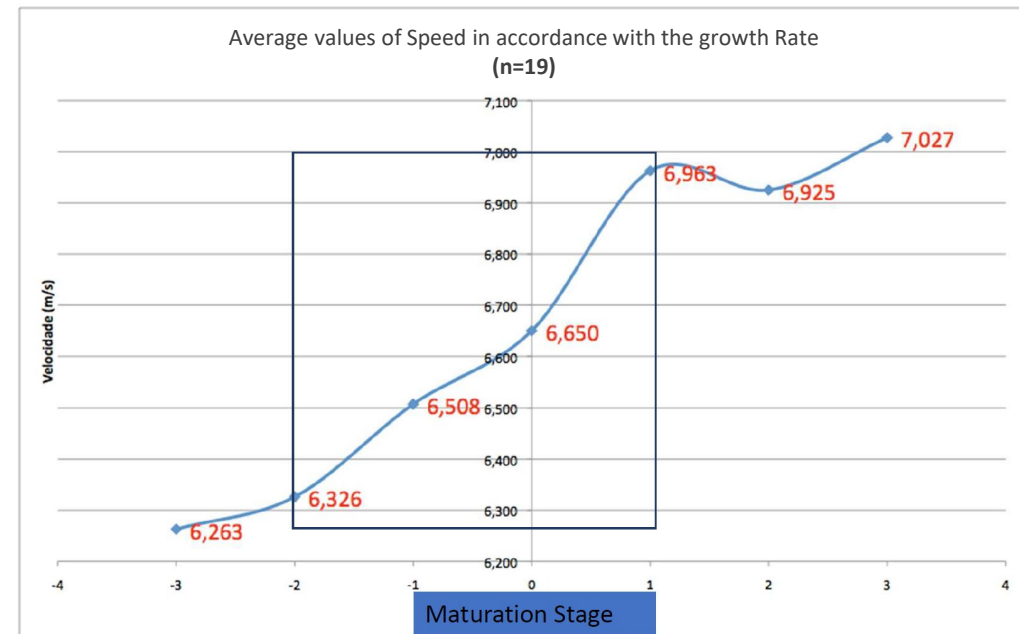
Why is it important? At each stage of the development, there are ideal physical activities to be done. For example, in this graph, we can see that minus two (2) and plus one (1) are the phases where the athlete gets the highest speed. So, this is the best moment to work on speed. That is why it is important to know when the young person is in their highest PHV point.

This occurs similarly with the other physical characteristics, such as strength, power and resistance. When working with young people, there is a fundamental factor to be analyzed: the growth stage of the young person.

There are three types of growth stages:

- **Early stage:** the peak of growth occurs at 12 years old;
- **The average stage:** at around 13 years old;
- **The late stage:** at 15 years old.

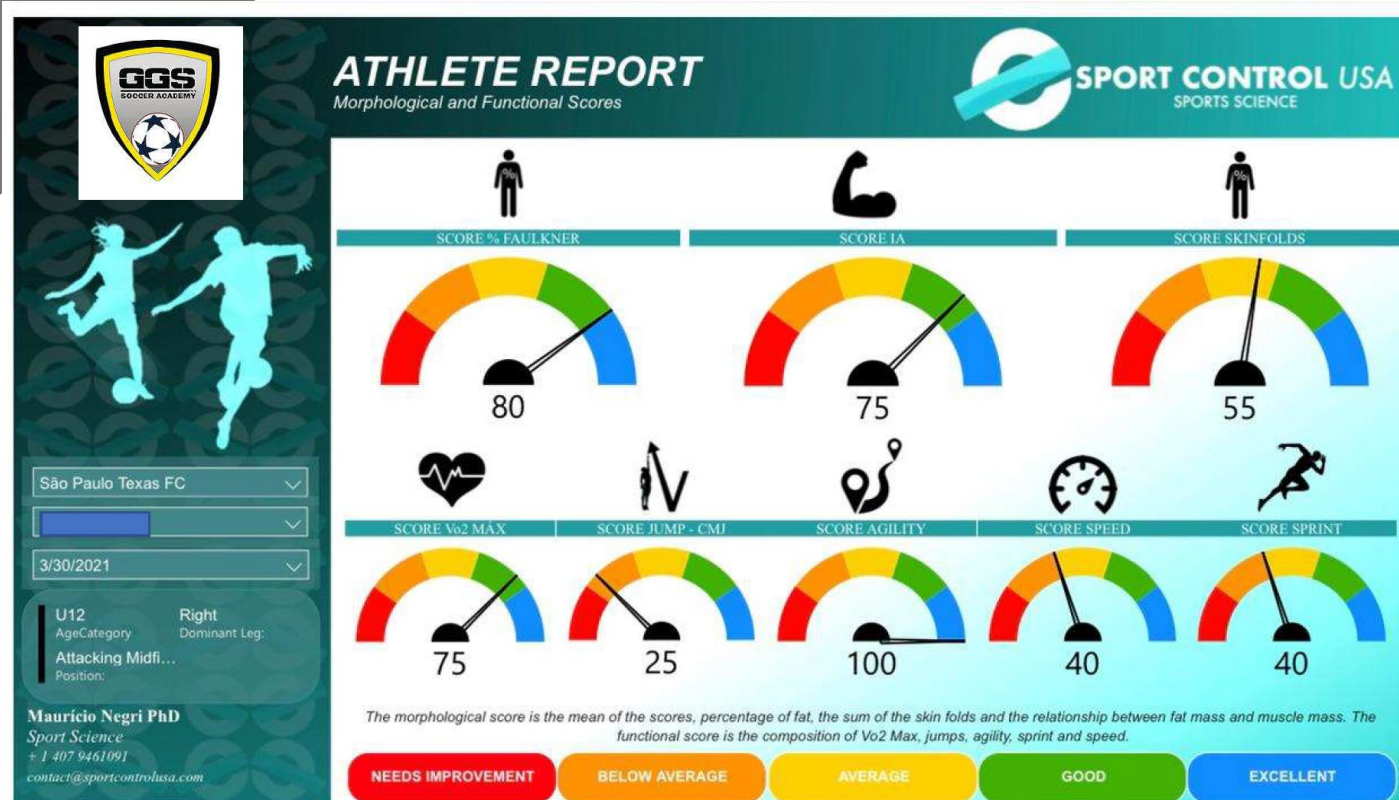
## Speed of 30 Meters and PHV





# ATHLETE REPORT

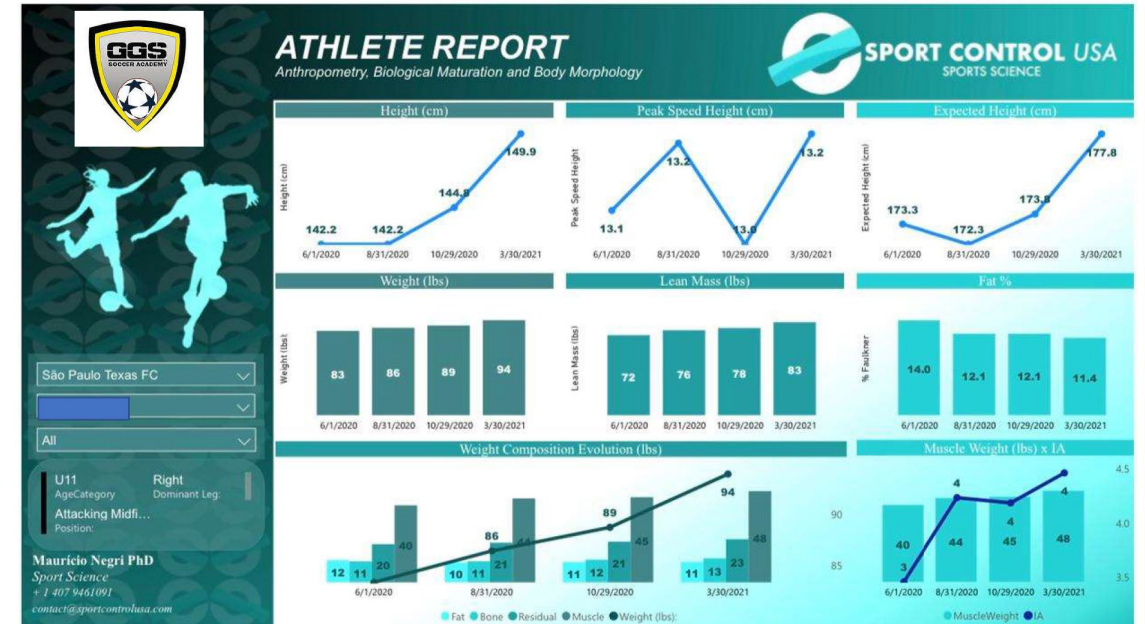
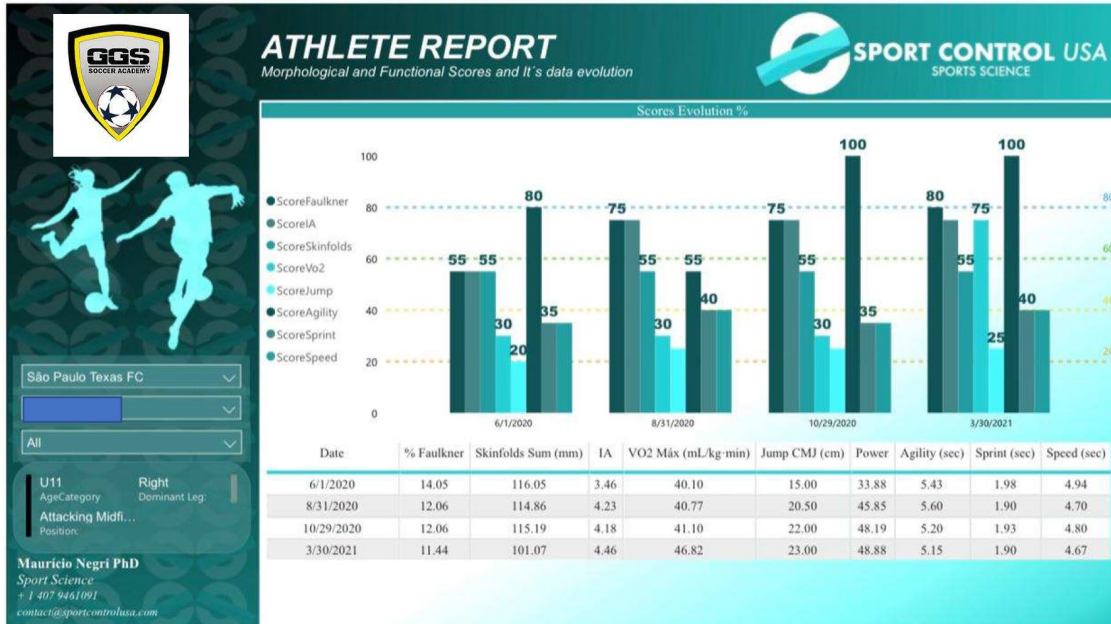
All players participating in the **GGS - Personalized Soccer Performance program**, will be able see the results of several physical tests and compare them to data from athletes of the same age and/or position. Please see below the main physical tests taken:



- **FAULKNER** – is the percentage of fat
- **IA** – is the muscle and fat ratio
- **SKINFOLDS** – is the sum of all the skin folds
- **VO2 MAX** – is a resistance test
- **JUMP** – is an excellent way to access strength and power
- **AGILITY** – is a change of direction test
- **SPEED** – is a 30-meter test
- **SPRINT** – is a 10-meter test

It is important to compare the results of our soccer players with those of their peers of the same position and age across the US. These results are necessary to understand how much our athletes can improve.

# ATHLETE REPORT



With the evaluation, parents and players can see all the evaluations side by side and follow the athlete's evolution.

After this analysis, Dr. Negri and ESports Control will propose a physical training recommendation for three months, with another reassessment at a later date, so that they can monitor and adjust the training process.

# INJURY PREVENTION PROGRAM

SPORT CONTROL USA		Soccer Performance System			Training Microcycle					
SPORT CONTROL USA					Mauricio Negri PhD					
Exercise		Séries	Reps	Interv	Exercise Images					
CORE	1	FOREARM PLANK ISOMETRIC	2	30"	25"	1	2	3	4	
	2	FOREARM SIDE PLANK ISOMETRIC	2	30"	25"					
	3	SUPERMAN PLANK	2	30"	25"					
	4									
	5									
	6									
	7		2	30"	25"	5	6	7		
FUNCTIONAL	1	ROLLER WELL	3	8 rept	30"	1	2	3	4	5
	2	NÓRDIC	3	8 rept	30"					
	3	TRAINING ELASTIC	3	8 rept	30"					
	4	COPENHAGEN GROIN	3	8 rept	30"					
	5									
CARDI	1	INTERVAL TRAINING	1	30"	HOME	1	2			
	2	SPRINT	5	10M 20M	30"					
STRENGTH	1	SQUAT 1	3	8 rept	30"	1	2	3	4	5
	2	SQUAT kettlebell	3	8 rept	30"					
	3									
	4									
	5									

After the evaluations, Dr. Negri and ESports Control will send a specific program for injury prevention to each participant athlete.

In soccer, injury prevention is extremely important. For instance, many professional soccer players have already had ACL injuries, especially on the women's side. There are several factors that make women more prone to have ACL injuries, such as minor ligaments and minor notches (biomechanical factors). Take for instance that women have 6 times more probability of developing ACL injuries than men.



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All GGS players who are at least 10 years-old, boys and girls, are encouraged to participate at the **GGG – Personalized Performance Program**. This is a great opportunity to understand more about your child's body and further maximize their development.

Enrollment to the **GGG – Personalized Performance Program** is currently opened and has the duration as the current regular soccer season (November 2021, till May 2022).

- Cost per participant athlete if paid in Full: **\$175.00**
- Cost per participant athlete if paid in installments: **\$200.00**
  - Initial payment of **\$60.00**, and seven monthly installments of **\$20.00**
- Start Date: **November 1<sup>st</sup>, 2021**

Registration Link: <https://system.gotsport.com/programs/X01504181>

**Register Now!**







## FOR MORE INFORMATION



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