

WITH EAGLES AND GB ASSISTANT COACH IAN MACLEOD



PLACES ARE LIMITED AND WILL BE ALLOCATED ON A FIRST COME, FIRST SERVE BASIS

OVERVIEW

These sessions are aimed at developing players who want to accelerate their learning, and have an ambition to play at a higher level.

Sessions will be catered to the required skill development of each individual player or group of players. This service is open to any Eagles Community Foundation player who competes in our Eagles Academy or Central Venue League, from under 12 to under 18.

EXPERT ADVICE AND GUIDANCE

Ian Macleod is currently assistant coach to the **Newcastle Eagles BBL team**, as well as being Head Coach of our **Under-19 Eagles Academy**, who compete in the Elite Academy Basketball League (EABL).

Coach Macleod has also coached with the **Great Britain Under-18 team** at two European Championships, working with the best young athletes in the country.



COACHING OPPORTUNITIES

- **Individual:** One-to-one work with Coach Macleod with the session catered to meet the player's needs.
- **Positional:** Max. of 5 players, who will work on skills catered to meet their positional needs.
- **Group:** Max. of 10 players, who will work on skills catered to their age group needs.



INDIVIDUAL COACHING

| Session Details | What you receive | Cost |
|-------------------------------|--|------|
| One off, individual session | <ul style="list-style-type: none"> ● 1 hour one-to-one coaching session ● Individual development plan ● Feedback including video analysis | £60 |
| Set of 5 individual sessions | <ul style="list-style-type: none"> ● 5 x 1 hour one-to-one coaching sessions ● Individual development plan ● Feedback including video analysis | £250 |
| Set of 10 individual sessions | <ul style="list-style-type: none"> ● 10 x 1 hour one-to-one coaching sessions ● Individual development plan ● Feedback including video analysis ● Individual skill workout plans | £450 |

GROUP COACHING

| Session Details | What you receive | Cost |
|--|--|----------------|
| Positional Coaching (max 5 players) | <ul style="list-style-type: none"> ● Grouped by position ● Development plans catering to positional needs ● Feedback including video analysis | £20 per player |
| Group Coaching (max 10 players) | <ul style="list-style-type: none"> ● Grouped by age ● development plans catering to age group needs ● Feedback including video analysis | £15 per player |

