

GSM PRIVATE TRAINING

Player Guide

What to expect, what's expected of you, and how to get the most out of it.

WHY YOU'RE HERE

Practice reps aren't always enough. These sessions are built to give you extra work on the details that separate good players from great ones — technique, route running, and understanding the game, not just running plays.

WHAT WE'LL WORK ON



- WR / DB Technique — footwork, hip snap, release, press, backpedal
- QB Fundamentals — footwork, mechanics, progressions, pocket presence
- Route Running — precision, timing, separation
- Hands & Catching — contested catches, tracking, ball skills
- Film Breakdown — recognition, football IQ, self-scouting

WHAT TO BRING

- Cleats and workout clothes for the weather
- Water bottle
- Gloves, if you use them
- A ready mind — sessions move fast and cover a lot

2x British National Champion (UWE) • Bristol Aztecs, England (BAFA) • Currently playing pro in Mexico

WHAT I EXPECT FROM YOU

- Show up on time, ready to work
- Bring full effort — every rep, every drill
- Be coachable — take correction and apply it
- Ask questions if something doesn't make sense
- Respect the time — yours, mine, and anyone else training with you

WHAT YOU CAN EXPECT FROM ME

- Real, specific feedback — not just generic encouragement
- Drills built around what you actually need to improve
- Honesty about where you're at and what it takes to get better
- Someone who's played at a high level and knows what scouts and coaches actually look for

A TYPICAL SESSION

- 1 Warm-up**
Movement prep to get the body ready
- 2 Technique work**
Focused on what you need most
- 3 Live reps**
Routes, catching, coverage, or QB drills by position
- 4 Film & notes**
Breakdown when relevant

“The reps you put in when no one's watching are what show up on game day.”

Improvement isn't always visible right away — trust the process and stay patient.

Questions? Ask me at your next session, or have your parent reach out anytime.