



Mindset & Athletic Development

SIX WEEK PROGRAM

THE
**BUILDING
BETTER
HUMANS**
PROJECT

project
180 

Welcome

Welcome to the Youth Mindset & Athletic Development Program.

This program is designed to take you from a good level to an elite level no matter what your sport or athletic pursuit. One of the keys to success is to work on areas of weakness and to work on things that others aren't working on.

The Three Key Areas:

There are three key areas where you can make improvements as an athlete:

1. Your technical, sports specific skills
2. Your physical, athletic ability, this includes recovery, nutrition as well as your physical preparation.
3. Mindset. Focusing on mental skills, resilience, coping strategies for when things go wrong.

What is the Youth Mindset & Athletic Development Program?

The program focuses on the one percenters in relationship to mindset and physical athletic development (speed, power, strength etc). We aim to link your training performance, on field or in competition performance with the mindset that is required to attain athletic excellence.

How are the sessions structured?

Every Thursday we will hold a 30 min mindset session and this will be followed by a 45-60 min physical fitness/athletic development session which will focus on key elements you need to develop to be the best athlete you can be.

First session is Thursday 27th July at 5pm.

Last session is Thursday 31st October at 5pm.

Schedule:

- WEEK 01:** Mindset Overview of the Seven Success Principles.
- WEEK 02:** Habits, Routines & Rituals for Success.
- WEEK 03:** Building the Solid Humans Foundations
- WEEK 04:** Analysing Strengths & Weaknesses
- WEEK 05:** Psychological Necessity
- WEEK 06:** GRIT and Above the Line Thinking

Investment:

The program is \$75 for six weeks.

Extras:

Full Access to all Project 180 HQ Training sessions for only \$20 per week extra.

We highly recommend:

*Tuesday 6pm for a Partner Workout, and
Saturday 7am for a Team Workout.*

These allow us to work on the teamwork side of your development, We place you into small teams and then set a workout that you must complete together. It's up to you as a team to work out the best way to attack the session and then give everything you have for your team.

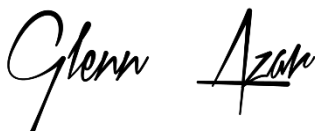
As well as the above sessions you will have access to a mixture of STRENGTH, CARDIO and ANAEROBIC SESSIONS from Monday to Saturday. For timings download the Project 180 App and create a profile. This will allow you to see all updated sessions and book in as required.

PROJECT 180 APP:



If you'd like to book into this program please email glenn@glennazar.com or contact me on 0438 364106.

Thanks,



Glenn Azar
Founder
Building Better Humans Project