



Soccer - Player Development Coaching Package Offerings

Physical Performance Private Coaching Package with Fit for Footy Membership

Weekly private training (1-to-1) that focuses on learning proper lifting techniques, building athletic strength, improving flexibility, and developing power through athletic movements. Promoting less pain and more athletic ability that translates to feeling & playing better on the field! The physical training program is personally tailored to your goals, needs, and any limitations.

Standard Guided Coaching Package - \$299 /month

1x/week In-Person Training Session (1hr) & full weekly personal program

High Guidance Coaching Package - \$419 /month

2x/week In-Person Training Session (1hr) & full weekly personal program

I operate out of my own private home gym (fully dedicated training studio gym pictured on the SheerTraining.com home page). I live right across from the Legacy Movie Theater in Greenfield. I offer rescheduling within 6 days as long as I have availability. This setup is Retainer Style (in short: the session time slot is offered weekly and any unattended sessions can be completed online) see the Retainer Style PDF for full details.



Fit for Footy Membership Includes:

Weekly Scheduled Physical Training Program, Ball Mastery Skill Sessions to choose from, and Player Nutrition Guidance. With the option for virtual technique coaching and direct messaging access to Coach Brian to talk through any training questions throughout the week.

Delivered to your personal account on the Sheer Training App.

All designed around the idea of Train Better, Feel Better, Perform Better!