

WELCOME TO ALLY PRO PERFORMANCE THE FREE GUIDE

TACTICAL
ANALYSIS
CLIPS
INCLUDED



EXCERPT
FROM
AERIAL
DEFENSE
TACTICAL
GUIDE
INCLUDED

AERIAL DEFENSE TACTICAL GUIDE

MASTER THE TACTICS BEHIND AERIAL DEFENSE

TACTICAL
ANALYSIS
CLIPS
INCLUDED



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MORE FROM APP 8





INTRODUCTION



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INTRODUCTION:

THIS GUIDE IS AN INTRO TO THE TACTICAL GUIDES AVAILABLE AT ALLY PRO PERFORMANCE.

AN EXCERPT FROM THE TACTICAL GUIDE TO ELITE AERIAL DEFENSE IS INCLUDED, SO YOU CAN SEE EXACTLY HOW THE PROCESS WORKS.

WHEN IT COMES DOWN TO AERIAL DEFENSE THERE'S FOUR MAIN PRINCIPLES TO FOCUS ON TO MAKE THE BEST DECISIONS & ACTIONS IN THIS MOMENT.

PRINCIPLE #1: BODY SHAPE

HOW TO APPROACH A LONG BALL COMING – THIS MASSIVELY AIDS THE NEXT 2 PRINCIPLES

PRINCIPLE #2: POSITIONING

TRACKING FLIGHT + ADJUSTING YOUR POSITION TO MEET THE BALL

INTRODUCTION:

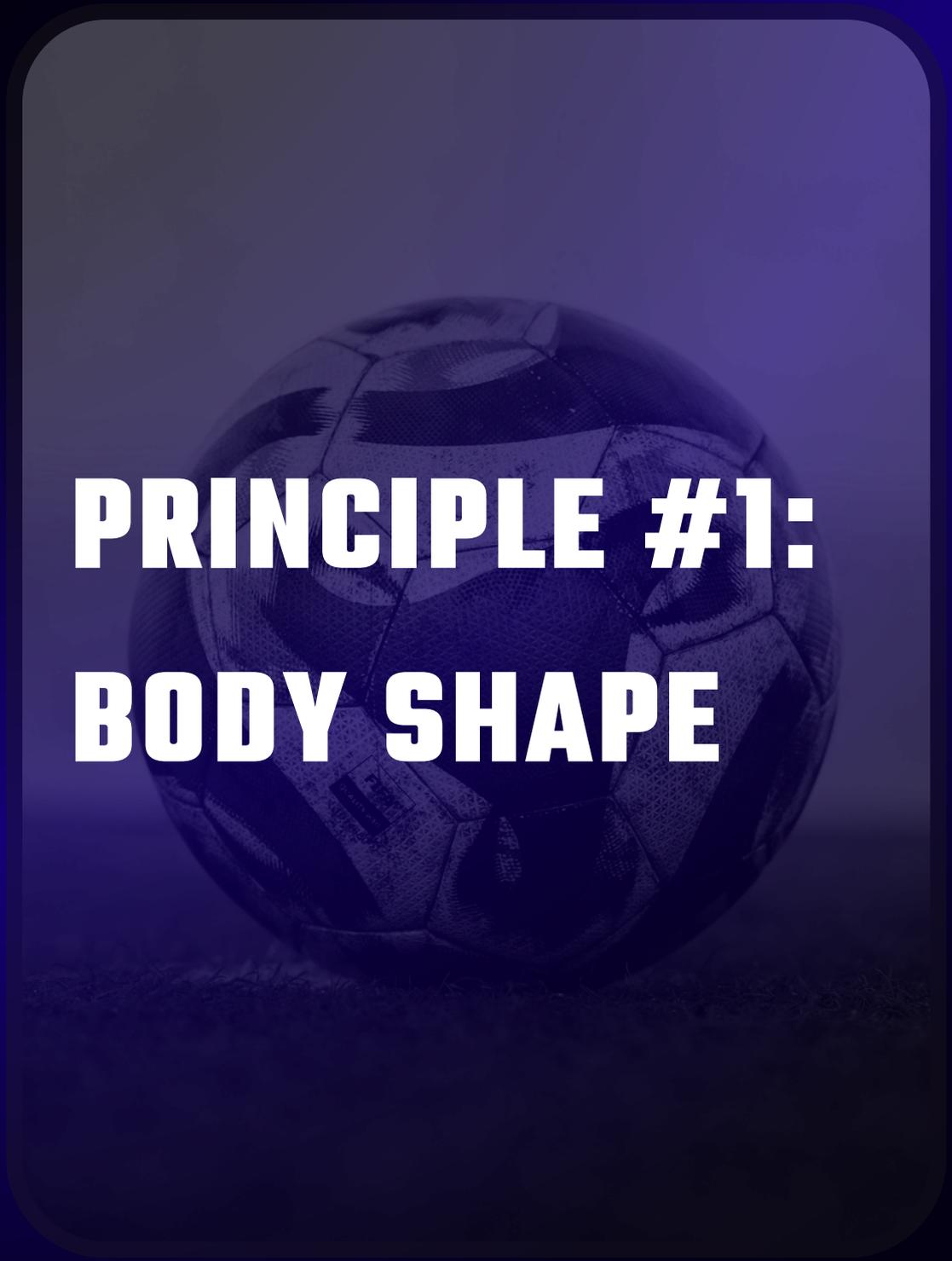
PRINCIPLE #3: CONTACT

THE CORRECT CONTACT TO USE IN THE RIGHT MOMENTS, AS WELL AS WHERE WE DIRECT HEADERS TO.

PRINCIPLE #4: AERIAL DUELS UNDER PRESSURE

APPLYING THE PRINCIPLES WHILE UNDER PRESSURE

IN THIS EBOOK ONLY PRINCIPLE #1 WILL BE COVERED.



PRINCIPLE #1: BODY SHAPE



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PRINCIPLE #1: BODY SHAPE

HOW YOU APPROACH THE LONG BALL IS THE FIRST STEP

IF YOU ARE SQUARE ON THE BALL

(CHEST FACING THE BALL):

- YOU WILL NOT GET A SOLID JUMP, AS YOU HAVE NO LEG TO LEAD OFF OF
- THIS LEADS YOU TO GETTING CAUGHT UNDERNEATH THE BALL

AS YOU'LL SEE BELOW



PRINCIPLE #1: BODY SHAPE

CORRECT BODY SHAPE IS OPEN BODY SHAPE.

- ONE FOOT LEADING IN THE FRONT, THE OTHER ON THE BACK FOOT.
- CHEST ANGLED IN BETWEEN BOTH FEET, HEAD NEUTRAL

THIS HELPS YOU GAIN A PLATFORM TO RISE UP IN A JUMP TO MEET THE BALL.

IT ALSO GIVES YOU THE ABILITY TO GENERATE POWER FOR THE JUMP AND THE HEADER, WHILE AIDING LATERAL (SIDE) MOVEMENTS

CERTAIN PARTS OF THE PITCH LEAD TO A CHANGE IN YOUR BODY SHAPE, AS YOU'LL SEE HERE



**YOU'LL FIND ALL 4 PRINCIPLES & MORE
IN THE FULL TACTICAL GUIDE BELOW**

**AERIAL DEFENSE
TACTICAL GUIDE**
MASTER THE TACTICS BEHIND AERIAL DEFENSE

**TACTICAL
ANALYSIS
CLIPS
INCLUDING**

**CLICK
HERE TO
ACCESS**

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A

The image shows a promotional graphic for a 'Tactical Guide'. It features a dark background with a yellow starburst on the left containing the text 'TACTICAL ANALYSIS CLIPS INCLUDING'. A large, rounded blue button with white text in the center says 'CLICK HERE TO ACCESS'. At the bottom left, there is a white logo consisting of a stylized 'A' and the text 'ALLY PRO PERFORMANCE' written diagonally.

**MORE FROM
ALLY PRO
PERFORMANCE**



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PRO VISION ACADEMY



GAIN ACCESS TO A WORLDWIDE FOOTBALL NETWORK

CONNECT WITH AMBITIOUS PLAYERS - THIS BECOMES YOUR CONTACT BASE FOR NEW OPPORTUNITIES WORLDWIDE



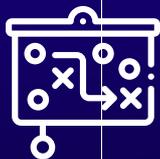
UNLOCK CAREER DEVELOPMENT STRATEGIES

GET THE INSIGHT NEEDED TO CONNECT WITH AGENTS, COACHES & CLUBS TO FURTHER YOUR CAREER



LEARN FROM FOOTBALL WORLD INSIDERS

ACCESS TO MENTORS & FOOTBALL INSIDERS WHO HAVE EXPERIENCED THE JOURNEY FIRST HAND



MASTER PRO FOOTBALL SYSTEMS & STYLES

TACTICAL DEVELOPMENT TO MEET PRO LEVEL DEMANDS - MODERN SYSTEMS, FORMATIONS AND ROLES USED BY THE PROS.



LEARN HOW TO FUND YOUR DREAMS

YOU WILL BE GIVEN INSIGHT INTO INCOME GENERATING METHODS TO FUND YOUR DREAMS

INTRODUCTION TO THE ACADEMY:



NO ONE IS COMING TO FIND YOU.

PROFESSIONALS KNOW THIS & POSITION

THEMSELVES CORRECTLY

AMATEURS WAIT

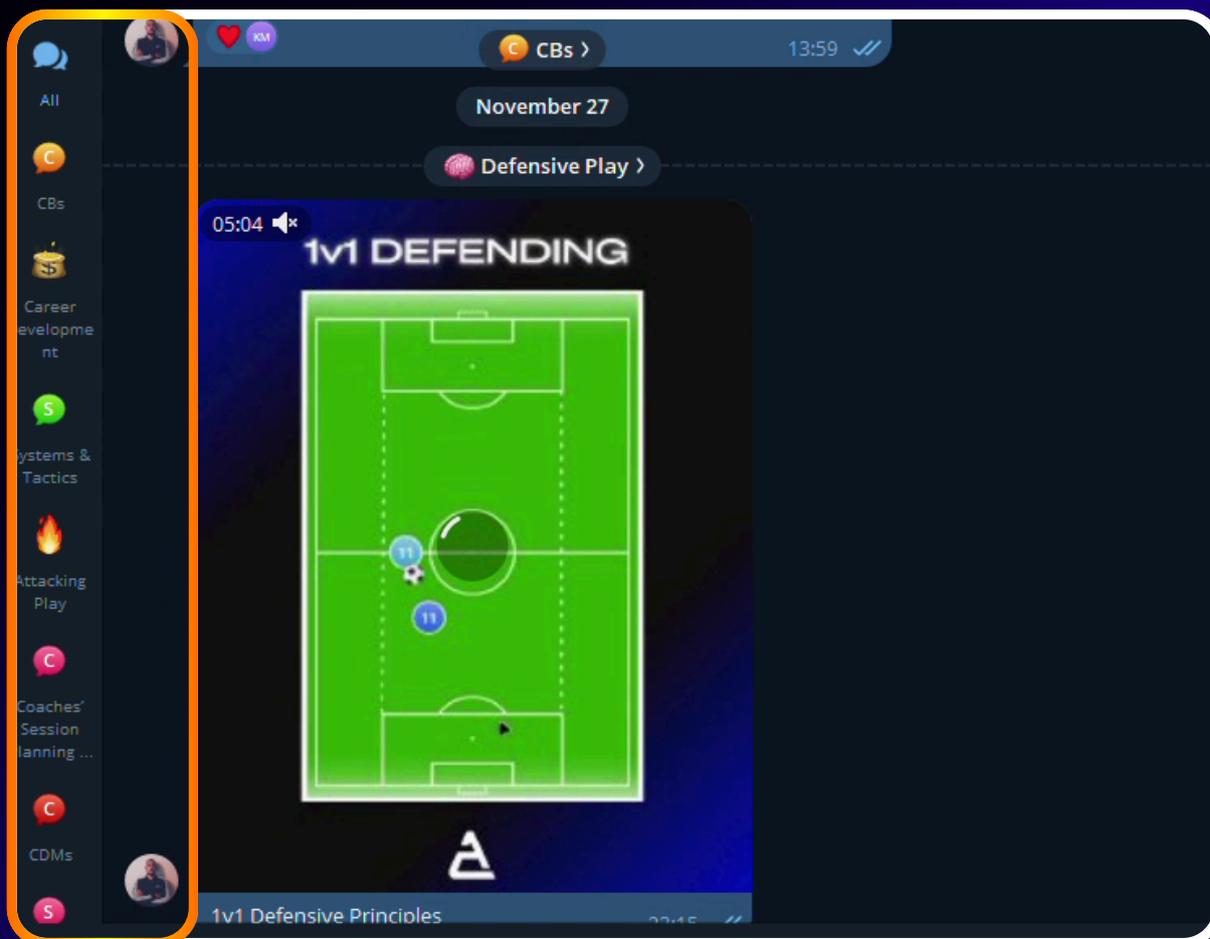
- **NO DIRECTION?**
- **NO NETWORK?**
- **NO PATHWAY?**

WE CHANGE THAT

**GAIN MENTORSHIP IN AN ACADEMY & PRIVATE
NETWORK BUILT FOR PLAYERS CHASING THE PRO
LEVEL.**

INTRODUCTION TO THE ACADEMY:

ACADEMY ROOMS TAB



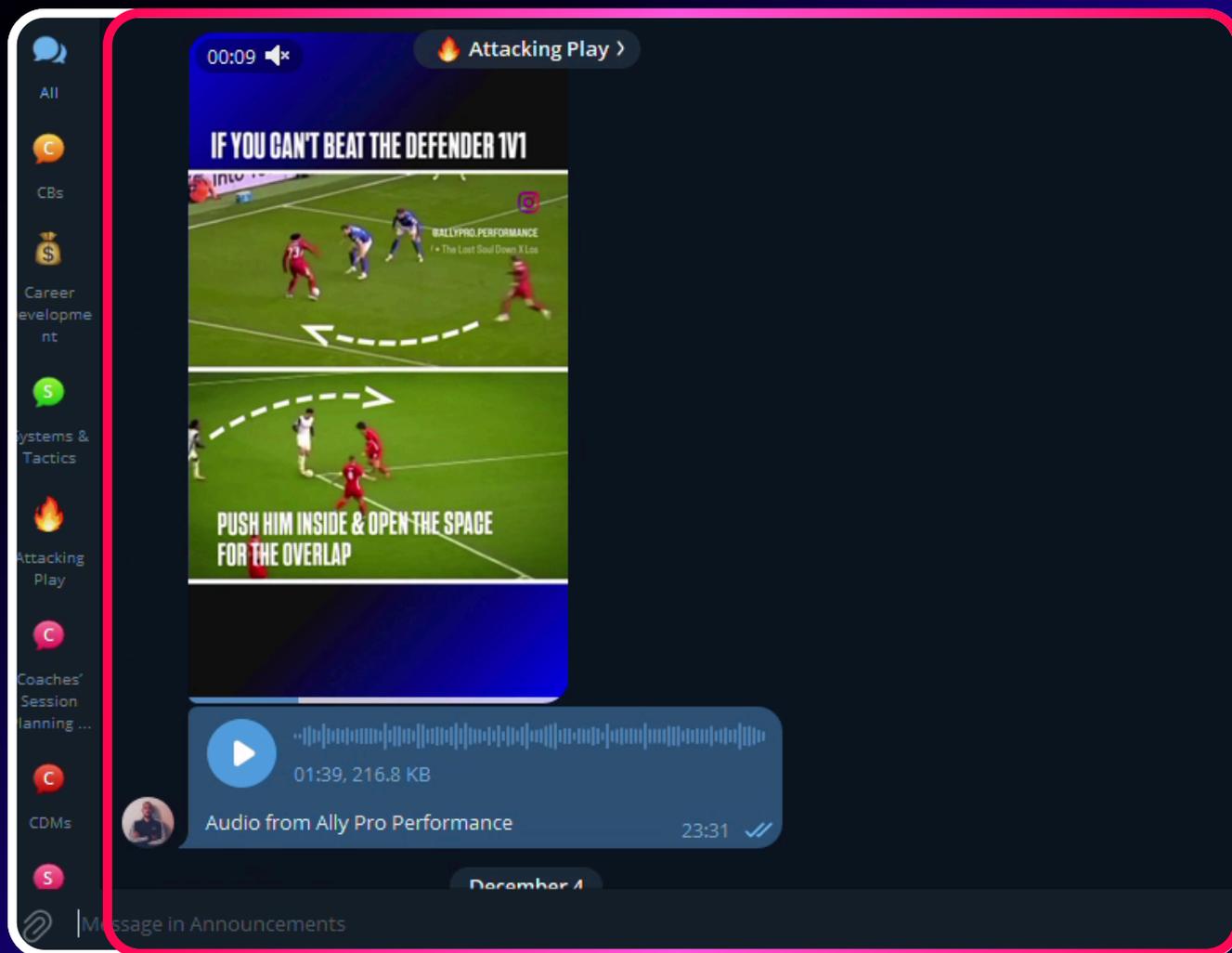
THIS IS WHERE YOU'LL ACCESS ALL THE DIFFERENT ACADEMY ROOMS.

YOU'LL FIND:

- **POSITIONAL COACHING & ANALYSIS**
- **CAREER DEVELOPMENT – THE FORMULA TO CONNECT WITH AGENTS, SCOUTS, TEAMS & COACHES**
- **TECHNICAL SKILL & PHYSICAL DEVELOPMENT**
- **NUTRITION & RECOVERY GUIDANCE**

INTRODUCTION TO THE ACADEMY:

COACHING PANE

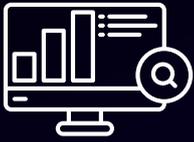


THIS IS WHERE YOU'LL ACCESS ALL THE DIFFERENT INFORMATION FOUND IN THE COACHING TAB.

THE ACADEMY ALSO FEATURES A QNA FEATURE TO REQUEST SPECIFIC INFORMATION/COACHING.

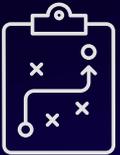


PRO VISION: ANALYSIS



PRIVATE MATCH ANALYSIS

WE'LL ANALYSE YOUR PERFORMANCE TO FIX TACTICAL WEAKNESSES & SHARPEN TALENTS



TACTICAL COACHING

POSITIONAL TACTICS, FORMATIONS & SYSTEMS USED AT THE PRO LEVEL



PROGRESS TRACKING

CONSISTENT TRACKING OF YOUR DEVELOPMENT



SKILL DEVELOPMENT & CONDITIONING SUPPORT

ENHANCE YOUR TECHNICAL & PHYSICAL QUALITIES ALONGSIDE YOUR TACTICAL ANALYSIS & COACHING



PERSONAL BRAND SUPPORT

WE'LL SHOW YOU HOW TO CREATE OR ENHANCE YOUR PERSONAL BRAND FOR BETTER SPONSORSHIPS & MONEY GENERATING OPPORTUNITIES



ACCESS TO THE ACADEMY & GLOBAL NETWORK

PERSONAL ANALYSIS



STEP 1: WATCH THE VIDEO ABOVE

**STEP 2: THEN SELECT YOUR
ANALYSIS CLIP BY POSITION ON
THE NEXT PAGE**

TACTICAL GUIDES

BECOME TACTICALLY RELIABLE

THESE TACTICAL GUIDES EXIST TO MAKE YOU RELIABLE IN THE EYES OF COACHES.

EACH GUIDE BREAKS DOWN A SPECIFIC MATCH SITUATION AND SHOWS YOU EXACTLY:

- **WHAT TO DO**
- **WHEN TO DO IT**
- **WHY IT MATTERS WITHIN THE TEAM STRUCTURE**

WHAT THESE GUIDES GIVE YOU

- **MATCH-READY TACTICAL FRAMEWORKS YOU CAN APPLY IMMEDIATELY**
- **POSITION-SPECIFIC DECISION RULES FOR REAL GAME MOMENTS**
- **CLEAR IN-POSSESSION AND OUT-OF-POSSESSION RESPONSIBILITIES**
- **THE ABILITY TO PERFORM CORRECTLY WITHOUT CONSTANT INSTRUCTION**



CHOOSE YOUR PATHWAY

PERSONAL ANALYSIS:

CONSISTENT IMPROVEMENT - ALL SEASON

PRIVATE FOOTBALL NETWORK

FOR WORLDWIDE CONNECTIONS

MORE TACTICAL GUIDES

MATCH-READY SOLUTIONS

CONNECT WITH ALLY PRO PERFORMANCE:



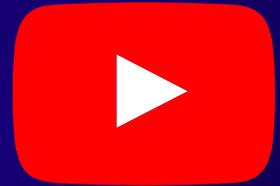
INSTAGRAM



X



TIKTOK



YOUTUBE



WEBSITE



EMAIL



WHATSAPP



TELEGRAM



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