

SPEED

I N T E L L I G E N C E S Y S T E M

Club Consultancy



The speed intelligence system (SIS) is an evidence-based performance consultancy designed to help clubs understand, develop, and transfer speed into the game.

We work with clubs to align:

- Players
- Coaches
- Training Environments

Around one shared principle:

Game speed is not just physical. It is the interaction of BODy, Brain, and Play.



Speed in football is not only about running velocity — it is the rate and efficiency at which a player can perceive, decide, and act within a tactical context (Young et al., 2019; Haugen et al., 2020).



Therefore, to understand “speed” in football, we must interpret locomotor metrics (e.g., sprint distance, peak velocity) within the decision–action chain of game situations.



The Problem we solve!

Many clubs experience one or more of the following:

- Players look fast in drills but slow in matches
- Training intensity does not transfer to game intensity
- Coaches deliver good sessions, but with unclear purpose
- Communication and decision making break down under pressure
- Performance data exists, but doesn't change behaviour

Who's it for?

We work with:

- Grassroots clubs seeking structure
- Academies developing smarter players
- Scholarship and elite youth programmes
- Senior Teams wanting measurable impact
- Directors seeking alignment across age groups



What We Deliver



The speed intelligence system turns speed training into game intelligence expressed physically - a new performance category.

Club Diagnostic

- Team Speed Intelligence Index (SII)
- Body-Brain-Play profiling
- Game-Based performance Review
- Coach practice and environment audit

Coach Alignment

- Shared Performance Language (Body-Brain-Play)
- Session Design Feedback
- Practical decision making frameworks

Targeted Development Blocks

- Communication-Led small-sided games
- Decision Speed constraints
- Intensity & execution under pressure
- Role Clarity & Intention based training

Our Delivery Cycle

An end-to-end experience that locks players, coaches and clubs.



 **Diagnose**

SII testing, observation, reporting

 **Align**

Coach education, shared language, clarity

 **Develop**

Targeted training blocks

 **Transfer**

Game Analysis, STC, re-testing

What Makes us different

Changing the Status Quo

Not Drill Based - Not Fitness Only - Not theory heavy - Not generic CPD.

SIS is a performance operating system, not a one-off intervention.

Real World Impact

Communication and Cohesion - Decision making under pressure - Sustained match intensity - Clarity of roles and intentions - coach confidence and alignment.



The Investment



Speed Intelligence Profiling.

£99 one of payment.

Clarity before commitment.

This is a face to face session delivered by a Speed Intelligence coach.

Performance (Team)

Decision Speed - Movement Speed
Combined.

£129 a month (standing order)

“Football Speed lives in chaos, this system trains inside it”.

Elite (Academies)

Anticipation - Scanning - Game speed
combined.

£199 a month (standing order)

“Earlier decisions, cleaner movement and better use of space”.



The New Standard

The new era of speed is here being fast in isolation is meaningless.

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