

## Fitness Testing

We are delighted to be able to offer Buckswood Football Academy students the chance to work with Ivan Mukandi (Current Arsenal FC Sports Scientist) and Emma Mitchell (Professional Footballer – Reading FC & Scotland International) who represent Infinite Athletic Development on their Physical fitness through a series of fitness tests.

### Each Student will complete the following tests:

- 0-10m - 20m Acceleration
- 5-0-5 Change of direction test
- CMJ - Power
- 30-15 test (Endurance – Form and above)

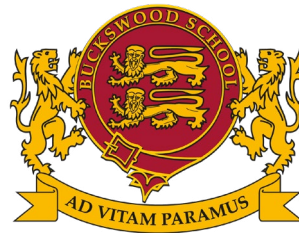
### Each player will get an individual Report which will include:

- Bio-Banded Data
- Sport Specific Coaches Report
- Player Report + Realistic Targets

### Remote coaching via Veo after the 1 day visit:

- 2 Gym programmes per month for each year group
- In Season conditioning programme & Periodisation

Please see more information on Ivan and Emma:



## Ivan Mukandi

### Current Role:

- Academy Strength and Conditioning Coach Arsenal FC U15 – U23 – 2014-Present
- BSc (Hons) Sport Psychology and Coaching Sciences
- MSc Strength and Conditioning
- United Kingdom Strength and Conditioning Association (UKSCA) Accredited Coach
- British Sport and Exercise Association (BASES) Accredited Sport Scientist
- UEFA 'B' License Football Coach



## Emma Mitchell

### Current Role:

- Professional footballer – Reading FC & Scotland International
- 62 International Caps
- 2 x FA Cup winner
- 2 x League Cup winner
- Women's Super League (WSL) title winner
- BSc (Hons) Sport Fitness and Coaching



## Enquire

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