

GR8T JOGA PERFORMANCE PROJECT

Sport & Technical Director / Manager / Head Coach

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GR8T TALENT

BY GRST COLLAB

01. INTRODUCTION

- Brief presentation of your background and vision of football.
- Project objective: Create a strong identity for Gulf United, focused on performance, innovation, and both sports and financial profitability.
- Reference to inspiration models: Guy Roux (Auxerre), Arsène Wenger (Arsenal), Thomas Schaaf (Werder de Breme).
- Personal ambition: To ensure a central and complementary role within the club, supporting the Sport or Technical Director as a General Manager, Head Coach, assistant coach, scouting, and technical advisor, without overlapping the responsibilities of the director. The goal is to collaborate effectively with all club stakeholders to maximize sports performance.



02

DNA & FOOTBALL IDENTITY THE GR8T JOGA SIGNATURE STYLE

Club DNA: Offensive, attractive play with a recognizable style (e.g., positional play, high pressing, fast transitions).

Club culture: Discipline, collective work, and youth development.

Creating a game manual: Training coaches and standardizing playing methods across all club teams.

Comprehensive view of all club categories, from training to matches, to identify strengths, weaknesses, and strategic adjustments, while closely collaborating with technical staff.

INTEGRATED TOOLS &

USAGE





- AthleteMonitoring: Daily wellness tracking, load management (RPE, GPS), and trend alerts.
- GPS (Basic): Sprint count, total distance, high-speed running zones (manual export supported).
- <u>TeamBuildr</u>: Strength & conditioning program planning, individual profiling, testing routines.

03. IA + PERFORMANCE & INJURY PREVENTION



- Exer: Real-time Al feedback on movement execution and posture for rehab and performance.
- **Zone7:** Predictive injury analytics from integrated RPE, wellness, and GPS datasets.
- AiScout: Al-based talent ID, scoring physical metrics through video tests, used in scouting & dev



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04. DEVELOPMENT AND TRAINING

Weekly Structure Sample

- Monday Readiness & RPE reports, upper body strength (TeamBuildr + Exer)
- Tuesday Field training + GPS tracked session (Zone7 + AthleteMonitoring)
- Wednesday Mobility & injury prevention + lower body S&C (Exer)
- Thursday Tactical session, load control, feedback (GPS + Zone7)
- Friday Speed testing, jumps, explosive drills (Exer + GPS)
- Saturday Game day + post-match analysis + AiScout video if needed
- **Sunday** Active recovery, well-being check-in (AthleteMonitoring + Exer)

6-Week Cycle Overview

Week 1–2: Data collection, AiScout profiling, base strength (TeamBuildr)

Week 3-4: Load adaptation, personalized drills, Zone7 alerts

Week 5: Complete testing + player report generation (Excel + TeamBuildr)

Week 6: High-intensity block + deload & recovery (AthleteMonitoring + Exer)

"Train smart. Prevent more. Develop better. That is GR8T JOGA's physical culture."

ENTERTAINING APPROACH

I.TECHNICAL MASTERY AND PASSING CIRCUITS (35%)

Objective: Ensure effective possession with players comfortable under pressure.

Drills:

High-intensity rondos(4v2, 6v3, 8v4)
Passing circuits with movement
Small possession games with restrictions
(limited touches)

II. HIGH PRESSING & QUICK RECOVERY (25%)

Objective: Win the ball as quickly as possible after losing it

Drills:

Themed games with immediate pressing upon ball loss Positioning and pressing triggers work Small-sided games with mandatory pressing after losing possession



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III.QUICK TRANSITIONS (20%)

Objective: Exploit spaces immediately after winning the ball to destabilize the opponent.

Drills:

Small-sided games with a rules to finish in under 10 seconds after recovering the ball Fast counter-attacks in numerical advantage (3v2, 4v3) Games alternating between possession, recovery and guick attacks

IV.THEMED MATCHES & PLAYING FOR FUN (20%)

Objective: Reinforce game principal in real conditions while maintaining a fun approach.

Drills:

Matches with tactical constraints
Matches with bonus points (goals from transitions count double)
Internal tournaments to encourage competition and enjoyment



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04. YOUTH DEVELOPMENT AND TRAINING

- Training center: An academy structured based on the model of European centers of excellence.
- Development pathway: From youth categories to the first team, with a similar playing philosophy to prepare young players to integrate the first team seamlessly.
- Clear objectives: Developing players to become key members of the first team or generating revenue through strategic sales.
- Local talent development: Early identification of local young talents to train them from a young age, strengthen the national pool, and potentially contribute to the national team.
- International partnerships: Collaborations with Francophone, African, and Middle Eastern clubs for training camps and tournaments.
- Personal development: Psychological support, mental preparation, nutrition, and cultural integration for young expatriates.

05. RECRUITMENT AND SCOUTING STRATEGY



LOW COST RECRUITMENT

Free agents, an extensive scouting network worldwide



COLLABORATION WITH AGENTS

facilitating international



PERSONALIZED DATABASE

Leveraging data to identify hidden talents. You also have your own player database, monitored for over six months through regular visits to stadiums.



IDENTIFYING LOCAL TALENT

Exploring young local players to eventually strengthen national team and increase the club's positive influence in the region.



SMART RECRUITMENT Focus on versatile profiles, young potential, and experienced players

to provide guidance with Starlizard, AiScout, Opta



LIGHT TRADING SYSTEM:

Short-term free arrivals to strengthen the team, aim for immediate wins, and pursue



GR8T TALENT

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2025

- Implementing the game philosophy and training manual.
- Creating the scouting database and structuring the technical staff.
- First smart recruitment and academy structuring.

2026

- Strengthening the international scouting network.
- Developing the club's marketing: branding, strategic partnerships.
- First visible sports results, integrating young players into the first team.

2027

- Sports ambition: competing for top league positions.Expanding the international partnership network and increasing visibility.
- Valuing young players for 1.
 For be major player in first team 2. potential profitable sales



06 3 YEARS ACTION PLAN





THANKS

Do you have any questions?

"Success is no accident. It is hard work, perseverance, learning, sacrifice, and most of all, love of what you are doing or learning to do."

"Le succès n'est pas un accident. C'est du travail acharné, de la persévérance, de l'apprentissage, du sacrifice et surtout de l'amour de ce que vous faites ou apprenez à faire."

-Pelé