



MINDBALL



BROCHURE

Play Strong. Think Stronger.

ABOUT MINDBALL

MindBall is a mindset development programme designed to help young people build the mental skills needed to handle challenges, pressure and everyday life with confidence. Using simple, practical tools, MindBall teaches young people how to manage emotions, stay focused, respond positively to setbacks and develop resilience.

Workshops are designed for Academies, Grassroots Clubs, Schools and Community Football Programmes.

WHY MINDBALL?

- Build healthy confidence
- Develop emotional control during performing
- Improve focus and decision making
- Strengthen resilience after mistakes
- Create consistent performance habits

MINDBALL FOUNDATION WORKSHOP

1 Session – 60 Minutes

The Foundation Workshop introduces the core principles of the MindBall Model and provides practical tools to help young people manage pressure, build confidence and maintain focus.

MINDBALL PROGRAMME WORKSHOPS

6 Session Programme

A structured programme designed to develop stronger mental habits over time including confidence under pressure, emotional control, focus, resilience and match mindset. A deeper insight to the MindBall Model.

WORKSHOP PRICING

For pricing information, please contact directly. MindBall will be happy to discuss your requirements and provide a tailored quote if necessary.

WHO WE WORK WITH

- Football Academies
- Grassroots Clubs
- Schools and Education Programmes
- Community Initiatives

ENQUIRIES

Website: www.mindballperformance.co.uk

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