



PB

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CASE STUDY SOUTHAMPTON FC

EQUIPMENT

Performance Half Racks

Integrated Lifting Platforms

Benches

Dumbbells

VertiMax Raptors

Technique Boxes

Foam Plyo Boxes

Duratrain Performance Flooring

Pavigom Performance Functional
Flooring

When Southampton FC were planning their new Longwood Training Ground facility Perform Better were selected to design and equip the new 1st Team Strength & Conditioning room. At the same time as building the new First team facility the Club also upgraded their Academy Strength & Conditioning facility. Perform Better were selected and installed two Performance Half Racks with Lifting platforms, Technique boxes, Foam Plyo boxes, bars and discs.

In 2019 the Club decided to further upgrade the Academy S&C facility. Perform Better were again selected to carry out the work. Duratrain Performance flooring with inset lifting platforms were installed into the Strength area of the gym with Pavigom Performance flooring installed into the Functional part of the gym. An additional Performance Half Rack, new Dumbbells and Vertimax Raptors were added to the existing equipment.

Recognised as one of the leading academies in the country by holding Category 1 status in the Premier League's Elite Player Performance Plan, Southampton operate a clear pathway through the youth system and into the first team.

The academy vision is to produce a first team year-on-year made up of 50% Academy graduates who are world-class in their technical ability on the field and behaviours off the field competing on the European stage. The Club have built the club on sound business principle, and the Academy and development of young players is part of that business plan. Southampton have a philosophy that drives the development of young players because they want a team with young, home-grown players.

Southampton Football Club is proven in its success at turning young potential into excellence. Over the last four years, this pathway has produced the likes of James Ward-Prowse, Luke Shaw, Harrison Reed and Calum Chambers.