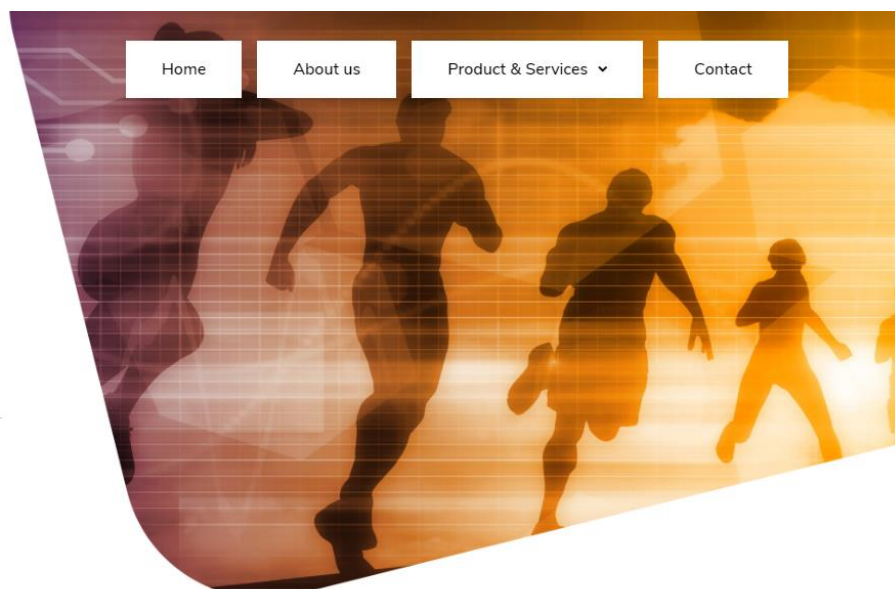




tcl-cumbria.co.uk

Formula 4 Activity



PDF RESOURCES – Please use the PDF CODES below on the Contact Form

No	Description	Ref	PDF
1	Sports Coaching Aids - Overview	F4A	F4A-SCA-1
2	T-Scoring – Squash	F4A	F4A-TSS-1
3	Hand-Eye Coordinator	F4A	F4A-HEC-1
4	Drills & Conditioned Games	F4A	F4A-DCG-1
5	Ghosting Routines Practise	F4A	F4A-GRP-1
6	Incremental Targets Scoring	F4A	F4A-ITS-1
1	Personal Fitness Programmes - Overview	F4A	F4A-PFP-1
2	Circuit Training Routines	F4A	F4A-CTR-1
3	Cross4 Speed Diagonals	F4A	F4A-CSD-1
4	Bleep Test & Shuttles	F4A	F4A-BTS-1
5	Reaction Speed Tests	F4A	F4A-RST-1
6	High Intensity Interval Training	F4A	F4A-HIT-1
1	Physical Activity Games – Overview	F4A	F4A-PAG-1
2	Activity Games Compilation	F4A	F4A-AGC-1
3	Activity Games Compilation	F4A	F4A-AGC-2
4	Activity Games Compilation	F4A	F4A-AGC-3
5	Activity Games & STEAM Compilation	F4A	F4A-AGS-1
6	Activity Games & STEAM Compilation	F4A	F4A-AGS-2
1	Physiotherapy Recovery Plans - Overview	F4A	F4A-PRP-1
2	Incremental Movement Plan	F4A	F4A-IMP-1
3	Progression Achieved Chart	F4A	F4A-PAC-1
4	Monitoring Activity Records	F4A	F4A-MAR-1
5	Individual Set Targets	F4A	F4A-IST-1
6	Guidance And Instructions	F4A	F4A-GAI-1

PDF RESOURCES – more overleaf

PDF RESOURCES – Please use the PDF CODES below on the Contact Form

No	Description	Ref	PDF
1	TECHNOLOGY EQUIPMENT & ACCESSORIES - Overview	F4A	F4A-TEA-1
2	Automatic Ball Feeders	F4A	F4A-OBF-1
3	Racket Play Analysers	F4A	F4A-RPA-1
4	Squash Shot Makers	F4A	F4A-SSM-1
5	Technology Rackets & Bats	F4A	F4A-TRB-1
6	Timing & Reaction Modules	F4A	F4A-TRM-1
7	Racket Stringing Service	F4A	F4A-RSS-1
8	Coaching & Training Resources	F4A	F4A-CTR-1
9	Personalised Trophy Engraving	F4A	F4A-PTE-1
10	More to follow		

No	Description	Ref	PDF
1	E4ORT CONCEPT DEVELOPMENT - Overview	F4A	F4A-ECD-1
2	E4ORT Coaching Aids - Overview	F4A	F4A-ECA-1
3	E4ORT Fitness Programmes - Overview	F4A	F4A-EFP-1
4	E4ORT Activity Games – Overview	F4A	F4A-EAG-1
5	E4ORT Physiotherapy Plans - Overview	F4A	F4A-ERP-1
6	E4ORT Reaction Modules - Overview	F4A	F4A-ERM-1

SPONSORSHIPS – FOUNDATION SCHEME – BAT-n'-BALL SPORTS

No	Description	Ref	PDF
1	Bat-n-Ball Sponsorships - Overview	F4A	F4A-BBS-1
2	Multi-Activity Sport	F4A	F4A-MAS-1
3	Squash & Racketball	F4A	F4A-SAR-1
4	Indoor & Outdoor Racket Sports	F4A	F4A-IOR-1
5	Bat-n-Ball Foundation Scheme - Overview	F4A	F4A-BBF-1
6	Bat-n-Ball Sports - Overview	F4A	F4A-BBS-1
	Squash, Racketball, Table-Tennis, Tennis		
	Badminton, Padel, Pickleball, Cricket,		

**FOR MORE HELP ON YOUR SPECIFIC REQUIREMENT
PLEASE USE THE CONTACT FORM**

OR

e-mail: info@tcl-cumbria.co.uk