

## Football references

"Being an elite athlete I'm always looking at ways to help me physically and mentally. Being trained and learning the "Faster" functional movements has changed way of training and thinking. Knowing that bones move, joints feel and muscles react has taught me how important the body needs to move in the correct sequence to function in the best way"

Steven Kabba, Pro football legend

The sessions I had with FASTER and Andy Driscoll were totally different to anything else I'd previously done. Best of all it got me back quicker than traditional rehab, not only that, pointed out the weaknesses I had, which then enabled me to strengthen so I didn't break down again! The movement advice I received I will continue to use for the rest of my career. Thanks

Matt Gill, Pro footballer, Bristol Rovers

I first came to Andy Driscoll following a hamstring strain halfway through the season. I have since returned to Andy as his methods are unique and achieve results. After initially helping me get fit I have played the rest of the season without any other injury and I have now returned to ensure that I am fully conditioned and fit for the next season. I have no hesitation in recommending Andy; the programmes he devises are tailored to individual needs and achieve the results required. His methods and guidance mean that I can keep up the conditioning work even when not with him and he maintains an active interest at all times.

Danny Senda, Pro footballer

After working with Andy over the last couple of years I have taken big steps in overcoming my "hamstring injuries". I find his training methods very effective as they have enabled me to compete to my maximum with far less injuries. My whole body in general feels a lot stronger and freer since working with Andy. I would highly recommend Andy to anyone who wants to improve their performance for sport

Joe Anyinsah, Pro footballer, Bristol Rovers