



**TANNER SPEED
ACADEMY**

About Tanner Speed

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Press Kit

The information provided offers an overview of Tanner Speed and its foundational principles, underlining why speed is crucial in modern sports. For a deeper understanding of our services and methodologies, or to discuss how we can help athletes achieve their performance goals, please contact us directly at **info@tannerspeedacademy.com**. We are eager to assist you in exploring the benefits of speed training and optimization.

Tanner Speed Training - The Difference Between Win or Lose

A mere fraction of a second can make the difference in setting personal bests and winning championships. Whether you aim to be first to the ball, score a goal, or successfully defend and tackle it away from an opponent, speed is crucial.

Thus, Tanner Speed Training emphasizes speed in all aspects of modern football. We help players enhance their acceleration, coordination, explosiveness, jumping ability, reaction time, and agility. With scientific proven methods that work, and which are the basis of our coaching. With over 30 years of training experience, training thousands of athletes and clubs around the world every year, it is our mission to help each player to become the best athlete they can be and reach their full potential.

Why Speed Training?

Football has undergone a remarkable transformation, becoming a much faster-paced game. This shift demands players to think and act quickly, making split-second decisions that can change the course of a match. The speed of play has accelerated, with rapid transitions from defense to attack, requiring players to process information and react faster than ever before.

If you as a player are 0.1 seconds faster than your opponent in a 10-meter sprint during competition, you'll be about 58 centimetres ahead when reaching the ball. This can be the difference between taking a shot on goal or making a successful tackle.

Therefore, it is crucial to train these important aspects of the game.

About Carsten Effertz – Head of Tanner Speed Academy

Carsten is the CEO and founder of Tanner Speed Academy in Göteborg, Sweden, specializing in speed coaching, which includes running speed, agility, coordination and cognitive speed development. Regarded as one of the top speed coaches in team sports in Europe, Carsten holds a degree in training science and has participated in various courses in different areas of strength and conditioning to stay up-to-date with scientific advancements.

He has served as a coach at both professional and academy levels in Sweden and Germany. His clients include athletes and teams from IFK Göteborg, Bayern Munich, Schalke 04, TSG Hoffenheim, Hannover 96, Spvgg Greuther Fürth, BK Häcken, Östersund FK, Fortuna Sittard, Juventus, Hellas Verona, FC Copenhagen, Brøndby IF, Djurgården IF, the Sweden National Futsal Team, and the FIFA Referee Association. He currently serves as a speed coaching consultant at the IFK Göteborg academy. Carsten conducts educational courses and workshops for coaches and players. He has delivered presentations at coaching congresses and license courses on an international level for several football and coaching associations,

including BDFL (Germany), ÖFB, NÖFV, SFV, KFV (Austria), NZS (Slovenia), FLF (Luxembourg), AFC (Asian Football Confederation), GFF, and VFF (Sweden).

About Tanner Speed

Founded by Hans Tanner, Tanner Speed specializes in Speed Coaching and Performance. Tanner, with 45 years of coaching experience across Switzerland and Europe, developed the Tanner Speed concept during his 15-year tenure as FC Zurich academy's coordination and running coach from 1994 to 2008, a method now integrated into the Swiss football coach license. His notable achievements include serving as the head coach for the Swiss national high jumping team during the 1980 and 1984 Olympics, where he coached Roland Dahlhäuser to a fifth-place finish with a jump of 2.31 m.

Building on this legacy, Carsten Effertz founded the Tanner Speed Academy in Göteborg, Sweden. As the CEO and a top-rated speed coach in team sports in Europe, Carsten emphasizes running speed, agility and cognitive speed training.

The Tanner Speed coaching staff has perfected a comprehensive training methodology focused on enhancing running skills critical for high-speed sports such as football, basketball, and tennis.

Speed is essential in sports—often the difference between winning and losing—making it the core of our training programs. Our approach combines creativity with innovative exercises tailored to each athlete's specific needs, ensuring their health and wellbeing remain at the forefront.

Whether training in person or online, Tanner Speed employs the latest equipment to monitor and optimize your progress at every stage, aiming to improve acceleration, explosiveness, and reaction time. Our experienced, qualified coaches are dedicated to fostering long-term athletic success through sound pedagogical methods.