



PLAYERCOACH

AFL Coaching Short Course

Coaching Short Course

Get on the field and experience drills through hands on, small group coaching using up to date AFL strategy and game analysis to add to your coaching tool kit.

4 week course

When:

Sunday mornings 8.30am to 11.30am

Commencement Date:

Sunday February 9th

Where:

Western Heights Secondary College
Vines Road Hamlyn Heights

Includes:

12 months of online support and learning tools from Player Coach

Cost - \$500

Secure your spot here:

<https://www.trybooking.com/BIBXP>

For further information:

letsgo@playercoach.com.au
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Susie Robinson 0412 871 110

Week 1

CONTEST METHOD AND DECISION MAKING

Design your own contest decision making template.

Understand outnumbering at the contest.
How to create it.

Week 2

OFFENCE AND BALL MOVEMENT

Link the contest area to attacking play and scoring.

Explore and simplify ball movement relative to defensive set ups.

Week 3

DEFENDING THE GROUND

Generate offence through early defensive positioning.

Reading the opposition to create turnovers

Week 4

STOPPAGES ZONES KICK INS

Connect the structures to the team - create chemistry and cohesion.

See the game in layers. At contest area. 1 kick away. 2 kicks away.

Testimonial

“The short course with Brendan and Susie is a brilliant hands on course which will help you understand the game and it’s fundamentals.”

Mat Buck - Development coach Werribee FC