



## **AFL Coaching Newsletter - February 2010**

Coach AFL this month reviews the 2010 AFL National Coaching Conference which was recently held in Adelaide. Think you could coach an AFL team? Then test yourself with the Toyota AFL Dream Team Competition. We provide a drill that will test your player's ability to kick and mark the ball whilst fatigued. The newsletter also provides updates from states and a calendar of coaching events coming up in certain states.

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### **2010 AFL National Coaching Conference**

Over the weekend from Friday 29<sup>th</sup> – Sunday 31<sup>st</sup> of January the AFL held the 2010 AFL National Coaching Conference in Adelaide at AAMI Stadium in the new Adelaide Crows Training and Entertainment facility. The conference was again a resounding success with over 570 coaches in attendance.

Over 100 umpire coaches participated in the 2010 AFL National Umpire Coaching Conference which was being held in conjunction with the 2010 AFL National Coaching Conference. This was a significant step in bringing playing, coaching and umpiring together as integral parts of football rather than seeing them as separate entities.

The conference was opened by SANFL Executive Commissioner Leigh Whicker. He was followed by an enthusiastic Mark Williams (Port Adelaide FC) who delivered the opening keynote address that analysed the 'Journey to Modern Coaching' followed by Michael Broadbridge (West Coast Eagles FC) who considered 'Moving on From the Noughties' and the possible trends for coaching in the future.

On Saturday participants attended elective sessions on many different aspects of the game including strategy and tactics, club culture, developing fitness, learning styles and coaching youth etc. Saturday's program also included the AFL Practical Kicking Workshop which was conducted out on the ground at AAMI Stadium analysing the critical learning points of kicking that had been developed by the AFL Kicking Working Party.



*AFL Practical Kicking Workshop – coaches watching the DVD presenting the critical learning points of kicking as developed by the AFL Kicking Working Party.*

A highlight of the weekend was again the Saturday night conference dinner which provides an informal setting for coaches to network with other coaches from across Australia. Mick Molloy entertained the crowd with his observational humour and it was evident a good night was had by all.



*2010 AFL National Coaching Conference Dinner – Adelaide Crows Training and Entertainment Facility.*

The AFL would like to thank all presenters and participants for making the weekend a success. Special thanks go to the Adelaide Crows for hosting the conference and the SANFL for their tremendous support.

We look forward to doing it all again in 2011.

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## 2010 TOYOTA AFL DREAM TEAM NOW OPEN



Do you think you could coach your own AFL team – there's only 1 way to find out. Toyota AFL Dream Team puts you in charge. It's the official fantasy game of the AFL and AFLCA and the only one you can follow live.

[Click here](#) to register, select your team and challenge your mates to find out who is the real coaching expert.

**SCHOOL COMPETITION:** And new in 2010, the AFL is looking for the best schoolkid Dream Team player in Australia - [click here](#) for more info!

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## DRILLS

This month we provide a drill that focuses on kicking and marking with fatigue:

### 1. Cross Road Catch

Requires:

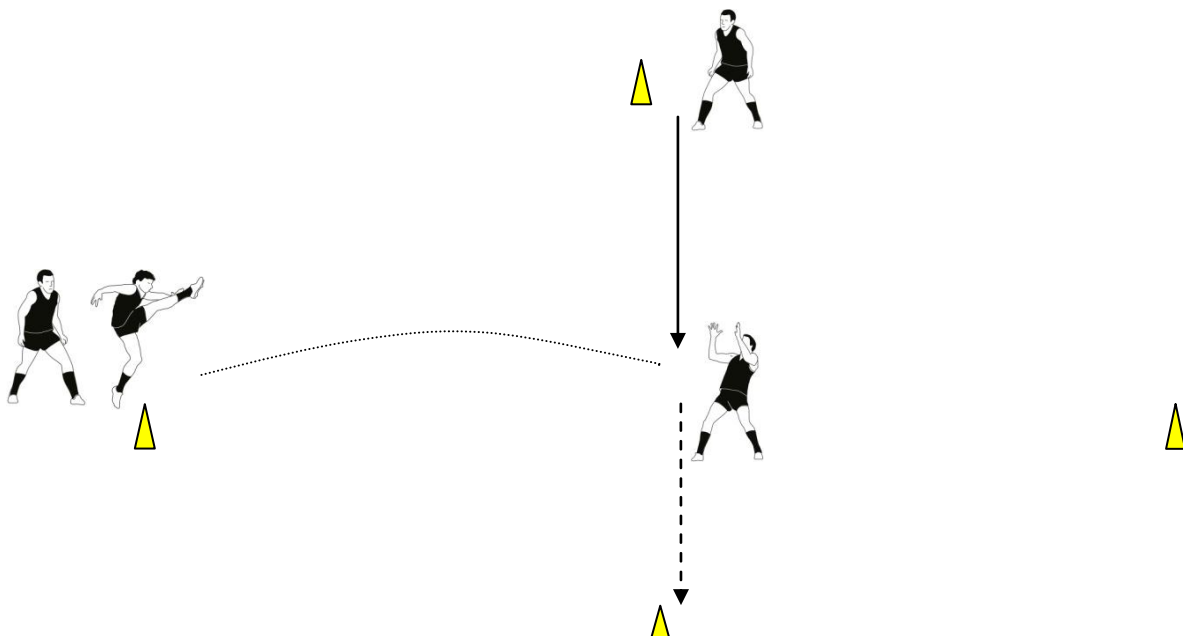
- 4+ players
- 1 ball per two players
- 4 markers

Aim:

To get players to mark the ball on the run using their hands only. Also to encourage players to mark the ball out of their comfort zone by running at 80% intensity.

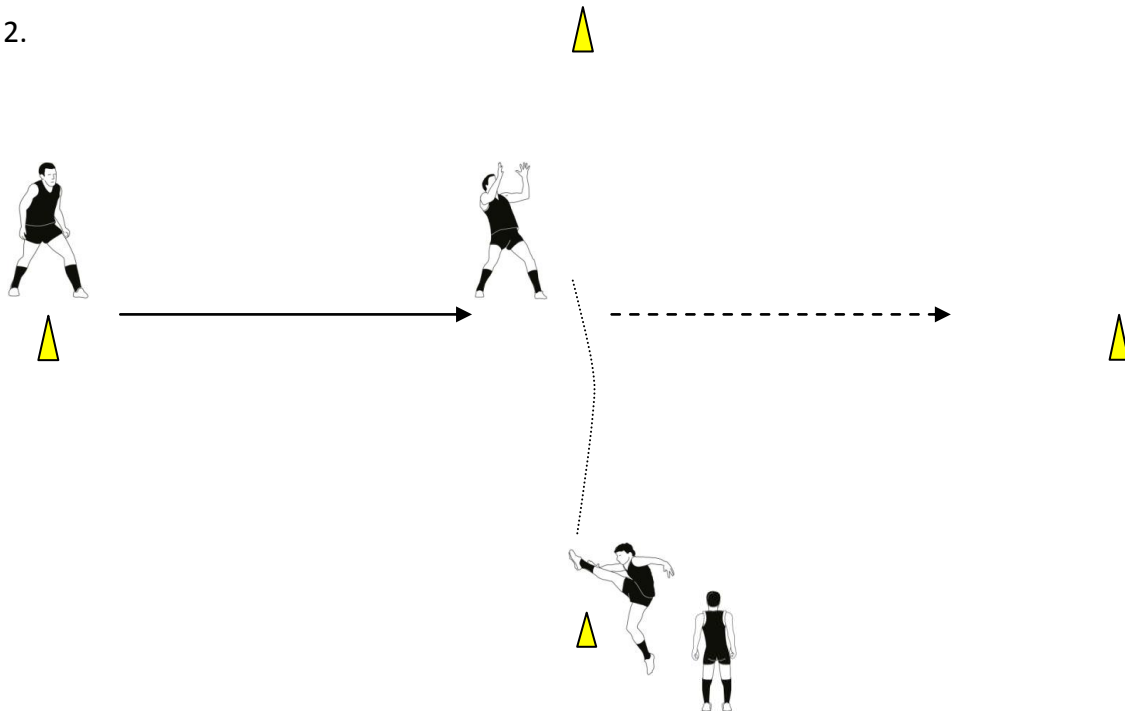
Drill:

1.



Kicking group kick the ball to marking group who take the mark in their hands at pace. After taking the mark they push through to the cone. After all markers have been through and pushed through to the cone the markers then become the kickers.

2.



The group who were originally the markers become the kickers and kick the ball to the markers who take the mark in their hands at pace. Markers should again push through to the cone and they become the kicker again.

Keys:

- Players need to work at high intensity to practice both kicking with fatigue and marking the ball in their hands at full pace whilst fatigued.

Variations:

- Players to kick on both their left and right feet.
- Players to kick on a certain foot depending on the colour of the football (eg. yellow = right, red = left)
- Players to either take a hand mark or chest mark depending on the colour of the football (eg. yellow = chest mark, red = hand mark)

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## FEMALE COACHES - LEVEL 2 SCHOLARSHIP OPPORTUNITY

The AFL has instigated a Level 2 Female Coach Scholarship scheme in 2010. Aimed at encouraging female coaches to grow their football knowledge, increase their coaching network and acquire possible mentors and improve their overall coaching confidence, one scholarship is available to each State/Territory.



*Deanne Coates, Coach, Coastal Titans and mentee coach in the WA Female Talent Academy. Deanne is an early applicant for the Level 2 Scholarship.*

Each Game Development department and/or League is encouraged to identify a number of female applicants who aspire to being the best coach they can be regardless of the gender they coach or the level they are currently coaching at. However this opportunity would best benefit someone whose goal is to coach a development squad, talent academy or state team.

The scholarship entails covering the costs to attend a Level 2 Coach Accreditation course in each state/territory plus cover some of the costs towards attending the annual AFL National Coaching Conference in February 2011.

If you would like to apply or know of a woman who would be interested or require further information please contact Jan Cooper on [jan.cooper@afl.com.au](mailto:jan.cooper@afl.com.au) or (08) 9381 5599. Applications close March 26<sup>th</sup>.

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## **YOUTH LEADERSHIP**

Jason's McCartney highly acclaimed Youth Leadership seminar – Destiny is a Matter of Choice can now be viewed through the AFL Schools website by [clicking here](#).



This seminar is designed to motivate the youth of today and provide them with the necessary tools in order to live their dreams. The seminar is designed to provide some of the necessary skills to take control of their destiny by understanding decision-making, leadership, support networks and goal setting.

This seminar would be ideal as a club activity for youth players to develop their leadership and decision making.

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## **STATE NEWS**



### **LEVEL 2 COACHING COURSES**

February signals a busy time for coaching accreditation across the state.

Level 2 courses for both Canberra and Sydney are coinciding with the NAB Cup matches in

their regions:

- Canberra on the 13<sup>th</sup> & 14<sup>th</sup> to coincide with Western Bulldogs and Brisbane Lions NAB Cup clash.
- Sydney on the 20<sup>th</sup> & 21<sup>st</sup> at Sydney's Blacktown precinct, to coincide with the Swans and Blues NAB Cup clash in a historic first match at the new Blacktown venue.

Some outstanding presenters have been booked for these courses to ensure coaching education of the highest quality. Kevin Sheedy, Stan Alves, David Wheadon and Rodney Eade just to name a few. Places are still available for these limited courses.

See below for a list of Level 1 & 2 Coaching courses to run across the State in 2010.

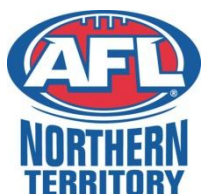
<b><i>AFL (NSW/ACT) LEVEL 1 COACHING COURSES 2010</i></b>				
<b><i>Date</i></b>	<b><i>Time</i></b>	<b><i>Location</i></b>	<b><i>Course</i></b>	<b><i>Venue</i></b>
28 Feb (Part A)	1pm - 4.30pm	Macksville	Level 1 Theory Component	TBC
8 March (Part B)	4.45pm - 6.15pm	Coffs Harbour	Practical Component	Leisure Park
9 March (Part B)	4.45pm - 6.15pm	Port Macquarie	Practical Component	Stuarts Park
13 March	9.30am – 5.30pm	Narooma	Level 1 Junior/Youth/Senior	Narooma Golf Club
14 March	9.30am – 5.30pm	Broken Hill	Level 1 Junior/Youth/Senior	TBC
14 March	9.30am – 5.30pm	Wollongong	Level 1 Junior/Youth/Senior	Uni of Wollongong
16 & 23 March	6.00pm - 9.30pm	Sydney	Level 1 Junior/Youth/Senior	AFL Office Moore Park
20 March	9.30am - 5.30pm	Canberra	Level 1 Junior/Youth/Senior	Manuka Oval
20 March	9.30am – 5.30pm	Blacktown	Level 1 Junior/Youth/Senior	Blacktown Olympic Park
27 March	9.30am – 5.30pm	Central Coast	Level 1 Junior/Youth/Senior	Killarney Vale Football Club
28 March	9.30am – 5.30pm	Maitland	Level 1 Junior/Youth/Senior	TBC
28 March	9.30am – 5.30pm	Wagga Wagga	Level 1 Junior/Youth/Senior	Wagga Rules Club
17 April	9.30am – 5.30pm	Bathurst	Level 1 Junior/Youth/Senior	TBC
16 & 23 June	6.00pm – 9.30pm	Sydney	Level 1 Junior/Youth/Senior	AFL Office Moore Park

<b>AFL (NSW/ACT) LEVEL 2 COACHING COURSES 2010</b>				
<b>Date</b>	<b>Time</b>	<b>Location</b>	<b>Course</b>	<b>Venue</b>
13 & 14 Feb	9.30am – 5.30pm	Canberra	Level 2	Queanbeyan FC
20 & 21 Feb	9.30am – 5.30pm	Blacktown	Level 2	Blacktown Olympic Park
6 & 7 November	9.30am – 5.30pm	Sydney	Level 2	AFL Office Moore Park

## **NEW STATE COACHING MANAGER**

In other news, as of February, Jason Saddington will take over the reins as State Coaching Manager for NSW/ACT from Daniel Archer. Jason spent 11 seasons as a player at AFL level, playing 142 games with the Sydney Swans and 20 games with Carlton. The approach to coaching across the state will remain extremely important and professional, with a continued focus to developing strong ties with the coaching community.

We thank Daniel for the outstanding work and effort he displayed during his time in the role and wish him all the best in his future endeavours including his role as Senior Coach of Eastlake FC in the AFL Canberra competition.



## **Coaching Seminar at TIO Stadium**

### ***“Developing Physical Presence & Tackling Skills”***



*Dr. Les Fabre*

Nationally renowned for his work with clubs & schools, Dr. Les Fabre will be presenting a seminar focused on helping the Coach develop the physicality of his/her players.

Dr. Fabre recently presented at the AFL’s National Coaching conference in Adelaide with over 80 coaches in attendance from U10 Junior Coaches right up to former Adelaide Crow & now Norwood Senior Coach, Nathan Bassett.

AFLNT is inviting all Coaches to this seminar in the Kantilla's Function Centre at TIO Stadium from 7:00pm on Friday the 19<sup>th</sup> of February.

AFLNT Talent & Coaching manager, Jarrod Chipperfield urges Coaches to attend "It's not every day that we get an educator of the calibre of Dr. Les Fabre to Darwin. I'd urge all Coaches interested in improving their players tackling skills to attend. It is a fantastic session for Junior Coaches, is vital for Coaches of Female teams & is of great benefit for Senior Coaches who want that extra edge in player intensity & aggression"

Coaches can register on the night for a cost of only \$10.00. Light refreshments will be available for purchase & there will be a lucky door prize of a new Coaches board, just in time for the finals!

Dr. Fabre will also have his DVD & Instructional Coaching books available for purchase on the night. Prices range from \$10 to \$25.



*Nathan Van Berlo & Mark LeCras wrestling during one of Dr. Fabre's sessions (WA State U18's 2004)*

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## What's On!



Contact – [Jason.Saddington@aflnswact.com.au](mailto:Jason.Saddington@aflnswact.com.au) for further information.

## February

Level 2 Coaching Course

When – 20<sup>th</sup> & 21<sup>st</sup> February

Where – Blacktown

Venue – Blacktown Olympic Park

Time – 9.30am to 5.30pm

### PART A

Level 1 Coaching Course

Theory Component

When – 28<sup>th</sup> Feb (Part A)

Where – Macksville

Venue – TBC

Time – 1.00pm to 4.30pm

### PART B

Level 1 Coaching Course

Practical Component

When – 8<sup>th</sup> March (Part B)

Where – Coffs Harbour

Venue – Leisure Park

Time – 4.45pm to 6.15pm

### PART B

Level 1 Coaching Course

Practical Component

When – 9<sup>th</sup> March (Part B)

Where – Port Macquarie

Venue – Stuarts Park

Time – 4.45pm to 6.15pm

## **March**

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 13<sup>th</sup> March  
Where – Narooma  
Venue – Narooma Golf Club  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 14<sup>th</sup> March  
Where – Broken Hill  
Venue – TBC  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 14<sup>th</sup> March  
Where – Wollongong  
Venue – Uni of Wollongong  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 16<sup>th</sup> March & 23<sup>rd</sup> March  
Where – Sydney  
Venue – AFL Office – Moore Park  
Time – 6.00pm to 9.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 20<sup>th</sup> March  
Where – Canberra  
Venue – Manuka Oval  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 20<sup>th</sup> March  
Where – Blacktown  
Venue – Blacktown Olympic Park  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 27<sup>th</sup> March  
Where – Central Coast  
Venue – Killarney Vale FC  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 28<sup>th</sup> March  
Where – Maitland  
Venue – TBC  
Time – 9.30am to 5.30pm

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 28<sup>th</sup> March  
Where – Wagga Wagga  
Venue – Wagga Rules Club  
Time – 9.30am to 5.30pm

## **April**

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 17<sup>th</sup> April  
Where – Bathurst  
Venue – TBC  
Time – 9.30am to 5.30pm

## **June**

Level 1 Coaching Course  
Junior/Youth/Senior  
When – 16<sup>th</sup> June & 23<sup>rd</sup> June  
Where – Sydney  
Venue – AFL Office – Moore Park  
Time – 6.00pm to 9.30pm

## **November**

Level 2 Coaching Course  
When – 6<sup>th</sup> & 7<sup>th</sup> November

Where – Sydney  
Venue – AFL Office – Moore Park  
Time – 9.30am to 5.30pm



Contact – [Jarrod.Chipperfield@aflnt.com.au](mailto:Jarrod.Chipperfield@aflnt.com.au) for further information.

## February

Coaching Seminar  
Physical Presence with Dr. Les Fabre  
When – 19<sup>th</sup> February  
Where – TIO Stadium  
Venue – Kantilla's Function Centre  
Time – 7.00pm

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## PLAY BY THE RULES



*Play By The Rules* ([www.playbytherules.net.au](http://www.playbytherules.net.au)) is a free website which offers online training, information and resources for clubs and sporting organisations to ensure everyone involved in sport can do so in enjoyable, safe environments, free from discrimination or harassment.



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