2012 COACHING RESOURCES

Coaching Magnetic Clipboard & Satchel

Includes - magnetic board with 25 magnets in a waterproof lightweight satchel. Ideal for game days, weekly planning & training sessions.

$25

“Standard” Magnetic Board & Carry Bag

Includes - 25 magnets for selection and team moves. 36cm x 26 cm with handle.
Magnetic whiteboard front only and carry bag with straps.
(PLEASE NOTE THIS ITEM WILL NOT BE POSTED COLLECTION ONLY FROM WAFC)

$45

Super “Deluxe” Magnetic Board

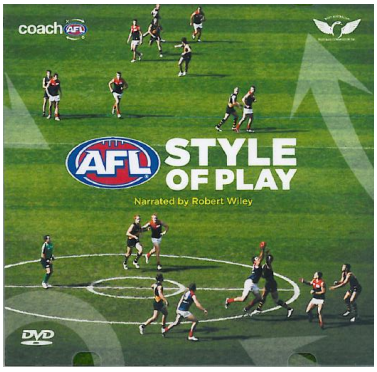
Includes 40 magnetic name tages, magnetic front and back. Size 60cm x 52cm. Bonus Carry Bag.
(PLEASE NOTE THIS ITEM WILL NOT BE POSTED COLLECTION ONLY FROM WAFC)

$50

AFL Coaching for the Future: DVD by Rob Wiley

A total package that can help set up an effective training session /program. This DVD not only has a wide range of skills and drills but concentrates on kicking technique, tackling technique and core stability exercises.

$25

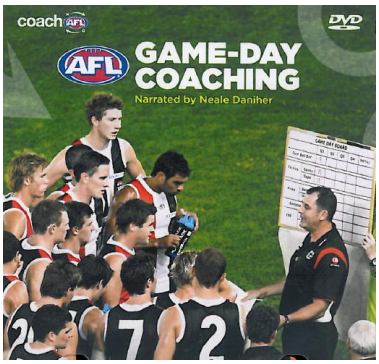


Style of Play: DVD by Rob Wiley

Rob challenges our understanding of the key elements of modern football, including;

Forward entries, Stoppages, Defensive strategies, Kick-ins and zones, Switches and Style of play.

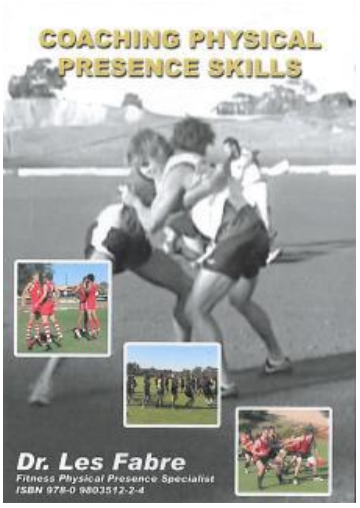
$15



Game-Day Coaching: DVD by Neale Daniher

Neale Daniher looks at four areas of Game-day Coaching including mid-week preparation, pre game, game on and post game.

$15



Les Fabre Physical Presence DVD Edition

Football with a fun-safe physical presence focus.

This DVD is designed by Les Fabre for coaches of Auskick, Junior & Youth football teams and also provides valuable guidelines for coaches at the senior level. For more information go to

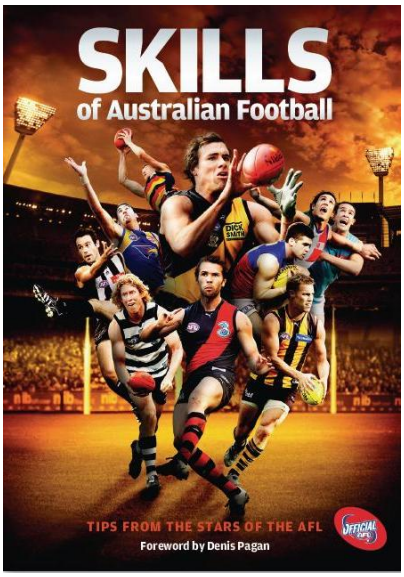
www.drfabre.com.au

$25

Physical Presence Package

The value of the package is $40, purchasing both the DVD & Book by Dr Les Fabre

$30

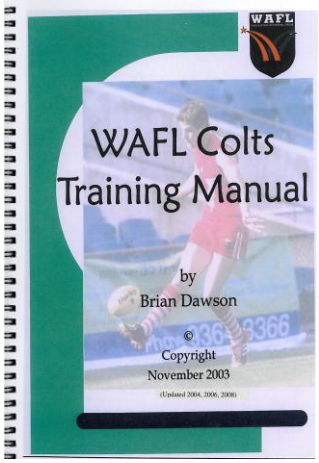


Skills of Australian Football – Tips from the stars of the AFL

Skills of Australian Football analyses the skills of the game one by one as the stars show how it is done and explain how they made it to the top. These are gifted athletes but their breathtaking skill hasn't happened by accident – this is the result of years of toil and sweat on the training track.

Some of the best in the business strut their stuff including Gary Ablett, Matthew Richardson, Jonathan Brown, Cameron Ling, Dean Cox, Brent Harvey, Lenny Hayes and many others.

$25

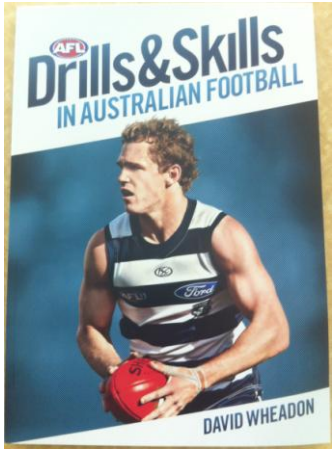


Colts Training Manual: By Brian Dawson

This manual sets down some guiding principles about how to develop and implement a training program to improve fitness, skill level and knowledge of youth aged players.

Updated in 2008.

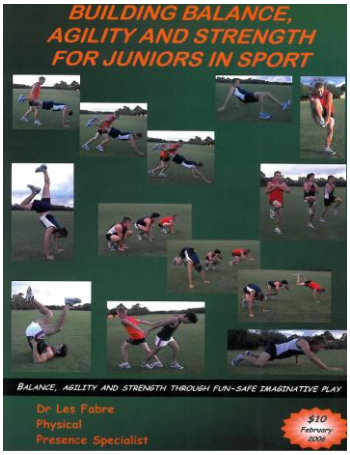
$25



Drills & Skills 2011 edition: By David Wheadon

In this third edition of *Drills & Skills in Australian Football*, David Wheadon has presented a comprehensive selection of drills and practices related to the key aspects of the modern game. The book contains 163 specific drills, ranging from very simple to quite complex practices which will challenge the highest level players, categorised in different areas of the game

$25

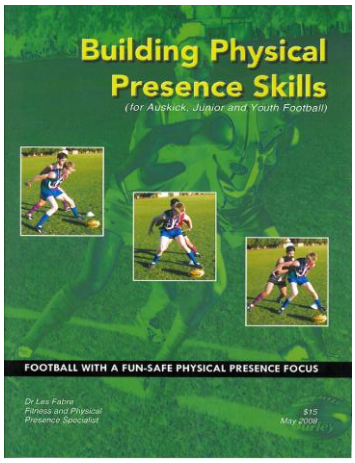


Building Balance, Agility and Strength for Juniors in Sport

This Manual is a simple and illustrated program to nurture the physical preparation of juniors in modified sports. For more information go to

www.drfabre.com.au

$10

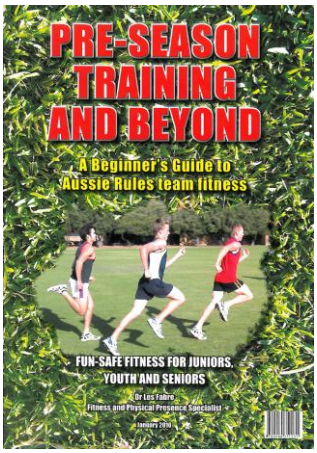


Les Fabre Building Physical Presence Skills

The manual encompasses all you need to know about good tackling technique, evasion skills and developing the mental strength to absorb and administer a tackle in the game of AFL.

The user friendly training programs, session plans and diagrams allow coaches to coach players to develop “Physical Presence.”

$15

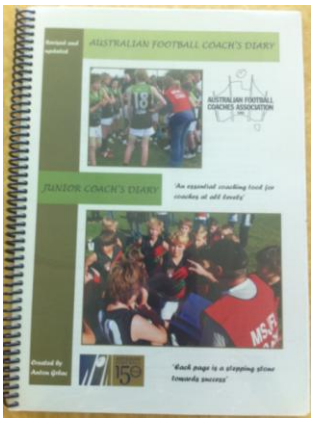


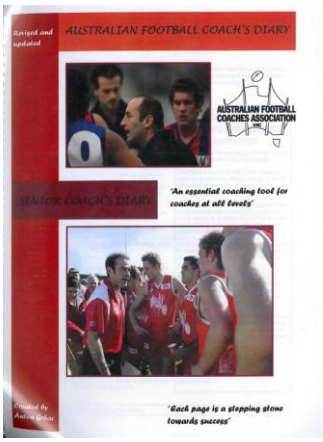
Pre-season Training & Beyond: A Beginners Guide to AFL 2010

This manual contains much of the information you will need to design your team's pre-season fitness programme. It is easy to read and simplifies sports science in community football.

A must have!

$25





Youth or Senior Coaches Diary

By Anton Grabac – AFL Vic High Performance Coach

The complete coaches planning document including season and weekly planning for training and match day.

$25

ORDER FORM

QTY	RESOURCE	UNIT PRICE	TOTAL
	AFL Magnetic Board in Satchel	$25	
	Standard Magnetic Board (Collection from WAFC required)	$45	
	Super Deluxe Magnetic Board	$50	
	Rob Wiley Coaching for the Future DVD	$25	
	Rob Wiley AFL Game Style DVD	$15	
	Neale Daniher Coaching DVD	$15	
	Les Fabre Physical Presence DVD	$25	
	Colts Training Manual by Brian Dawson	$25	
	Skills of Australian Football	$25	
	Drills & Skills by David Weadon	$25	
	Building Balance, Agility & Strength for Juniors in Sport	$10	
	Les Fabre Physical Presence Book	$15	
	Youth or Senior Coaches Diary	$25	
	Pre-Season Training & Beyond	$25	
	Physical Presence Package	$30	
	TOTAL	+ postage cost	

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*****PLEASE NOTE** postage costs will be added to the total amount*

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