

Level 1 Youth Course

Sunday 22nd March, Lathlain Park.

Unit Summary

Unit No.	Unit Name	Presenter Options	Level 1 Course	
1	Introduction: The AFL Coaching Structure and Coach Accreditation	Bronte Ryan	15 mins	8.15am
2	Game Environment – the Club, Coach and Umpire “Partnership”	Scott Faulkner	1 hour	8.30am
3	Effective Coaching and Communication Strategies for Youth Players	Andrew Ruck	1 hour	9.30am
4	Teaching and remediation of the Skills in Australian Football	Laurie Hart	1 hour 15 mins	10.30am
5	Program planning and planning a training session with effective drills	SD + Bronte Ryan	2 hours	11.45am
6	Tactics, team play and game plans	Geoff Valentine	1 hour	1.45pm
7	Preparing Youth Players	Brock (PFC)	45 mins	2.45pm
8	Prevention and Management of Injuries	Sports Medicine Australia	30 mins	3.30pm
9	Mental Health Session	Youth Focus (supplied)	30 mins	4pm

Required Resources

- PowerPoint presentations provided
- Youth Course Book – See relevant activities within book
- Youth Coaching Manual
- Equipment for Practical Assessment