



## **LEVEL ONE JUNIOR COACHING COURSE 2012**

### Pre-Course

**AFL Auskick e-learning** (to be completed on-line)

- Introduction to Auskick
- Role of the Coach
- Conducting a Typical Training Session
- Teaching Football Skills to Children
- Conducting & Umpiring a Match

**Note that participants are to bring e-learning Certificate to the course as proof of completion**

Date: Sunday 20<sup>th</sup> May

Venue: Buckley's Entertainment Centre, Fellmongers Road, BREAKWATER

### COURSE OUTLINE:

- 8.45am                    **Registration**
- 9.00am                    **Course Outline & Assessment, Introduction to Victorian Football**
- 9.30am                    **Prevention & Management of Injuries**
- 10.00am                    Morning Tea
- 10.15am                    **Conducting a Typical Training Session (Practical)**
- 11.45pm                    Lunch
- 12.30pm                    **Teaching Football Skills to Children (Practical)**
- 2.00pm                    **Assessment - Close**

