



# ADVANCED CERTIFICATE IN COACHING FUNDAMENTAL AFL SKILLS

## LIVE ZOOM SESSION plus ONLINE ACTIVITIES

### Overview

The Advanced Certificate in Coaching Fundamental AFL Skills is an advanced level course which provides education on the importance of fundamental skills in a player's development. The course will teach you how to coach the breakdown of a technique and cover all the key AFL skills including kicking, handballing, marking, tackling and evasion. The course will help coaches and players across all levels of the AFL to coach more effectively, develop players more quickly and to understand how to analyse and develop skills using professional methods.

### Course Presenter— Austin O'Connor Stubbs

Austin O'Connor Stubbs, is an accomplished Football Coach who has an extensive amount of education and experience working across both the AFL/AFLW competitions in a range of roles such as analytics and coaching. Austin's expertise is in the area of skill acquisition and development coaching. He has worked with five current and former senior AFL coaches and is the Director of Development for AFLHP High Performance Coaching, where he works to professionally develop AFL coaches across all levels of the industry.

### Course Outline

- Identifying different training styles
- The importance of fundamental skills and technique breakdown
- How to coach one on one technique breakdown
- How to identify skill errors
- The different techniques and dynamics of each individual skill
- How to use skill acquisition coaching to develop players



### Date and Format

The course will consist of 2 X 2 hour live workshops via Zoom on **16th and 23rd February 2021** from 10am to 12 noon AEDT. The course also includes access to an online portal with a series of pre and post course activities that must be completed. Live Workshops will be recorded and available in the online portal to watch if you are unable to attend. Upon completion of the course you will be able to print off your Certificate of Completion.

### Cost

\$280 plus GST. Participants may withdraw up to one (1) week before course commencement without incurring a financial penalty.

Refunds will not be given at all after this point.

A minimum of 10 participants is required for each course to run.

### Enrolment and Payment

Payment **MUST** be made at enrolment

Enrolments close on **Tuesday, 21st July 2020 at 9.00 pm**

Payment is through the PayPal website via credit card or PayPal account

Scan the QR code with your smart phone or visit <https://bit.ly/2YicGX1> to complete your online enrolment



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