



Maribyrnong Sports Academy

Promoting a high performance culture in Sporting Excellence & Academic Achievement



AFL Youth Coaching Workshop

Saturday 27 February 10am to 3pm

Community youth coaching workshop hosted by Maribyrnong Sports Academy.

A great opportunity for coaches to develop specialist knowledge and coaching techniques for youth players.

Theory to Practice: Apply concepts straight into practice with workshop presenters and MSA student-athletes demonstrating take-home coaching activities and tools to use at your club.

Venue: Maribyrnong Sports Academy (new entrance off Gordon St).

Session Topics:

- Balancing individual & team development
- Kicking fundamentals & remediation
- Footy specific warm-ups and injury prevention
- Coaching footy smarts
- Team structure & tactical concepts for youth footy

Presenters:

Torin Baker: Head Coach, TAC Western Jets and MSA AFL Program.

Leon Harris: High Performance Manager, AFL Victoria, and MSA Coach.

Andrew Komp: MSA Coach and Physical Education Teacher.

Scott Lucas: 270 game Essendon premiership player, and MSA Coach.

Calvin Pane: MSA Physical Preparation Coach.

Jason Berry: Skill Acquisition & Coaching, Victoria University, & MSA Coach.



MARIBYRNONG SPORTS ACADEMY - PAYMENT AUTHORISATION FORM

Individual Coach: \$50

Club Fee: \$225 (unlimited no. of coaches from one club).

Payment must be received by Weds 24 February - see below.

Primary Contact:

Email:

Phone:

Coach names:

All coaches attending must to be listed - as places for this workshop are capped.

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Please scan or take a photo on your phone and return to Jason Berry via email:

jason.berry@vu.edu.au