

Falcons Coaching Program

The West Perth District in partnership with West Perth Football Club has great pleasure in announcing the exclusive Falcons Coaching Program, available specifically for coaches within the West Perth District will be running in 2015.

The Falcons Coaching Program has been designed specifically to cater for our own district requirements on up to date methodologies and philosophies. The Falcons Coaching Program will feature coaching staff from the West Perth Football Club including senior coach Bill Monaghan.

The Falcons Coaching Program will comprise of: **Falcons Coaching Forums**, tailored for the entire district and is AFCA approved. The **Falcons Coaching Academy** will be deliberately constructed to suit the "Falcons Way" and is open to invitation only.

Falcons Coaching Forums

- Education Specific Seminars (AFCA approved)
- Guest Speakers
- West Perth Coaching Staff Presenters
- Available to entire district

Falcons Coaching Academy

- Education Specific Seminars (AFCA approved)
- Guest Speakers
- West Perth Coaching Staff Presenters
- Inner Sanctum - Exposed to small group tuition from Bill Monaghan
- Practical Approach
- Membership – Application Process

Forums will be held on a regular basis and will cover specific phases of coach education within the junior, senior and high performance realms of coaching. Within each module **Academy coaches** will have the ability to be exposed to small group tuition from West Perth Senior Coach Bill Monaghan.

The session timetable is a follow-

- Amateurs, Program Launch - 16/03/2015
- Junior Football Falcons Program Launch – 23/03/2015
- Module 1 - 11/05/2015
- Module 2 - 22/06/2015
- Module 3 - 20/07/2015
- Module 4 - 17/08/2015
- End of Season Review – 16/11/2015



Venue and start time will be confirmed with the successful applicants closer to the session dates.

Interested coaches are required to complete the attached application form and return via email to Graham Mills – gills@wafc.com.au by no later than 10/04/2015



Falcons Coaching Academy Application Form

Name: _____ Current Accreditation: Level 1 Level 2
Expiration Date: _____

Coaching History:

Club:	Level (Age Group)	Year:	Position:

Coaching Aspiration Level: Junior Club Senior Community WAFL Development
State HP WAFL Colts WAFL Senior

Using the list provided on the next page, please select five topics that you have identified as areas that will assist with your coaching. Please list below:

What do you believe makes a good coach? Please provide below (<100 words).

How do you see the Falcons Coaching Academy benefiting you and your club?

Reference: Name: _____ Position at Club: _____
Mobile: _____ Email Address: _____



Training Needs Analysis

Coach Capabilities	Specific Capability Areas
The Athlete	Strength
	Aerobic Fitness
	Anaerobic Fitness
	Agility
	Speed
	Recovery
	Nutrition
	Periodisation
	Long Term Athlete Development
	Physical Presence
	Relationships
	Injury Prevention and Management
The Craft	Planning
	Psychology
	Leadership
	Skill Development (Theory)
	Game Sense Training
	Group management
	In Game Management
	Communication
	Player Management
	Drill Development
	Coaching Philosophy
	Emotional Intelligence
	Statistics and Performance Planning
	Observation, Analysis and Feedback
	Current trends
The Techniques	Kick
	Mark
	Handball
	Tackling
	Bounce
	Pick Up
	Ruck
	1v1 Positional Play
The Tactics	Game Planning / Style
	Forward Structures
	Defensive Structures
	Stoppage Structures
	Defensive Kick In Set-Ups
	Opposition Kick In Set-Ups
	Counter Tactics