

## Level 1 Senior Course

Saturday 7<sup>th</sup> March, TBC

### Unit Summary

Unit No.	Unit Name	Presenter Options	Level 1 Course	
1	Introduction: The AFL Coaching Structure and Coach Accreditation	Scott Faulkner	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	David Johnson	1 hour	9.30am
4	Teaching and remediation of the Skills in Australian Football	SD??	1 hour 15 mins	10.30am
5	Program planning and planning a training session with effective drills	Ken Smith	2 hours	11.45am
6	Tactics, team play and game plans	Andrew Panetta / Gary Poole	1 hour	1.45pm
7	Preparing Youth Players	Frank (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
- Senior Course Book – See relevant activities within book
- Senior Coaching Manual
- Equipment for Practical Assessment