



## Physical Football Course for Coaches (Level 1)

With Dr. Les Fabre

Football is a physical game and it is vital that the correct techniques are in place to give your players the best opportunity to effectively tackle and avoid injury. A physical team with the correct techniques can gain a big advantage in football.

This short course will look at the key physical elements and movements of our great game and equip coaches with drills on how to develop these elements. It will also delve into the building resilience in players and routines that can be implemented to avoid injury. The course expands on some key principals of Les' teaching and is valuable to all coaches.

### Course Details

Cost: \$65

Length: 4.5 hours

What you get: A course book resource and a Level 1 Physical Football Accreditation

NOTE: Each course is limited to 20 positions to maximise the learning environment

Date	Venue	Details	
8 <sup>th</sup> & 15 <sup>th</sup> June	Coolbinia Reserve, Coolbinia	6pm – 8:30pm	<a href="#">Register</a>
10 <sup>th</sup> & 17 <sup>th</sup> June	Karoonda Park, Booragoon	6pm – 8:30pm	<a href="#">Register</a>
22 <sup>nd</sup> & 29 <sup>th</sup> June	Charles Riley Reserve, North Beach	6pm – 8:30pm	<a href="#">Register</a>