



South Eastern Bushrangers AFC
Summer Training Program



Thursday 22 October, 2009 - Thursday 10 December, 2009

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
<i>Skill Activity</i>	22-Oct	29-Oct	5-Nov	12-Nov	19-Nov	26-Nov	3-Dec	10-Dec
Below the Knees / Hand Skills	*****	*****						
Kicking		*****	*****					
Marking			*****					
Possession				*****	*****			
Game Sense						*****	*****	*****
12-a-side Game								*****
Education Sessions								
Video Kicking Action	*****							
Analyse Kicking Action		*****						
Boxing				*****				
Sprint Technique	*****							
Core Strength					*****			
Nutrition						*****		
Pool Recovery Education (TBC)							*****	
Tackling							*****	
End of Program BBQ								*****
program subject to change based upon availability of staff								

Staffing Legend

BR	Bill Renner
CE	Craig Edwards
CM	Craig Millar
CS	Craig Starcevich
DS	Darryl Steven
GK	George Knezevic
JP	Jarrold Pleass
KA	Kent Abey
LC	Luke Curran
MD	Matt Dean
MS	Marc Seen
PC	Phil Carse
TB	Tim Bellett

Thursday 22 October, 2009

Week One

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, MS, CE, PC
4.45 - 5.45	2 x 30 min Activities <i>Sprint Technique Education</i>	Ankling Butt Kicks A - Skips Straight Leg Bounds Off the Mark Starts Lean and Go 3 Point Start CONCENTRATE ON TECHNIQUE	MD, MS, CE, KA
	<i>Below the Knees / Hand Skills</i>	Drills that focus on... Handball technique (both hands) Picking up the ball cleanly Strong hands catching the ball Strong, stable body in contests Handball accuracy at all times CONCENTRATE ON TECHNIQUE	DS, GK, CM
	<i>Kicking (Video Analysis)</i>	Four players at a time are removed from the group to have their kicking technique filmed from front on and side on	BR, LC, CS, TB

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	TB, MS, PC, KA
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6.00pm

Every player to consume 750mL water or powerade

Thursday 29 October, 2009

Week Two

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All
THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN			
4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	MS, CE, PC
4.45 - 5.45	2 x 30 min Activities		
	<i>Kicking Skills</i>	Drills that focus on... Players being aware of whats around them Change of direction befor kick, kicker must squar body up to target and then follow kick Players working to get into kickers vision CONCENTRATE ON TECHNIQUE	CS, CE , KA, PC
	<i>Hand Skills & Below the Knees</i>	Drills that focus on... Handball technique (both hands) Picking up the ball cleanly Strong hands catching the ball Strong, stable body in contests Handball accuracy at all times CONCENTRATE ON TECHNIQUE	DS, GK, CM
	<i>Kicking (Video Analysis)</i>	Required players are removed from the BR, LC group to discuss their kicking technique	

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	MS, KA, PC
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6.00pm

Every player to consume 750mL water or powerade

Thursday 5 November, 2009

Week Three

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, MS, CE
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4.45 - 5.45	2 x 30 min Activities Kicking Skills	Drills that focus on... Players being aware of whats around them Change of direction before kick, kicker must square body up to target and then follow kick Players working to get into kickers vision CONCENTRATE ON TECHNIQUE	CS, CE, MS
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	Marking Skills	Drills that focus on... Players being aware of whats around them Absorbing the pressure and pushing off Strong Body on Body CONCENTRATE ON TECHNIQUE	KA, DS, TB
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ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bracing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	TB, MS, KA
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6.00pm

Every player to consume 750mL water or powerade

Thursday 12 November, 2009

Week Four

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, MS
4.45 - 5.45	2 x 30 min Activities <i>Boxing Education</i>		CS, TB, MS
	<i>Possession Skills</i>	Drills that focus on... High possessions Limiting turnover Vision	JP, PC, GK

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	TB, MS
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6.00pm

Every player to consume 750mL water or powerade

Thursday 19 November, 2009

Week Five

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	MS, JP
4.45 - 5.45	2 x 30 min Activities <i>Core Strength Education</i>	Core Strength Program #1 & #2 see attached document	MD, MS
	3 <i>Possession Skills</i>	Drills that focus on... High possessions Limiting turnover Vision	JP, CM

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	MS, BR
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6.00pm

Every player to consume 750mL water or powerade

Thursday 26 November, 2009

Week Six

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, MS
4.45 - 5.45	2 x 30 min Activities Nutrition Education	Pre and Post game nutrition Hydration	MD
	Game Sense & Ball Movement	Drills that focus on... Set plays Moving the ball from defence Lateral movement Being patient, maintaining possession	CE, GK

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	TB, MS
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6.00pm

Every player to consume 750mL water or powerade

Thursday 3 December, 2009
 Week Seven

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, JP
4.45 - 5.45	2 x 30 min Activities		
	Tackling Education		PC, TB
	Games Sense & Ball Movement	Drills that focus on... Set plays Moving the ball into attack Lateral movement Being patient, maintaining possession	KA, DS, CM

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
 COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Pool Recovery / Education		JP
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6.00pm

Every player to consume 750mL water or powerade

Thursday 10 December, 2009
 Week Eight

Time	Activity		Facilitator
Arrival until 4.30	Jog one lap	NO FOOTBALLS	All
	Kicking Grid	Body square to target at all times Limited sideways ball movement in last 3-4 steps before kick Ball drop is over kick foot and from hip height Support foot pointing towards target and up on ball of foot with weight transferring forward Follow through with kicking leg and body towards target	All

THE KICKING GRID SHOULD BE PROCESS DRIVEN, NOT OUTCOME DRIVEN

4.30 - 4.45	Dynamic Warm Up	Slow running - 2 minutes Dynamic activities - 5 minutes Short ball work - 7 minutes	TB, MS
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4.45 - 5.45	2 x 30 min Activities <i>Games Sense & Ball Movement</i>	Drills that focus on... Set plays Lateral movement Being patient, maintaining possession	GK, CE
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	<i>Twelve-a-side Game</i>	Focus on Defensive movement Pushing back off the mark Quick clean hands under pressure	TB, MS
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CONCENTRATE ON TECHNIQUE

ALL ACTIVITIES TO BE DONE WITH INTENSITY AND AT 100%, UNLESS OTHERWISE STATED
 COACHES TO BE ACTIVELY INVOLVED WITH COACHING, STOPPING THE GROUP AND CORRECTING OFTEN

5.45 - 6.00pm	Body Insurance / Warm Down	Push Up Pyramid Front Bracing Side Bacing Balance Activities 3 hops and land 3 hops and land with a turn Side push and land Static Stretches	TB, MS
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6.00pm	End of program BBQ & thank you		All
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