



ELLERSLIE AFC – JUNIOR/YOUTH DIVISION 2012 SKILLS COURSE PROGRAM

Course Name: Pre-Season Fitness (Term 1)

Reference: 2012_PSF

Details:

- Start Date: Tue March 6th
- Finish Date: Thurs April 5th
- Duration: 10 sessions of 1 ¼ hours
- Times: 5:00 pm to 6:15 pm
- Venue: One Tree Hill College
- Who can register? Anyone in 9th to 17th grades
- Cost: \$15.00

Course Outline:

The emphasis of this course is to build and maintain fitness that is football specific and fun. The aim is to increase fitness levels through football specific sessions that almost always involve a football and/or small sided games. This course will be managed by coaches who have knowledge specific to football fitness and have received qualifications in this area.