



SUMMER TRAINING PROGRAM; LEVELS 1, 2 & 3

ALL LEVELS ARE UNDERPINNED BY 'ELITE TRAINING HABITS AND BEHAVIOURS'

➔ LEVEL 1: U12 & YOUNGER

- Skill Acquisition (Closed & Open)
- Game Sense Introduction

➔ LEVEL 2: U13 – U14

- Skill Acquisition & Selection (Closed & open)
- Game Sense Understanding
- Strength & Conditioning

➔ LEVEL 3: U15 & OLDER

- Skill Selection (Open only)
- Game Sense Training
- Strength & Conditioning

SKILL ACQUISITION (LEVEL 1 & 2)

Skills are performed in open and closed training environments.

Open skills are performed in the presence of decision making coupled with pressure.

Closed skills are performed in the absence of decision making and pressure.

Skills include:

- Handball and kicking (preferred & non-preferred).
- Marking and ground balls (contested & un-contested).
- Body positioning and body use.
- Defending and attacking (Transition)

SKILL SELECTION (LEVEL 2 & 3)

This relates to choosing and effectively executing the correct skills for the correct game situation.

This training is always performed within a game sense training environment.

GAME SENSE:

- INTRODUCTION (LEVEL 1)
- UNDERSTANDING (LEVEL 2)
- TRAINING (LEVEL 3)

Game sense training mimics situations a player faces during a match. It can involve small-sided football relevant games, which focus on specific skills to be trained.

For instance; The 'Level 1 DFS 4-goal game' may focus on ball possession and player accountability. Whereas the 'Level 3 DFS 4-Goal game' may focus upon decision making with/without the ball as well as running patterns and speed of ball movement.

All game sense activities are underpinned by 3 essential elements: Time, Space, Risk.

STRENGTH & CONDITIONING (LEVEL 2 & 3)

This relates to the physical attributes required to meet the demands of AFL. These include aerobic endurance, explosive power, muscular strength, speed, reactive agility, core strength/stability and more.

Each skill development drill and activity is designed to incorporate any or all of the above mentioned areas.



Mark 'Chocco' Williams coached Port Adelaide to their first AFL premiership in 2004. As Richmond FC development coach, he has been described as the best one-on-one coach in the AFL. 'Chocco' delivered a very strong message to DFS players and parents at the 2012 STP induction evening "There's 3 essential things an AFL player needs to be able to do:
1 = Kick; 2 = Think; 3 = Run"



Brett Potter, TAC U18 Head recruiter and Carlton FC recruiter, believes if juniors aren't challenging themselves, then they've stopped developing. "Junior players need to challenge themselves to grow and develop their football. The introduction of the 3 Levels within the DFS Summer Training Program is the perfect solution for players looking to develop and improve their football during the off-season."

