



AIM OF THE SCHOOL HOLIDAY PROGRAMS :  
**FUN, INCLUSIVENESS, FUN, GAMES, FUN, MATCH PLAY, FUN, SKILLS DEVELOPMENT, FUN**  
 Footy Holiday Program @ (Location here )



COACHES: Tala, Macca, Adam, DJ																		
Group	Coach	8:30-9:00	9:00-9:05	9:05-9:30	9:30 - 10:15	10:15 - 10:30	10:30 - 12:00				12.00 -12.30	12.30-1.30	1:30-1:45	1:45 - 2:50	2.50 -3.00	3.00 - 3.15		
	Tala / Macca	Set up / Rego table (Adam/DJ)	Offical Welcome (Tala) Toilets; DFS & Coach expectations of players; etc	Ice Breakers / Warm-Up Chinese Boxing; Finger Fencing; Back to Back; Kick / handball to self on the run; Teams Goal Kicking on the run, etc	GAMES #1 'Island Game'	BREAK	MASTER CLASS SKILLS Choose any of the below stations. 1 coach per station. Coach stays at their station. (Split players into groups; players rotate through stations). 20-30mins at each station.				LUNCH	GAMES #2 'Bombard the Sqaure'	BREAK	WHOLE GROUP 'Scratch Match'	WRAP IT UP! (Group photos with Coaches)	Clean-up. Pack-up. Check rooms, ground and venu for rubbish. (ALL)		
	Adam / DJ				Alternatives: (Bombard the square; Hit the pole; In the bin; Footy-Baseball; Footy-Tennis; Handball Game; Goal to Goal; Other)		Ricochet	Goal Kicking (Snaps / Bananas)	Kicking Drill and/or technique	Goal kicking set shot. Teach routine. Play G.K. game		Alternatives: (Island Game; Hit the pole; In the bin; Footy-Baseball; Footy-Tennis; Handball Game; Goal to Goal; Other)				(Stand-up tackling ONLY; no kicking off ground; match up on same size opponenet; play zones; play 3 Qtrs)	Coaches to thank players and parents, hand-out prizes if any; speak to parents 1 on 1 as required (Macca)	Upload all phorts/video taken, onto DropBox. (ALL)
							Video Filming of Kicking	Fun appropriate Game Sense drill	Tackling	Other suitable activity						Call Beau to confirm all complete and discuss the day. (TALA)		

**Coaches:**

- \* Arrive by 8.30am. Set-up for the day. Meet and greet parents at the registration station.
- \* Have access to the player list details (Hard copy or via smart phone)
- \* Ensure expectations are outlined and maintained during the day to ensure players are safe and the day is inclusive.
- \* Monitor any illness/injury with players. If in doubt, call Beau to discuss 0424 902 544
- \* Use your phone to take photos and videos during the day. Upload all these to Dropbox before leaving the venue.
- \* Ensure venue/rooms are left clean and free of mess (dirt/grass/wrappers etc)
- \* This template is an outlie only. Feel free to include activites that better suit your group or the weather conditions.
- \* Be prepared and have FUN !!
- \* DFS contact in the first instance is Beau Dorain 0424 902 544. Second is Adrian Talarico 0400 604 462.