

**2021 ELITE  
SUMMER TRAINING  
PROGRAM**



**PLAYER & PARENT HANDBOOK**

*'Be better everyday'*



**(Top)** The Elite Junior Camp Squad (coached by dual AFL premiership player Taylor Duryea) –vs- North Melbourne FC Next Generation Academy.

**(Below)** The DFS State Carnival. Dynamic Footy Skills (Vic) –vs- Peel Thunder (W.A.)



**(Below)** The triangular DFS State Carnival Series. DFS Red (Vic) –vs- DFS White (Vic) –vs- Western Australia Warriors (W.A.) Played at Essendon Football Club



**Welcome to the 2021 Elite Summer Training Program (STP). This is going to be a program that makes you a better footballer, athlete and person. We hope you are as excited as we are to get started!**

2021 was another extremely challenging year. The Covid-19 Pandemic continued to affect life as we knew it. Australian workers, small business, school students and families felt the full effects of the pandemic. Schools, work and sport was either cancelled, postponed or forced to find alternative methods in order to continue.

Due to the Pandemic, the participation in organised sport during 2021 was met with constant interruptions. This was on top of an entire 2020 year of cancelled Winter sport. Well over 100,000 children missed an entire season of participation and development in their favourite sports.

At DFS, we are very thankful that we can offer this year's Elite Summer Training Program. We understand the opportunities we can offer and the benefits young children can receive via our inclusive development programs.

This year we have tried to add even more value to the program with some first ever added bonus sessions and un-restricted access for players to attend any training location.

A special thank you to all the parents, guardians and families who have allowed these players to take part in the 2021 Elite STP.

To all the participating players: Seek improvement, have fun and together let's get back what Covid took away.

***'Be better everyday'***



## KEY INFORMATION



[www.dynamicfootyskills.com.au](http://www.dynamicfootyskills.com.au)



[www.facebook.com/DynamicFootySkills](http://www.facebook.com/DynamicFootySkills)



@DynamicFS



@dynamicfootyskills



[info@dynamicfootyskills.com.au](mailto:info@dynamicfootyskills.com.au)



## **KEY CONTACTS**

### **Director of Coaching**

Adrian Talarico  
adrian@dynamicfootyskills.com.au

### **Head of Football Operations**

Michael Talbot  
michael@dynamicfootyskills.com.au

### **Administration and Accounts**

Lisa Piccolo  
admin@dynamicfooyskills.com.au

### **Media Officer**

Josh Schonafinger  
media@dynamicfootyskills.com.au



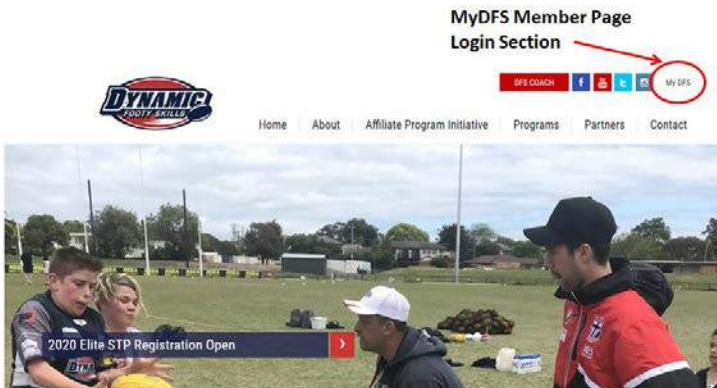
## 'MYDFS MEMBER PAGE'

Your 'MYDFS' member page is the PRIMARY SOURCE of information for Elite STP players and families. The log-in area is located at the top right of the DFS website homepage.

The MyDFS page will be accessible to players and families whenever you need it. DFS will post testing results, training information, coaches feedback, educational videos and much more.

Players and families are advised to regularly log-in to the MyDFS page, in order to keep up to date with all things Elite STP. For all Elite STP information, in the first instance, refer to the MyDFS Member page.

USERNAME : mydfs  
PASSWORD : elite2021



## **TRAINING VENUES**

### **Ascot Vale**

Fairbairn Park  
Woods St, Ascot Vale

### **Box Hill**

Kingswood College  
Piedmont St, Box Hill Sth

### **Bulleen**

Bulleen Park West Oval  
Bulleen Rd, Bulleen

### **Bundoora**

RMIT University  
McKimmies Rd, Bundoora

### **Hawthorn**

Anderson Park  
Constance St, Hawthorn East

### **Mernda**

Mernda Central College  
Pomaderris Dr, Mernda

### **Sandringham**

Sandringham College  
Holloway Rd, Sandringham



## TRAINING DATES

Event	Bundoora	Sandringham	Ascot Vale	Box Hill	Mernda	Hawthorn	Bulleen
Induction Online	Monday November 8						
Week 1 Training	Mon Nov 15	Tues Nov 16	Tues Nov 16	Wed Nov 17	Wed Nov 17	Thur Nov 18	Fri Nov 19
Week 2 Training	Mon Nov 22	Tues Nov 23	Tues Nov 23	Wed Nov 24	Wed Nov 24	Thur Nov 25	Fri Nov 26
Week 3 Training	Mon Nov 29	Tues Nov 30	Tues Nov 30	Wed Dec 1	Wed Dec 1	Thur Dec 2	Fri Dec 3
Week 4 Training	Mon Dec 6	Tues Dec 7	Tues Dec 7	Wed Dec 8	Wed Dec 8	Thur Dec 9	Fri Dec 10
Special Event	Sunday, December 5						
Match Day Finale	Sunday December 12						

## TRAINING TIMES\*

20011 - 2012+ born

5:00pm – 6:15pm

2010 – 2007+ born

6:30pm – 8:00pm

**\*NOTE:** *In the case of a training time change, players will be contacted PRIOR to the first training session.*





## **AFL DRAFT COMBINE FITNESS TESTING**

All Elite STP players are entitled to undertake our AFL Draft Combine Testing. It is up to each player to select the session that suits them best, by logging onto their 'MYDFS' member page.

Numbers will be capped for each session so we encourage you to register early. Players are only permitted to attend one testing session. There is no extra cost for this session.

### **OPTIONS**

Sunday, November 21 RMIT Sports Centre  
McKimmies Road, Bundoora  
Times: 9:00am or 11:00am

Sunday, November 21 Kingswood College  
Peidmont Road, Box Hill  
Times: 3:00pm or 4:30pm

Sunday, November 28 Oakleigh Recreation Sport Centre  
2A Park Road, Oakleigh  
Times: 9:30am or 11:30am

Sunday, November 28 Kingswood College  
Peidmont Road, Box Hill  
Times: 3:00pm or 4:30pm



## **YOUR ELITE STP TRAINING SINGLET**

Please ensure that you utilise as much space as possible when writing your name in the white boxes on the front and back of your singlet. If possible, keep your name to approximately 8 letters or less.

Please ensure the name/nickname you choose, resembles the players first name or surname.

Examples of suitable names;

Toby Johnston. "JONNO" "TOBY" "TOBES"

Try to avoid;

Toby Johnston. "THE TANK" "SUPER" "FLASH"



# **THE AIMS OF THE ELITE STP**

## **AIMS OF THE ELITE STP:**

- To introduce and implement a structured football development program.
- To assist with player individual improvement
- To provide a healthy, disciplined training atmosphere.
- To create an environment that is conducive to player and team development.
- To challenge players, preparing them for interleague and NAB programs.

## **METHOD OF ACHIEVING AIMS:**

- By introducing and exposing the players to the basic disciplines, principles and requirements relating to elite junior footballers
- By exposing the players to a wide range of issues that they need to consider should they want to become the best footballer they can be.
- By providing the best junior football coaches available, to implement training and guide the players through the Elite STP.
- By demanding a respectful, tolerant, engaging and enjoyable atmosphere where every player has an opportunity to develop and feel comfortable.

## FROM THE COACHES

Congratulations to all players who have registered for the 2021 Elite STP. The dream for most Junior Footballers is to play AFL football. We are sure this is the case for the majority of you. Experience tells us that to become the best player you can be, you need to commit fully to your training, apply the correct time management techniques, look for improvement at every training session and seek assistance from your coach. As well as planned training sessions, the dedicated player participates in additional sessions such as this program. The aim of this program is to assist you in becoming the best footballer you can be.

Success in football and in life requires planning, commitment, dedication, persistence and mental toughness over a long period of time. It is also about belief in yourself and a genuine desire to improve. This is the basis of any junior footballer who wants to improve and succeed. If you really want to be successful, the answer lies in total commitment... it is as simple and clear as that.

***“The best coach for individual improvement is you.”***

- Denis Pagan, Dual AFL Premiership Coach

Throughout this program, DFS will provide some of the best Junior Football coaches available. However, it doesn't matter if we have Damian Hardwick as your coach. It is you that will determine how much you will get from this program! We cannot emphasise that enough.

Your coaches will provide guidance in specific areas to develop your whole game. Our Strength and Conditioning coaches will examine your fitness testing results. We will examine your kicking technique.



You will be taken through skills sessions from highly experienced specialist coaches. Nutrition and Mental Skills experts will provide you with great insight into how to prepare and train your body and mind. And we will all provide you with feedback. Why? To help you become the best footballer you can be.

All that is required from you is a commitment to want to improve.

All the staff and coaches at Dynamic Footy Skills will assist you with and provide the best possible learning/development environment they can and we wish you all the best on this exciting and hopefully rewarding football experience. Together, let's take your footy to the next level.

Look forward to seeing you at training.

### **The DFS Coaches**



## **CODE OF CONDUCT**

Players and staff members from DFS must at all times behave in a manner that is not likely to be detrimental to the image of DFS, their local club, league, associated program partners or themselves.

It is expected that all players and staff strive to achieve the following conduct standards:

- responsibility for all actions on and off the field
- respect for team mates, staff, facilities and equipment
- professional preparation for training and other training related activities
- support teammates and staff

DFS staff and teammates will assist you in acting as responsible young people and keep clear of situations that can lead to undesirable outcomes.

Any indiscretion will attract varying forms of disciplinary action. DFS, after due consideration, reserves the right to penalise or remove that person/s from the program. In order to assist you to achieve your personal goals from this program, we expect you to prepare and conduct yourself in a professional and disciplined manner as a proud representative of the 2021 Dynamic Footy Skills Elite STP.



## **PLAYER RESPONSIBILITIES**

### **TRAINING**

Players are expected to organise themselves to ensure they are in attendance at all training sessions and Elite STP events. It is the player's responsibility to make sure the Coach is informed of any injury that will stop him/her from participating in normal training. No player is to leave the training track without first seeing the Coach or his/her nominated member of the Coaching Staff.

### **TRAINING APPAREL**

All Elite STP players are to bring good quality running shoes, football boots, Elite STP training Jumper, football or running shorts (NO board shorts), mouth guard, training cap, labelled drink bottles to all training sessions.

### **PERSONAL BELONGINGS**

Elite STP players will be responsible for their own items of clothing and property. Please refrain from bringing unnecessary valuables to training. Please collect all of your belongings after each training session. Staff may not always be in a position to collect unclaimed items after training.

### **TRAINING FACILITIES**

Elite STP players & staff are asked to keep the training facilities clean and clear of rubbish (tape, unwanted drink bottles, etc)



## **FROM THE HEAD OF S&C**

It is essential to develop your body so that it meets the demands of our physically challenging game. If you think about it, your body needs to be strong enough to hold tackles, break tackles, bump and position yourself better than your opponent. You require the speed to break away from players, agility to maximize your evasive skills, power to leap into marking contests and aerobic endurance to compete for four quarters and run your opponent into the ground.

With the Strength and Conditioning (S&C) programs we have designed, you will work on each of these key physical attributes to ensure you optimize your performance and become a more rounded player.

As always the Elite STP offers fitness testing, identical to the AFL Draft Combine which I have been involved in for the past few years. It is important to test your fitness capacities early in the program in order to give you the opportunity and responsibility to improve throughout the Elite STP.

**Adam Veli**

DFS Head of Strength and Conditioning (MappSc, BESS)





## **OPTIONAL EXTRAS FOR ADDED SUCCESS**

### **XMAS TRAINING PROGRAM**

*Item price: \$75*

This is an individual program designed for you by our Strength & Conditioning 'gurus', based on the results you achieve during the AFL Draft Combine Fitness Testing. Our 'gurus' have written over 550 XMAS training programs for previous Elite STP players. The program will focus on specific areas you want to develop, improve or maintain. It includes a 6-week program, detailing week-to-week, day-to-day activities for you to perform during the XMAS break. Bookings via MyDFS Page.

### **PERSONAL VIDEO KICKING ANALYSIS**

*Item price: \$75*

This is a dual angle video camera analysis of your kicking action, completed by Directors of Coaching, Adrian Talarico & Michael Talbot. Adrian & Michael have completed more than 1,000 kicking analysis videos over the history of the Elite STP. The video link will be emailed directly to you, allowing you to access it anytime. You will also receive exclusive access to the DFS AFL player 'model kicks', to help you understand the exact areas that are mentioned during your kicking analysis.



## **300 TOUCHES**

The work you do away from the training track is just as important as the training itself. At every level of the game, the truly great players are always the ones who work harder than anyone else.

They train away from training, they train in their backyard, in the local park, at school, and even during the ads of their favourite TV show. Great players always have a footy in their hands.

This is where the DFS '300 touches' comes into play.

Between now and your first training session, we encourage you to do your 300 touches EVERY SINGLE NIGHT.

Log into your 'MYDFS' page for full details on 300 touches, which includes videos for you to watch and learn from.

# **BE BETTER EVERYDAY**



## **POLICY**

### **HEAT POLICY**

Extreme heat is a regular feature of Australian summers and unfortunately, extreme heat can be extremely dangerous for athletes who are performing at high intensity. DFS abides by the heat policies outlined by Sports Medicine Australia, that take into account temperature, intensity, time of day and other factors. The policy can be found on its website: [www.sma.org.au](http://www.sma.org.au)

### **CHILD SAFETY POLICY**

Dynamic Footy Skills has a firm belief that every training, strength and conditioning or any other session should be held in a safe environment. The safety of all players, coaches and participants is paramount at all DFS programs. For our complete Child Safety Policy, please visit our website: [www.dynamicfootyskills.com.au](http://www.dynamicfootyskills.com.au)

### **ASTHMA POLICY**

Dynamic Footy Skills is aligned with the Victorian Government's Asthma Care Plan. Individual warning signs and symptoms can differ, so it's vital that parents and players speak about the condition, because parents know their children best. DFS coaches are fully understanding of the need to keep a puffer on hand.

### **PROCEDURES**

Parents and guardians will be contacted via text message should we need to enforce any of our safety policies, such as Heat or Asthma.

Players who miss a session are able to complete a make-up session at any other Elite STP location, to ensure they get as much out of the program as possible.



## Elite Summer Training Program AFL Club train and tours



**(Top)** North Melbourne FC Train and Tour



## **2018 Elite Summer Training Program squad**

Photo taken at St Kilda FC train & tour session 26/11/2018