

A Day at the Essendon FC



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Last year I was lucky enough to spend the day at Essendon Football Club, with Neil Craig as my mentor for the day. The day started with an in depth coaches meeting conducted by Simon Goodwin. The meeting outlined and negotiated the roles of each assistant coach and discussed the drills and games sense activities that would be developed in the session. After a 45 minute break for preparation and a 30 minute players meeting, the following session was conducted in an outstanding facility at Tullamarine (session outline modified by Rick Coburn).

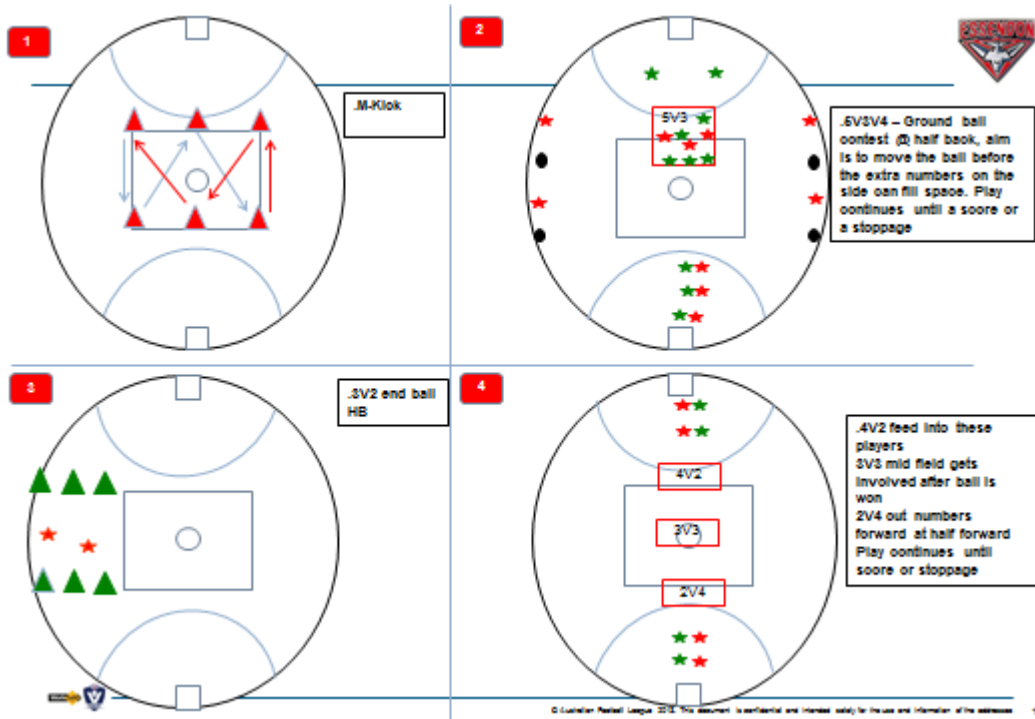
Essendon FC



Date: 13/8/2014

Duration: 1 hour & 45 minutes

<p><u>The Session –</u> Group Warm-up (PT) Inside the Hanger – 15-20mins 10-15 on ground (speed work)</p>	<p><u>Coach & Coaching Point:</u> Partner work (balls) Clean Hands Balance work (balls) Acceleration with bands Build-up/hold speed/build-down</p>	<ul style="list-style-type: none"> • Strength & • Conditioning / Core / Plyometric • Cool down / stretch <p>In hanger with PT training</p> <ul style="list-style-type: none"> • Coaches Roles: <p>Very hands on, involved in most drill to feed ball in, to engage players not directly involved in drill</p> <ul style="list-style-type: none"> • Skills Coach: <p>All Coaches had this role</p> <ul style="list-style-type: none"> • Session Review: <p>Session was done at 90+ %. Players used almost full contact in drills/games sense activities. Players very hard on each other when errors made, but very encouraging when good play demonstrated. Drills followed very well, only to main breaks for drinks and a coach's chat.</p> <ul style="list-style-type: none"> • Total Numbers: 35+
<p><u>Skills – (PT)</u> Part of extended warm-up Lane HB/Run-stretch/Lane HB/Kick followed by M Kick</p>	<p><u>Coach & Coaching Point:</u> Quick-One touch-Clean Hands</p>	
<p><u>Game Sense – (SG)</u> Pressure Pick-ups with pads 5V3 through ball / 1V1 pickup with rear tackle / Kick over mark 3V2 HB end to end</p>	<p><u>Coach & Coaching Point:</u> Win the footy / use the footy (find loose) quick movement to forwards / Skill execution</p>	
<p><u>Full Ground – (SG)</u> 5V3V4 – D2 method/layered Defence Match Play 14V14</p>	<p><u>Coach & Coaching Point:</u> Win the footy / use the footy (find loose) quick movement to forwards</p>	
<p><u>Positional Play Training –</u> Ruck work/Forwards leading patterns/Goals kicking/ Contested ball Skills/Ground Ball</p>	<p><u>Coach & Coaching Point:</u> Body positioning / skill execution / protecting-using the space</p>	



Session Diagrams (modified by Rick Coburn)