



Athletic Skills for Junior Footballers

Running Technique
Speed & Agility
Jumping & Landing
Tumbling & Rolling
General Strength
Combined with Footy
Skills



We teach young people those basic foundation movements they are often not exposed to now, such as running technique, jumping, landing, hopping, tumbling and rolling.

These skills are important for any sport, not only for injury prevention but developing confident and resilient young people who enjoy the sport they play.



Program Information

30th January - 30th March
Programs Designed for Girls
and Boys 12 Years +

Tuesdays/Wednesdays/Thursdays

4:30pm

Saturdays:

10am and 11:30am

Small Group Training

1:8 coach to athlete ratio

*Only \$15 per session for members
of Fitzroy Junior Footy Club*

Gym Sessions: NthSide Fitness
405 Heidelberg Road, FAIRFIELD

Field Based Sessions:
Alphington Park

REGISTER NOW

progresscoaching.com.au/skills21

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