

FOOTBALL WEST presents

# SAP MODEL SESSION WORKSHOPS

**SAP WORKSHOP 3:** First Touch on **MONDAY 28<sup>th</sup> July** 2014 from 5.00 to 6.30pm

**SAP WORKSHOP 4:** Striking the Ball on **SATURDAY 16<sup>th</sup> August** 2014 from 10.00 to 11.30am

Both workshops conducted at Celebration Park in Balga (Rochester Circle, Balga).

RSVP to [jessine.bonzas@gmail.com](mailto:jessine.bonzas@gmail.com) by Monday 21<sup>st</sup> July 2014 including your name, club and the team junior girls team that you currently coach. We would prefer you attend both workshops but understand that coaches may only be able to attend some. Feel free to contact me with any other queries or further details.

Two clubs will get the opportunity through a random draw to be selected for their junior girls team to attend and participate in a SAP training session. One team will train with and alongside the U10 and the other with the U12 SAP team.

## Benefits to the Coach, Club and your Players:

- ✓ Introduce the FFA Skill Acquisition Program and 4 core skills
- ✓ Share practices you can use in your training sessions
- ✓ Go through the coaching points of each core skill
- ✓ Share other resources to help you plan your season and training sessions
- ✓ Opportunity to network with other junior girls coaches
- ✓ For your players it will give them the technical (skill) foundation to master the game

