

ARE YOU PRACTICING YOUR FOOTBALL FUNDAMENTALS?

Go to the CoachAFL Prep-to-Play section to view the posters and videos.
Practice these skills every training session.

1 - TACKLING



2 - RECEIVING A TACKLE



3 - AERIAL



4 - GROUND BALLS



MONTHLY COACHES SHED



Online drop-in with other coaches, facilitated by coach ambassadors, AFL Coaching team, or a La Trobe University research team member.



Share ideas, drills, or troubleshoot in a casual, safe and friendly environment.

RM COACH
EVOLVE THE GAME.

NEED INSPIRATION FOR YOUR TRAINING SESSIONS?

Login to RM Coach using your CoachAFL member login to access training activities, session plans and more... tailored for your team!