

Dynamic
footy skills

AFL 'Elite' Pre-Season Training Program

The 2013 Pre-Season Program will allow you to test your skills against your DFS teammates and prepare you physically and mentally for the 2013 season.

BRING YOUR MOUTHGUARDS, IT'S GAME ON!!!!

The DFS Pre-Season Training Program (PTP) will focus on 'Game Sense', 'Decision Making', 'Body Contact' as well as incorporating a strong focus on 'Strength & Conditioning', complimenting local club training and preparing each player for the start of the 2013 season.



During the 6-week training you will:

- ✳ *Be coached by high level experienced 'Level 2' AFL Coaches*
- ✳ *Receive over 8 hours of Elite Coaching*
- ✳ *Participate in the proven DFS skill focused development programs*
- ✳ *Prepare your body with "Fitness & Strength/Conditioning" specific training*
- ✳ *Complete testing from the 'AFL Draft Combine'*
- ✳ *Listen to guest coaches, including AFL players*
- ✳ *Experience the DFS 'Above the Shoulders' & Sports Nutrition Workshops*
- ✳ *Receive exclusive access to online 'DFS Member Page' facility on the DFS website*
- ✳ *Train and play with the talented junior players in your own training squad*
- ✳ *AND Match Practice with and against players who possess 'Ability & Ambition'*

All Players will receive a DFS Training Singlet valued at \$45



Book before 5th January and get a DFS training Cap OR Drink Bottle for **FREE**

Cost for the program is only \$295.00

BOOKINGS CLOSE FEBRUARY 4TH, 2012

For further details contact:
enquiries@dynamicfootyskills.com.au

Develop Skills, Improve Confidence, Increase Enjoyment.



DYNAMIC FOOTY SKILLS

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