



6-WEEK CHALLENGE

The 6-week challenge is an exciting new program offered by COD. This unique program centres around the identification of the fundamental skills each player must dedicate time to in order to improve as a player. The key to this program is the time each player invests in improving their game under the expert guidance and support of COD Coaches.

Week one - players will be tested and results recorded for 5 categories which relate directly to their game:

Short passing 🌐 Lofted pass 🌐 Dribbling 🌐 Shooting 🌐 Juggling

Players will be instructed each week on the correct technique around these identified fundamental skills and provided the opportunity to take a training program with them to practice.

The key to this program is the mutual commitment made between Player and Coach to work together to reach a common goal.

This is a program that should not be missed and is guaranteed to improve each and every Player.

Must attend first session to be part of testing.

Ages:	U9-U12 and 13 and over
Days:	Mondays and / or Tuesdays
Start Dates:	Monday, 23 rd July Tuesday, 24 th July
Times:	5:00pm – 6:00pm (warm-up 4:45pm)
Cost inc GST:	Mondays OR Tuesdays: \$82.50 Mondays AND Tuesdays: \$165.00
Venue:	Wolves FC

Website: www.footballcod.com.au



TECHNICAL TRAINING

Players require a sound technical base in order to play their role within a team structure. Although football is a team sport the individual is the starting point. If the individual can be proficient in the fundamentals of the game, then they are able to fit into any team structure throughout their career.

The focus of this program is all participants improving in the fundamental basics of the game such as first touch, passing, dribbling and striking the ball. Players are coached with a strong emphasis on the correction of technique and application. We believe that when corrected, players will continue their careers with the knowledge to improve and reach the level they aspire to.

Ages:	U9-U12 and 13 and over
Days:	Saturdays (6 weeks, 1-week break)
Dates:	21 July <u>No</u> 18 August 28 July <u>training</u> 25 August 4 August 11 August 1 September
Times:	7:30am-8:45am (warm-up 7:15am)
Cost inc GST:	\$132.00
Venue:	Wolves FC

Facebook: [Football Centre of Development](https://www.facebook.com/FootballCentreofDevelopment)



Head Coaches

Josh McCloughan

Kerwin Jean-Pierre

All Football COD Programs are designed by our Head Coaches and delivered by our quality coaching staff



[Click here to Register](#)

Please register by **Monday 16th July**

Late registrations may mean missing the first session.

Enquiries:

kylie.footballcod@gmail.com

Successes



Dylan Wenzel-Halls signed by Brisbane Roar



Joey Champness playing for Newcastle Jets



Jesse Daley making his debut for United States Major League Soccer club - Seattle Sounders

From Jesse ...

"Josh and Kerwin are two of the best development coaches I have ever had, if you are serious about improving as a footballer it is a no brainer"