

Rural Fitness

GAME ON

‘**GAME ON’**

**FOOTBALL (SOCCER) TRAINING**

5 – 9 YEARS

10 – 15 YEARS

**SOCCER TRAINING**

**Hosted by CALLUM DOBBS –** Local State/National/International Player

Come join in this training and learn the skills of this sport.

The aim of this programme is to develop and deliver top quality coaching in our local area. To provide fun training sessions which will be structured to find each individual players:-

. Level of Fitness and Strength

. Technical Ability

. Coordination Skills

. Mental Strength

. Team Compatibility on and off the field

. To helping with any injuries

. Give Basic Nutritional advice

. And heaps of running around and having fun especially for the younger players

DATES – Monday 8th and 15th July 2013.

TIME – Monday 11am (5-9 years) and 12 noon (10-15 years)

VENUE – Gwindinup

PRICE - $15 per player per session. Payable up front

Please contact - Rural Fitness to reserve your place, numbers will be limited.

[ruralfitness@westnet.com.au](mailto:ruralfitness@westnet.com.au) or 0427 553 533