



EASTER AFL PERFORMANCE PROGRAM

**ATHLETE
FEEDBACK
REPORT**

ATHLETE A



ATHLETE SUMMARY:

Athlete A was really easy to coach and brought a great attitude to every session. He listens well, takes everything on board, and is always willing to have a go.

He also has really good body awareness for his age, which is a great starting point and will help him pick things up quickly as training progresses.

Moving forward, continuing to build strength, particularly through his legs, will be important and should help with things like his kicking penetration.

Overall, it was great working with Athlete A and he's in a really good position to keep improving.

TESTING RESULTS:

<i>Test</i>	<i>Result</i>	<i>Notes</i>
20m Sprint	3.39 seconds	Above Average Solid foundation. Continued work on acceleration and sprint technique will help improve overall speed.
5-10-5 Agility	5.21 seconds	Above Average Good agility base. Improving braking mechanics, single leg stability, and directional transitions will enhance performance.
CMJ	38.9 cms	Above Average Good base of power. Continued strength and explosive training will further improve performance.
Beep Test	11.9	Excellent Strong aerobic fitness. Maintaining conditioning and improving high-intensity repeat efforts will support performance

***Rating Key:**

Developing / Above Average / Excellent

These ratings reflect current performance and are used to guide training focus. The goal is ongoing improvement over time rather than comparison to others.



PHYSICAL DEVELOPMENT PLAN

Focus Area 1: Single-Leg Strength & Stability

Why it matters:

Footy is rarely played on two feet. Improving single-leg strength and stability will help you stay balanced and strong over the footy, allowing you to hold your position in contests and move more efficiently.

Exercises:

- Split squats (control + stability focus)
 - Single-leg RDL
 - Jump and stick (single-leg landing control)
 - Lateral bounds (stick + hold)
 - Balance + reach drills
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Focus Area 2: Conditioning (Maintain In-Season)

Why it matters:

This is a strength of yours, and we want to maintain that. Your conditioning score was strong, and now that you are in-season, this should continue to develop through training and games. Maintaining a good engine allows you to stay involved, get to more contests, and perform consistently.

Exercises:

- Match play and team training
- Small-sided games
- Repeat effort drills

Off-Season Focus:

- Interval running (e.g. 15s on / 15s off)
- Shuttle runs (repeat efforts)
- Tempo runs

Focus Area 1: Kicking Penetration

Why it matters:

Kicking penetration allows you to break lines, move the ball further down the field, and create more attacking options for your team.

Exercises:

- Progressive long kicking drills
 - Kicking technique work (ball drop + follow through)
 - Hip mobility drills
 - Hamstring flexibility work
 - Lower body strength development
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Focus Area 2: Clean Hands Below the Knees

Why it matters:

In footy, a lot of possessions are won at ground level. Being able to gather the ball cleanly with one grab allows you to stay in control and execute your next skill effectively under pressure.

Exercises:

- Boundary ball drills
- Rolling ball pickups
- Ground ball pickups
- Clean pickup → immediate handball on the up