



Brisbane Abruzzo Association Inc.

Home of

AC Carina Football Club



**PRE-SEASON COACHING CLINICS  
2009**

Pre-season clinic will be held to give our players a strong start to the playing season. The sessions aim to give players an appreciation of the world game, to teach them training drills to improve and foster football skill development and provide training techniques to better manage player fitness and well being.

Coaching will be provided by Reymondo Amaya who is a licensed state-level Coach. Reymondo was capped by his native country of El Salvadore and has held a number of coaching positions at national and state level teams in El Salvadore and Australia. He has been a long-term Staff Coach for Rochdale Rovers and is also employed by a number of schools including Churchie, John Paul College and Iona College. Reymondo is keen to encourage and develop our juniors.

Clinic activities will include:

FITNESS – running, coordination, balance, flexibility, jumping, reaction time

TECHNIQUE – juggling, balance, passing & control, dribbling, kicking,  
heading, goal shooting

TACTICS – development in game situations according to age

Where: AC Carina FC, 150 Fursden Rd, Carina

When: Saturday 7<sup>th</sup> February 2009 and 7<sup>th</sup> March 2009

U6 – U9 9am – 10.30 am  
U10 – U17 10.45am – 12.15pm

Friday 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> February and 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> March 2009

U6 – U9 5.15pm – 6.30pm  
U10 – U17 6.45pm – 8.15pm

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**PRE-SEASON COACHING CLINICS - 2009**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Registered for clinic: 31<sup>st</sup> Jan / 1<sup>st</sup> Feb / 7<sup>th</sup> Feb \$100

Late Registration: \$120

Parent Signature: \_\_\_\_\_

\*Club Use\* Date Paid: \_\_\_\_\_ Paid By: CASH / CHEQUE / CREDIT / EFTPOS

Initial: \_\_\_\_\_ Amount Paid: \_\_\_\_\_