

ONE ONE LEAGUE

Do you want to improve your league skills?

Are you looking to take that next step from park to rep football?

I CAN TAILOR A PROGRAM TO CATER TO YOUR NEEDS

Testimonial:

"Nal has coached both our SG Ball and Harrold Matthews teams over the last four years. He is a very knowledgeable coach who has had tremendous success with our Junior Bulldogs. I recommend him highly to any player interested in advancing their rugby league skills". **Peter Mulholland - Bulldogs Recruitment & Development Manager**

Testimonial:

"I am pleased to recommend Nal to any player who is serious about improving their league skills. Nal has a wealth of knowledge and skills as a Rugby League coach". **Mark Riddell - Parramatta Eels**

MY QUALIFICATIONS AND COACHING HISTORY

- High Performance (Level 3)
- Bulldogs Harold Matthews Head Coach (2008 – Semi Finalist, 2007 – Undefeated Premiers, 2006 – Grand Finalist)
- NSW Combined Catholic College (2006 – Grand Finalist)



SERVICES INCLUDE:

<u>One-on-one league coaching</u> 1 hr session	\$50 (initial consultation inc. video analysis), then \$40 (per session)	Pay for 10 and get 1 session FREE!
<u>Team league coaching</u> 1 hr session	\$200 (one off fee)	Packages can be discussed
<u>Club / Coach the Coaches</u> 1 to 1 ½ hr sessions	\$200 1½ hr lecture \$200 1 hr field	Packages can be discussed
<u>Video analysis feedback</u>	\$30 (individual / game) \$60 (team / game)	Packages can be discussed

INDIVIDUAL / TEAM COACHING MAY INCLUDE: (tailored to your needs)

- Tackle tech
- Core skills; catch, carry, pass, grip
- Footwork
- Line Running
- Position specific skills
- Scenario coaching
- Team structure – Defence and Offence

ENQUIRE OR BOOK A SESSION

Call or email to make an enquiry or book your first session:

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