



YOUR FOOTY PRESEASON



Phillips
Coaching

MIND • BODY • CRAFT



ABOUT US

Phillips Coaching is where ambition meets care, and where footballers grow as players and as people.

We take a holistic approach to athlete development – nurturing the mind, body, and craft – because we believe the person behind the player matters most. Our community is built on trust, care, and support, giving young athletes the confidence to chase their dreams while staying grounded in who they are.

At the same time, we deliver the edge that sets players apart – from specialist skill mastery and game sense to elite-level insights that fast-track growth. Our coaching goes beyond drills: it's about training smarter, not just harder, and guiding each athlete past plateaus toward their true potential.

With Phillips Coaching, athletes don't just get better at football – they become stronger, more resilient people ready for whatever comes next.



ANNUAL FOOTBALL JOURNEY

Your year with Phillips Coaching is split into 3 key phases, designed to match the natural rhythm of football development.





WHAT DOES A PC PRESEASON LOOK LIKE?

SESSION OBJECTIVES

- Train the fundamentals, refine technique and build physical capacity
- Practise under pressure & fatigue
- Match simulation & game scenarios

BLOCK 2

JAN - MAR

Why is the preseason so important?

GREAT DOESN'T WAIT.

The best players are the ones who put in the work long before they step out onto the field. That starts now.

Whether preparing for trials or seeking a competitive edge, consistent skill development is vital. Preseason is an opportunity to develop your craft, receive feedback, and position yourself for a successful year on the field.

PC PRESEASON CHECKLIST

- Access face-to-face training
- Build on strengths while improving weaknesses
- Set targeted goals for growth
- Develop speed, agility, strength and power
- Learn specialist craft & master the fundamentals
- Embrace new habits

PC PRESEASON SUMMER SERIES

SEEK YOUR GREAT

STEP UP & STAND OUT THIS PRESEASON

WHAT'S INCLUDED

- 1x Weekly Small Group Session (60 min)
- Elite Coaching
- Tailored Skill Development
- Age & Gender Specific Training

LOCATIONS

METRO MELBOURNE

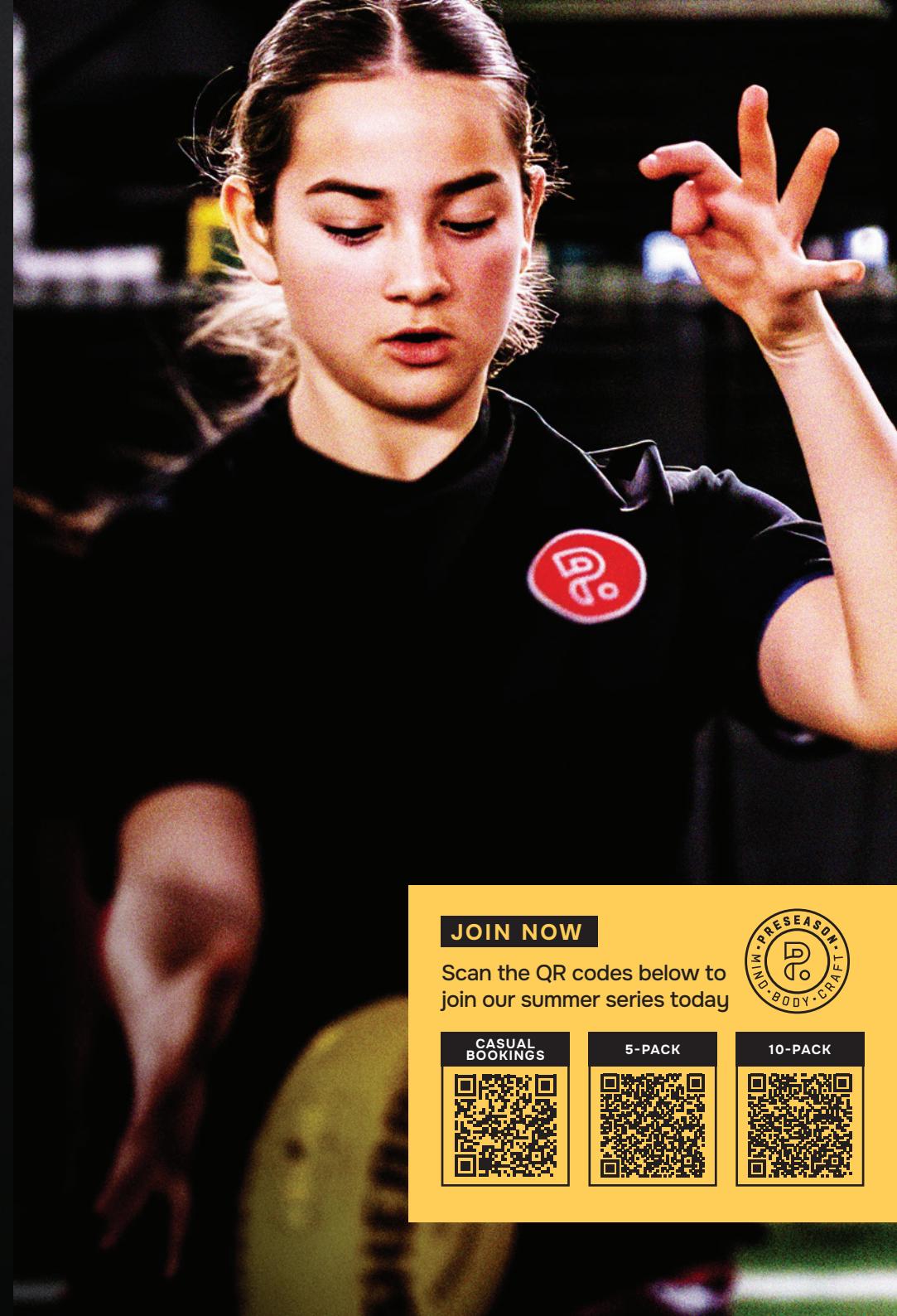
Berwick | Brighton | Donvale | Hawthorn | Malvern East | Moonee Ponds | Richmond

MORNINGTON PENINSULA

Rosebud

YOUR TAILORED DEVELOPMENT PATHWAY STARTS HERE

AGE/GENDER	FOCUS
12-14	<ul style="list-style-type: none">→ Fundamental Focused→ Ball Handling→ Kicking Technique
15+	<ul style="list-style-type: none">→ Position Specific Techniques→ Advanced Craft→ Build Physical Capacity→ Execute Skills Under Pressure
GIRLS	<ul style="list-style-type: none">→ Fundamental Focused→ Contest & Tackling Technique→ Game Awareness & Decision Making



JOIN NOW

Scan the QR codes below to join our summer series today



CASUAL
BOOKINGS



5-PACK



10-PACK



SUCCESS STORIES

SEE THE AFL & AFLW PLAYERS WHO
BEGAN THEIR FOOTBALLING JOURNEY
WITH PHILLIPS COACHING



**JAXON
BINNS**
CARLTON



**ISAAC
QUAYNOR**
COLLINGWOOD



**LIAM
MCMAHON**
ESSENDON



**ELIJAH
TSATAS**
ESSENDON



**GEORGIE
PRESPAKIS**
GEELONG



**MAX
GRUZEWSKI**
GWS



**NICK
WATSON**
HAWTHORN



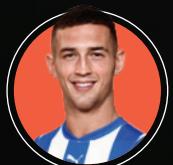
**JOSH
WEDDLE**
HAWTHORN



**BAILEY
LAURIE**
MELBOURNE



**HARRY
SHARP**
MELBOURNE



**WILL
PHILLIPS**
N. MELBOURNE



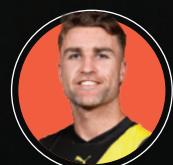
**COOPER
TREMBATH**
N. MELBOURNE



**OLIVER
FLORENT**
SYDNEY



**JAMES
ROWBOTTOM**
SYDNEY



**JACK
ROSS**
RICHMOND



**JACK
HIGGINS**
ST KILDA



**SARAH
POUSTIE**
W. BULLDOGS

SUMMER SERIES TIMETABLE

WEEK 1 - 4

Please note that times and days may occasionally vary. Please refer to our website for final session details.

WEEK	LOCATION	MONDAY 15/12	TUESDAY 16/12	WEDNESDAY 17/12	THURSDAY 18/12	FRIDAY 19/12	SATURDAY 20/12	SUNDAY 21/12
WEEK 1 15-21 DEC	BERWICK							
	BRIGHTON		✓		✓			
	DONVALE	✓	✓	✓	✓			
	HAWTHORN			✓				
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓		✓			
	MORNINGTON PENINSULA							
WEEK 2 22-28 DEC	RICHMOND					✓		
	BERWICK		✓					
	BRIGHTON							
	DONVALE	✓	✓	✓		✓		
	HAWTHORN							
	MALVERN EAST							✓
	MOONEE PONDS		✓					
WEEK 3 29 DEC - 4 JAN	MORNINGTON PENINSULA						✓	
	RICHMOND							
	BERWICK							
	BRIGHTON							
	DONVALE	✓	✓					
	HAWTHORN						✓	
	MALVERN EAST							✓
WEEK 4 5-11 JAN	MOONEE PONDS		✓					
	MORNINGTON PENINSULA	✓		✓		✓		
	RICHMOND							
	BERWICK		✓					
	BRIGHTON		✓			✓		
	DONVALE							
	HAWTHORN			✓			✓	
WEEK 4 5-11 JAN	MALVERN EAST			✓				
	MOONEE PONDS		✓			✓		
	MORNINGTON PENINSULA	✓	✓	✓	✓	✓		
	RICHMOND							

SUMMER SERIES TIMETABLE

WEEK 5 – 8 Please note that times and days may occasionally vary. Please refer to our website for final session details.

WEEK	LOCATION	MONDAY 12/1	TUESDAY 13/1	WEDNESDAY 14/1	THURSDAY 15/1	FRIDAY 16/1	SATURDAY 17/1	SUNDAY 18/1
WEEK 5 12-18 JAN	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE							
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓			✓		
	MORNINGTON PENINSULA	✓	✓	✓	✓		✓	
WEEK 6 19-25 JAN	RICHMOND					✓		
	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE							
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓			✓		
WEEK 7 26 JAN - 1 FEB	MORNINGTON PENINSULA	✓		✓		✓		
	RICHMOND							
	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE			✓			✓	
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
WEEK 8 2-8 FEB	MOONEE PONDS		✓			✓		
	MORNINGTON PENINSULA	✓						
	RICHMOND					✓		
	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE	✓	✓	✓	✓		✓	
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓			✓		
	MORNINGTON PENINSULA							
	RICHMOND							



GREAT DOESN'T WAIT.

“For every highlight, there are countless hours of training, sacrifice and unseen preparation.

BRAD EBERT
GM, COACHING – PHILLIPS COACHING

FIND OUT MORE

Scan the QR code to join the
PC Summer Series.

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