



# YOUR FOOTY PRESEASON



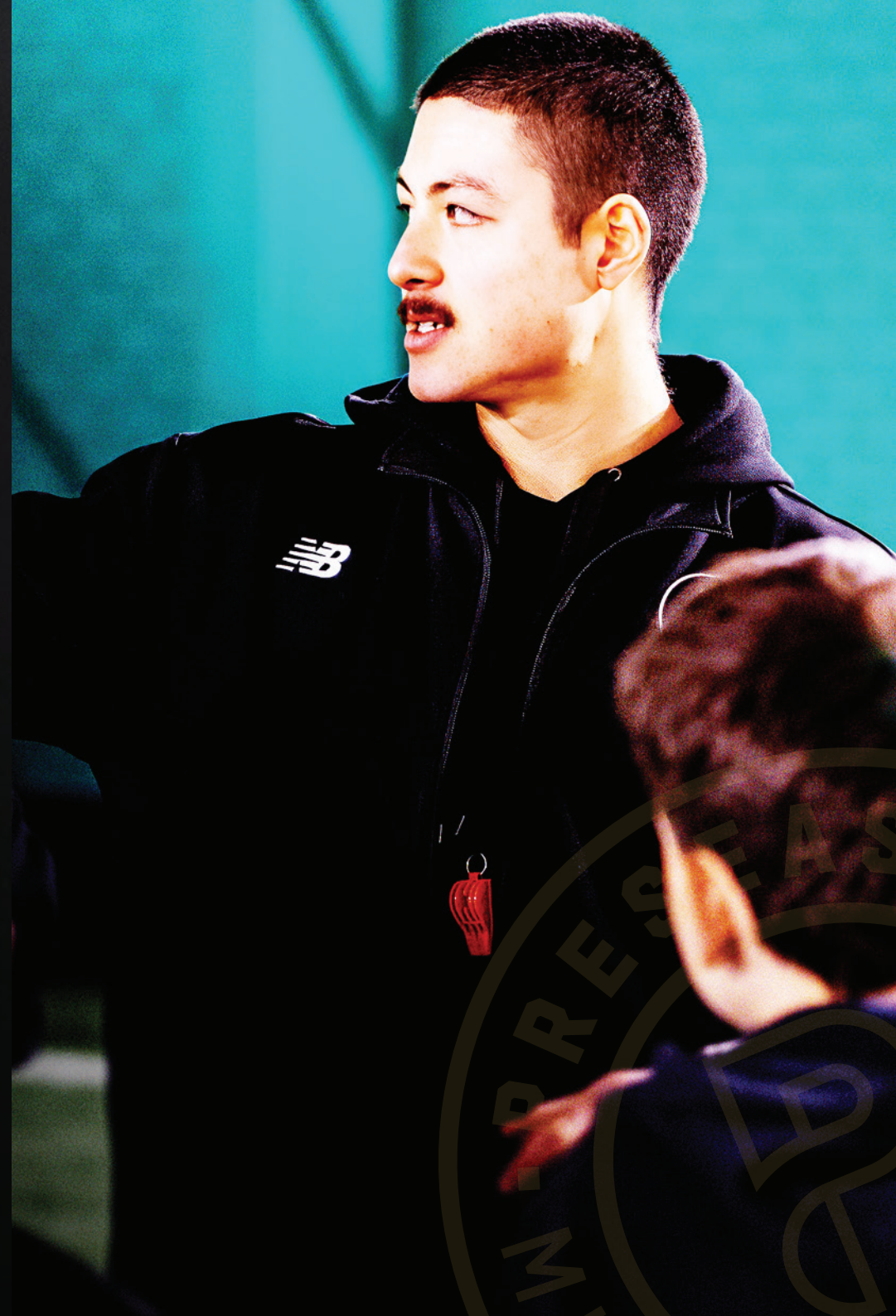
# ABOUT US

**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)
- Tailored Skill Development
- Elite Coaching
- Age & Gender Specific Training

### LOCATIONS

#### METRO MELBOURNE

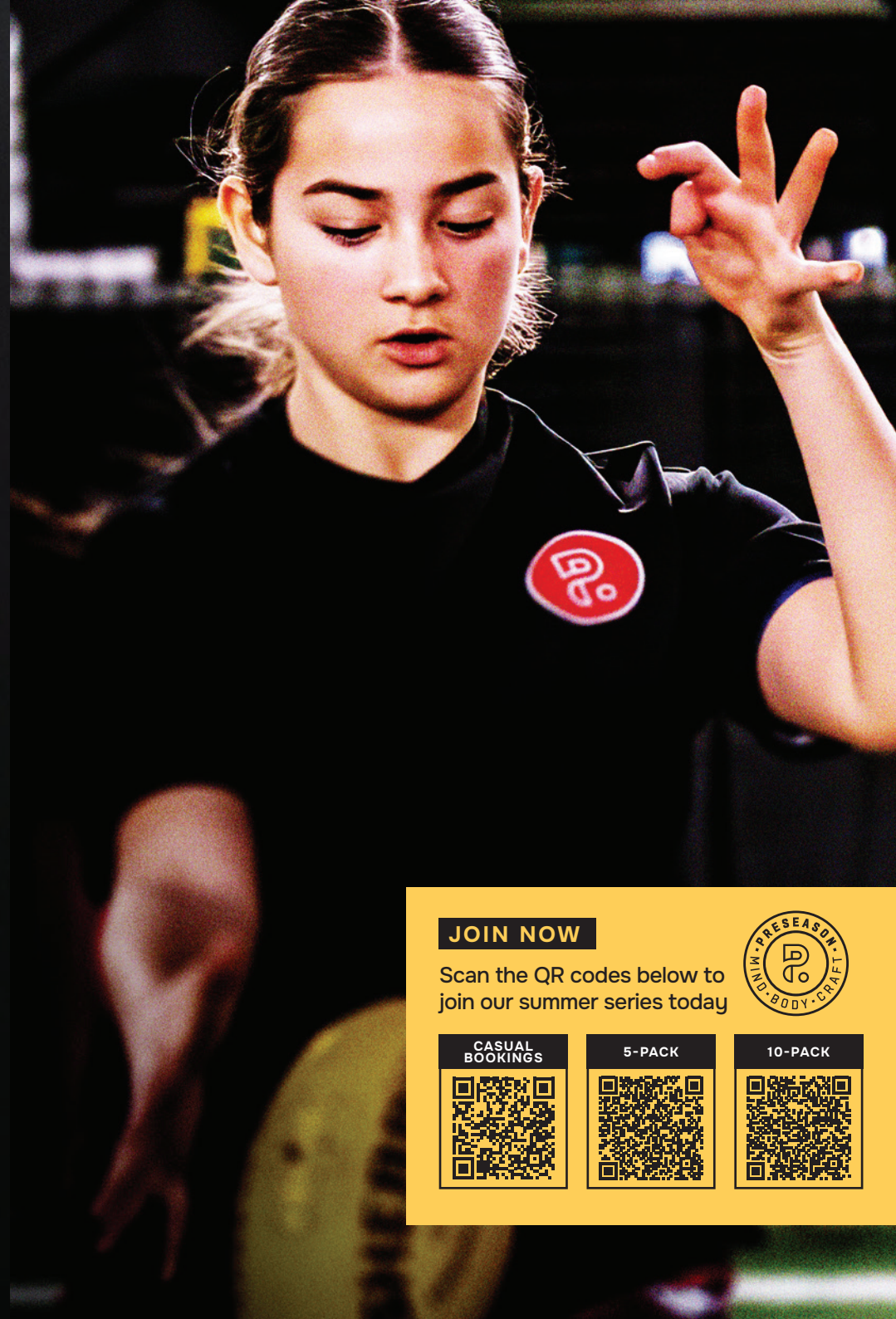
Berwick | Brighton | Donvale | Hawthorn | Malvern East | Moonee Ponds | Richmond

#### MORNINGTON PENINSULA

Rosebud

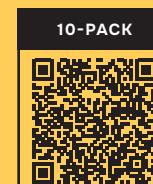
## YOUR TAILORED DEVELOPMENT PATHWAY STARTS HERE

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



### JOIN NOW

Scan the QR codes below to  
join our summer series today



# 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							
	RICHMOND					✓		
		MONDAY 22/12	TUESDAY 23/12	WEDNESDAY 24/12	THURSDAY 25/12	FRIDAY 26/12	SATURDAY 27/12	SUNDAY 28/12
WEEK 2 22-28 DEC	BERWICK		✓					
	BRIGHTON							
	DONVALE	✓	✓	✓		✓		
	HAWTHORN							
	MALVERN EAST							✓
	MOONEE PONDS		✓					
	MORNINGTON PENINSULA						✓	
	RICHMOND							
		MONDAY 29/12	TUESDAY 30/12	WEDNESDAY 31/12	THURSDAY 1/1	FRIDAY 2/1	SATURDAY 3/1	SUNDAY 4/1
WEEK 3 29 DEC – 4 JAN	BERWICK							
	BRIGHTON							
	DONVALE	✓	✓					
	HAWTHORN						✓	
	MALVERN EAST							✓
	MOONEE PONDS		✓					
	MORNINGTON PENINSULA	✓		✓		✓	✓	✓
	RICHMOND							
		MONDAY 5/1	TUESDAY 6/1	WEDNESDAY 7/1	THURSDAY 8/1	FRIDAY 9/1	SATURDAY 10/1	SUNDAY 11/1
WEEK 4 5-11 JAN	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE							
	HAWTHORN			✓			✓	
	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	✓	✓	✓	✓		✓	
	RICHMOND					✓		
		MONDAY 19/1	TUESDAY 20/1	WEDNESDAY 21/1	THURSDAY 22/1	FRIDAY 23/1	SATURDAY 24/1	SUNDAY 25/1
WEEK 6 19-25 JAN	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE							
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓		✓			
	MORNINGTON PENINSULA	✓		✓		✓		✓
	RICHMOND					✓		
		MONDAY 26/1	TUESDAY 27/1	WEDNESDAY 28/1	THURSDAY 29/1	FRIDAY 30/1	SATURDAY 31/1	SUNDAY 1/2
WEEK 7 26 JAN – 1 FEB	BERWICK		✓					
	BRIGHTON		✓		✓			
	DONVALE			✓		✓		
	HAWTHORN			✓			✓	
	MALVERN EAST			✓				✓
	MOONEE PONDS		✓		✓			
	MORNINGTON PENINSULA	✓						
	RICHMOND					✓		
		MONDAY 2/2	TUESDAY 3/2	WEDNESDAY 4/2	THURSDAY 5/2	FRIDAY 6/2	SATURDAY 7/2	SUNDAY 8/2
WEEK 8 2-8 FEB	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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