



RISING STARS AFL FOOTBALL ACADEMY

PRE SEASON AFL PROGRAM Years 3 -10

2020 Is the Season to Excel!

Get Ahead of Your Opponent

Academy Venues

- West Metro - Wembley
- North Metro - Hillarys
- East Metro - Bassendean
- South Metro - Bullcreek
- Lower South - Secret Harbour



Experience the thrill of unlocking

- Skill Development (with and without pressure)
- Specialised Tackling & Contested Work
- Decision Making & Ball Movement
- Defending and Positional Play
- Strength & Conditioning
- Game Sense Approach - Match Simulation
- Specialised Coaching by WA State Coaches



More Info @ risingstarswa.com.au

Instagram