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FOREWORD

On May 8, 1866 Mr H. C. Harrison presented a "code of rules" to a small group of "delegates" representing Melbourne, Carlton, Royal Park and South Yarra football clubs, with a view to establishing the Laws of the Australian Game. From this beginning the game caught the public fancy, and a study of the old newspapers reveals the enthusiasm surrounding the various matches played. It was not long before some hundreds of thousands of devotees asserted their influence to describe the code as the Australian national game. As the appeal of the game spread it was found necessary in 1906 to establish a national controlling body, with representatives from all States and New Zealand. Legislation which followed was aimed at improvement in speed and skill at the expense of brute strength and force.

As a spectacle today's game ranks high among all ball games. The modern technical approach to athletic sport has prompted examination of the skills related to fitness and body mechanics, bringing about the realisation that a player must be taught the basic skills to obtain his best performance. Coaching has become a teaching and leadership role rather than one of urging and encouraging.

To guide the destiny of this great game, which is in fact a national heritage, the National Football League appointed a National Coaching Committee. That such well qualified persons are willing to give their time, experience and wealth of knowledge in service to the Committee is surely a tribute to the game.

This coaching manual is the first official publication emanating from the Committee. Its content combines the facts with the views of proven experts in various fields. It is authoritative and informative. It presents an excellent text for students or aspiring coaches, while providing stimulating material for all who have interest in Australian football or related sports. Such a production could only be achieved by authors with experience and enthusiasm for teaching combined with a sincere feeling for the future of the code.

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National Coaching Committee.

And more specifically:

Topic

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 4. Team Play — Don Roach
 5. Training Drills — Robert Oatey
 6. Fitness for Football — Ross Smith
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 7. Injury in Football — Dr Ken Fitch
Mr Howard Toyne
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 8. Laws of the Game — Bruce Andrew
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