

EAST RINGWOOD JUNIOR FOOTBALL CLUB

Is proud to support



CONTACT

Wayne Oswald

0418 543 604

wayne@advancedhp.com.au

kickcoaching.advancedhp.com.au

Do you want to improve your kicking technique?

- download our app
- film your kick
- we analyse your kick
- we provide a home (online) kick coaching and education program

"AFL Kicking Coach, Dr Kevin Ball, developed his scientific Kick Coaching method over 20 years, in the lab and at all levels of the game. His program will help take your kick to the next level"

Chris Connolly

AFL Player, Coach and Administrator



Find out more at kickcoaching.advancedhp.com.au

You can download the app using the adjacent links:



Before Kick Coaching APP

After Kick Coaching APP