



# Become a successful football player... one step at a time!



Triple All Australian, dual Norm Smith medallist, and co-captain of the Australian International Rules Football Team 2005 Andrew McLeod joins experienced coach and sport science expert Trevor Jaques in the newly updated edition of *Australian Football: Steps to Success*. McLeod and Jaques provide insights that no other book on the market can, as well as proven techniques which have propelled each to the peak of their success. Now readers can learn the game's key skills through the combined experience of an elite coach and a hard-hitting competitor.

ultimately progress to the next level.

The book presents comprehensive coverage of all of the game's essential skills, including ball handling, gathering, marking, handballing, kicking, goalkicking, tackling, spoiling, smothering, standing the mark, ruck work, and shepherding.

Team play, dozens of drills, and fitness guidelines are also provided to help coaches shape all-round players and build dominating teams.

**This is the only instructional book of its kind.**

As the only instructional book of its kind, *Australian Football: Steps to Success* goes beyond other titles in the Steps to Success series to cover every facet of this exciting game. This is the authoritative guide that players and coaches alike will refer to for mastering the field and developing successful footballers every season.

*Australian Football: Steps to Success* provides updated instruction on the techniques, tactics, and rules of the game, broken down into phases to make it easy for readers to learn, then apply each skill, and

## Australian Football: Steps to Success 2nd Ed

Andrew McLeod & Trevor Jaques

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## Words of Praise

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"Australian Football: Steps to Success covers all of the essential skills, as well as providing drills, guidelines and information on team play. This is an invaluable resource for ALL coaches and players."

**Wayne Jackson, AFL Commissioner and Chief Executive, 1996-2003**

"The book's thorough and systematic approach to skill acquisition, coupled with the powerhouse team of Jaques and McLeod, means that anyone can learn to be a successful Australian football player."

**Lleyton Hewitt, avid football fan and would-be AFL player**

"Jaques and McLeod make a formidable team. Together they have gone beyond the basics to produce the ultimate Australian football guide for players and coaches from the beginner to the experienced."

**Wayne Carey, former AFL player (272) games, Fox Footy TV commentator**

"This book systematically shows how to execute and practice the main skills of Australian Football. It includes key learning points for each skill and important elements of team play, along with a number of effective and stimulating practice activities to make planning easy. It is an excellent reference for coaches and players."

**Lawrie Woodman, National Coaching Development Manager, Australian Football League Game Development**

"Young people who want to examine our great Australian game could not find a better guide than this book. The experience and knowledge of the two authors provides an excellent text for any student of the game. Of the two authors, Andrew is a dual Norm Smith Medallist and a great AFL footballer, and Trevor has spent a lifetime of involvement in football at all levels."

**John Halbert, MBE, Vice President, South Australian National Football League, Chairman, Football Foundation**

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## About the Authors

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**Andrew McLeod** is has been in the game for a decade and is one of the Australian Football League's most popular, talented, and highly decorated players. A life member of the Adelaide Football Club, his exceptional skills and blinding speed on the field have made him a fan favourite to legions of Crows supporters.

McLeod has also received numerous awards and medals; he is a three-time All Australian, as well as a dual winner of the Norm Smith medal, which is awarded to the Grand Final's Most Valuable Player. He is also the co-captain of the Australian International Rules Football Team 2005.

In 2004, at the age of 28, McLeod reached another significant milestone when he played his 200th game. McLeod has been named Club Champion twice, runner-up three times, and third once. He has also regularly placed as a top 10 contender for the AFL's Brownlow Medal including a second and third placing. McLeod also won the MVP in the preseason championship game in 2003.

McLeod has written weekly columns in South Australian newspapers, and in 2002 made his first major foray into the electronic media with the AFL-Telstra Network. Currently he is a regular contributor to the Nine Network's football coverage and continues to excite on the field.

**Trevor Jaques** has gone from representing South Australia as a schoolboy and amateur footballer to serving as fitness coach for the SA State of Origin team which won the 1988 and 1993 Australian championships and the Adelaide Crows premiership wins in 1997 and 1998. He has played, taught, and coached at all levels, and served as an elite level fitness coach for more than 20 years. With this extensive background, he has held positions as fitness director, runner, and team selector for the Adelaide Football Club.

Jaques received his arts degree and physical education qualifications from Adelaide University and his master's degree in athletic training from Michigan State University.

The author of three books, he was formerly co-ordinator of sport sciences at the University of South Australia, where he taught sport and skill analysis, and sport injuries, as well as football. He is currently the Crows Training Services Manager and is responsible for the co-ordination of the medical, rehabilitation, treatment programmes as well as the