



Next Gen prospect gets a look at AFL life

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NGA: Henry learning from the best

NGA concession signing Liam Henry spent a week at the club adjusting to AFL life.

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Fremantle Next Generation Academy concession player Liam Henry had the opportunity to see what life is like in the AFL, training at Fremantle as a part of the AFL's NGA program in early December.

The 17-year-old Christchurch boarder trained at the club for one week to get a taste of AFL life as he approaches his draft year in 2019.

Hailing from Derby, 2100km north of Perth, Henry is a part of Fremantle's NGA which has a focus on Indigenous talent from the Kimberley region.

For the upcoming season, Henry will continue to work closely with the club and NGA coach Tendai Mzungu.

"The NGA has been a very good resource for me," Henry said.



“It’s been really good to be involved with Tendai. He’s a great bloke and gives us a lot of feedback on how to be a good footballer on and off the field. It’s been great so far.”

- [Read more on Liam Henry: 'Tied to Culture' turns heads at Freo](#)

As well as taking part in Fremantle’s three main training sessions, Henry was like a sponge for information as he learned as much as he could about the standard required of an AFL player.

“We’ve been coming in and out of drills, and doing some running and extra handwork on the sidelines,” Henry said.

“We’ve been involved in a lot of the meetings just to get a feel of what it’s like to be an AFL player on a daily basis.

“I’ve really enjoyed the week and I can see what it’s like to be a professional athlete.”

Mzungu said that through his association with the NGA, Henry will have a better idea of what it takes to make it to the AFL.

“It was terrific to see Liam continue his development through the NGA program by training alongside the AFL group,” Mzungu said.

“He no doubt took some valuable learnings from the week, that he can apply to his football in 2019”

“The NGA program focuses on developing players on and off the field. Liam is one of a number of players within the Academy, who continue to grow in both areas.”

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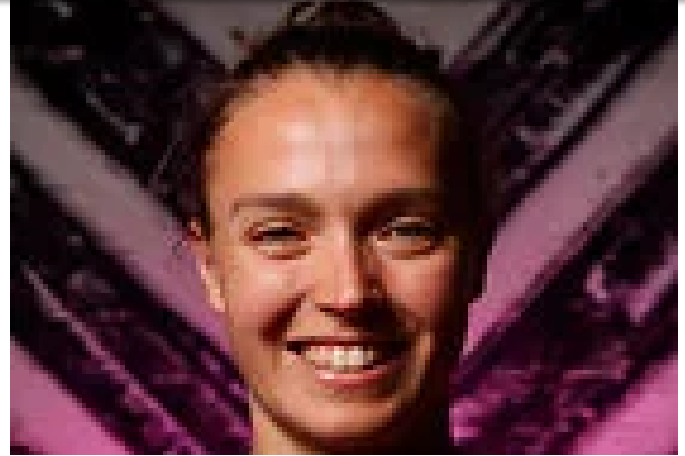
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