



NETBALL MASTERCLASS

This holiday clinic will be led
by former Melbourne Vixens
star Ruby Barkmeyer



PROGRAM OF TRAINING:



SKILLS DEVELOPMENT

Focus on passing, shooting, footwork, defense, and attacking skills for game improvement



GAME SENSE AND STRATEGY

Tactical play, positional awareness, and teamwork for effective strategy and communication



STRENGTH AND CONDITIONING

Speed, agility, endurance, and strength drills for improved performance and injury prevention



TEAM BUILDING ACTIVITIES

Interactive games and activities designed to promote teamwork and communication

CLINIC DETAILS:

WHERE:

MERCY JUNORTOWN
SPORTING PRECINCT

PROGRAM COST:

\$70

AGES:

6 - 12 YEARS

PROGRAM DATE:

WEDNESDAY 9TH APRIL

TIME:

9AM - 4PM



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