

# NETBALL MASTERCLASS

WEEKEND SPORTS

## TAKE YOUR NETBALL GAME TO THE NEXT LEVEL

SATURDAY MORNINGS  
ST LIBORIUS PS SPORTS STADIUM



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# NETBALL MASTERCLASS

## WEEKEND SPORTS

Sessions run each Saturday morning for one hour, per age group.

This program will focus on the following Netball aspects:

- ✓ Footwork
- ✓ Attacking & Shooting
- ✓ Dodging & pivoting
- ✓ Passing Skills
- ✓ Match Play
- ✓ Defensive skills

Suncorp Super Netball star & Collingwood Magpies defender, Zoe Davies, will be running this specialised 6-week Netball program that is specifically designed to improve and upskill your game, as well as promote your enjoyment for the sport of Netball. Are you looking to take your game to the next level? Why not come along and learn from one of the best!

For children aged from 6 - 12 years of age.

### PROGRAM COST - \$150

Sign up at any stage throughout the program and only pay for the remaining sessions

Venue: St Liborius Primary School

Day: Saturday's

Start Date: 3rd September

End Date: 8th October

Time: 9:30am - 10:30am (ages 6 - 8)

10:30am - 11:30am (ages 9 - 12)

### SIGN UP EARLY!

Sign up before the program commences to receive a Kelly Sports Netball

### GET IN TOUCH

Contact: Beau Cross

Phone: 0428 326 924

Email: [beau@kellysports.com.au](mailto:beau@kellysports.com.au)

Website: [www.kellysports.com.au/bendigo](http://www.kellysports.com.au/bendigo)

Facebook: Kelly Sports Bendigo

# WEEKLY OUTLINE

## WEEK 1 - 6

Each weekly session will implement a different focus. Here is the 6-week outline:

**WEEK 1: Footwork**

**WEEK 2: Passing & Hand-eye control**

**WEEK 3: Dodging & Pivoting**

**WEEK 4: Attacking & Shooting**

**WEEK 5: Defensive skills**

**WEEK 6: Match Play & Round Robin**

Along with the weekly focus for each session, children will also engage in a variety of fun team games, skill drills & activities, as well as warm up and cool down routines.

### SESSION TIMES

Ages 6 - 8: 9:30am - 10:30am

Ages 9 - 12: 10:30am - 11:30am

\*Please note that each participant will need a water bottle and suitable attire for Netball & physical activity for this program.

Parents are more than welcome to come along and watch each of our little superstars in action!

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