



NETBALL ACADEMY

From October 2019 to February 2020 *Taught and Bowled* is offering aspiring netballers the chance to be involved in a Netball Academy program. The program is offered to netballers of all abilities from ages 9 to 15.

The program will focus on technical and tactical skill development and progression as well as core strength and fitness. Squad members will take part in netball specific testing and receive take home programs to improve their ball skills, footwork, balance/core strength and fitness. All participants will receive a training singlet, drink bottle and back pack.

The sessions will be delivered by accredited and experienced coaches who will work with the participants throughout the entire program.

PROGRAM DETAILS

Date	Time	Venue	Session
Mon 28 Oct	6:00-7:45pm	SAUCNA Courts	Introduction and testing
Mon 4 Nov	6:00-7:45pm	SAUCNA Courts	General Skills
Mon 11 Nov	6:00-7:45pm	SAUCNA Courts	General Skills
Mon 18 Nov	6:00-7:45pm	SAUCNA Courts	Court Structure
Sun 24 Nov	9:00am-1:00pm	Priceline Stadium	Match play and vision
Mon 25 Nov	6:00-7:45pm	SAUCNA Courts	Set plays and game sense
Mon 2 Dec	6:00-7:45pm	SAUCNA Courts	Set plays and game sense
Mon 9 Dec	6:00-7:45pm	SAUCNA Courts	Area Specific
Mon 13 Jan	6:00-7:45pm	SAUCNA Courts	Area Specific
Mon 20 Jan	6:00-7:45pm	SAUCNA Courts	Area Specific and game sense
Mon 27 Jan	NO SESSIONS		
Mon 3 Feb	6:00-7:45pm	SAUCNA Courts	Re-testing
Sun 9 Feb	9:00am-1:00pm	Priceline Stadium	Match play and vision

For more details information please click [HERE](#) or contact Alice Johnswood at alice@taughtandbowled.com.au