



NETBALL ACADEMY

During Term 4, 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 backpack.

We have added a nutrition/preparation/recovery session to the program this year that will be delivered by nutritionist and former AFLW player Georgia Bevan. Netball 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 12 Oct	6:00-7:45pm	SAUCNA Netball Courts (cnr Anzac Hwy and Greenhill Rd)	Introduction and testing
Mon 19 Oct	6:00-7:45pm	SAUCNA Netball Courts	General skills and nutrition etc. session
Sun 25 Oct	10:00am-1:30pm	Priceline Stadium (indoor)	Match play and vision review
Mon 26 Oct	6:00-7:45pm	SAUCNA Netball Courts	General skills
Mon 2 Nov	6:00-7:45pm	SAUCNA Netball Courts	General skills
Mon 9 Nov	6:00-7:45pm	SAUCNA Netball Courts	Court structure
Mon 16 Nov	6:00-7:45pm	SAUCNA Netball Courts	Court structure
Mon 23 Nov	6:00-7:45pm	SAUCNA Netball Courts	Area specific activities
Mon 30 Nov	6:00-7:45pm	SAUCNA Netball Courts	Area specific activities
Mon 7 Dec	6:00-7:45pm	SAUCNA Netball Courts	Game sense activities
Sun 13 Dec	9:00am-12:30pm	Priceline Stadium (indoor)	Match play and vision review
Mon 14 Dec	6:00-7:45pm	SAUCNA Netball Courts	Re-testing and conclusion

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