



## Girls Footy Skills Development Clinics Ages 10-13 & 14-16yrs

Small group coaching focussing on building confidence through skill development

*Ideal for those with good skills looking to develop greater game awareness*

- Highly qualified, expert coaching
- No limits, reach your full potential and take your game to the next level
- Game awareness, skill development, decision making and "Footy Fitness" improvements

### **3 x 1HR COACHING SESSIONS**

Wednesdays: Dec 2nd, 9th and 16th **Cost \$90**

### **SPECIAL DEAL Add in 5 X Extra 1HR CLINICS**

Thurs Jan 21st, 28th, Feb 4th, 11th and 18th  
for a **total of \$200 for ALL 8 sessions** & receive a FREE take-away "Footy Fit" program designed by our physio

Girls 14-16yrs: [www.trybooking.com/BMQVF](http://www.trybooking.com/BMQVF)

Girls 10-13yrs: [www.trybooking.com/BMQVM](http://www.trybooking.com/BMQVM)

Tea Tree Gully Memorial Oval, Memorial Drive, Tea Tree Gully

Enquiries: 0418 236 963

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Sports Development

[www.focussportsdevelopment.com](http://www.focussportsdevelopment.com)