



# NETBALL MASTERCLASS

This clinic will be led by elite coaches

Ruby Barkmeyer and  
Mwai Kumwenda  
from the Melbourne Vixens



## 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  
JUNORTOUN SPORTING  
PRECINCT

**PRICE:** \$70

**AGE:** 5-8 & 9-12 YEARS

- WEDNESDAY 15TH JAN
- WEDNESDAY 22ND JAN

**AGE:** 13-15 & 16-18 YEARS

- THURSDAY 16TH JAN
- THURSDAY 23RD JAN

**TIME:** 9:00AM - 4:00PM



Beau: 0428 326 924



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



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