



Fast Sports Fusion

Netball

Ages 3 - 18+

Sports development, social skills and
mental wellbeing

In-Person Activity



About

Students participating in the netball team will engage in a collaborative and strategic game that emphasises passing, positioning, and teamwork. Netball is a fast-paced sport played on a rectangular court with seven players on each team. It requires quick decision-making, precise ball-handling, and effective communication among teammates. Students will develop their hand-eye coordination, fitness, and understanding of team dynamics. The inclusive nature of netball encourages participation and fosters a supportive and energetic team environment.



Location

Old Parktonian Sports Club, 1 Garden Rd
Bordeaux, Randburg



Programme requirements

Training sessions start on a strict schedule, please ensure players arrive on time and wearing correct sporting attire.

Key Activities of the programme:

1. Basic Skills Development with an introduction to the fundamental netball skills such as passing, catching and shooting with an emphasis on hand-eye coordination and basic motor skills.

2. Physical Fitness routines that build agility, balance and strength through fun activities that promote overall physical health and development.
3. Teamwork and Social Skills foster positive social interaction and communication among peers.
4. Teaching of the basic rules and concepts of netball in an engaging way that develops a sense of fair play and sportmanship.
5. An opportunity to participate in local league games and competitive tournaments and instill a deep love for netball.

Program Structure:

- **Sessions:** Regular training sessions tailored to the developmental stages of young people.
- **Coaching:** Experienced and graded coaches trained in early childhood sport education.
- **Environment:** Safe, supportive, and encouraging environment for all players.

Cost

Varies depending on number of sessions per month. [See pricelist.](#)

Banking details:

Fast Sports Fusion CC

Standard Bank (Cheque Acc)

Acc No: 420 948 015

Branch Code: 01920590

Duration

All year round.
Students can customise their training sessions around their schedule.

Who can join?

Ages 3 - 18+

Learner responsibilities

Students must bring a water bottle, wear correct sporting attire and have a positive attitude towards fellow players and coaches - all round good sportsmanship.

Programme outcomes

Overall improved technical skills, such as enhanced ball control, improved passing accuracy, increased agility and speed, tactical awareness, as well as improved fitness, teamwork and socialising.



Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now