

IDNA 10YR SKILLS SESSIONS

A GREAT INTRODUCTORY PATHWAY TO REPS!

Our 10 Years Skills Sessions give young netballers the opportunity to **develop their skills**, **gain confidence**, and **have fun** in a supportive, game-focused environment.

Designed specifically for 10-year-olds, these sessions focus on core skills like **throwing**, **catching**, **footwork**, and **court awareness**, helping players take their game to the next level.

PLAYERS BENEFIT FROM:



SMALL GROUP COACHING

Personalised attention to help every player thrive.



GAME-BASED LEARNING

Apply skills in fun and realistic game scenarios.



BUILD CONFIDENCE & TEAMWORK

Develop friendships, teamwork and a love for netball.

THE PERFECT STEPPING STONE FOR PLAYERS
AIMING TO PROGRESS INTO THE 11 YEARS
DEVELOPMENT PROGRAM AND BEYOND!



Building skills,
CONFIDENCE
and a love for
NETBALL!



10YR SKILLS SESSIONS DETAILS



NOMINATIONS OPEN

Mon 10/8



NOMINATIONS CLOSE

Sun 8/11



3 SESSIONS

Fri 13/11
Fri 20/11
Fri 27/11



COST

\$40



VENUE

Berkeley
Netball Courts

REGISTER
TODAY!

SCAN THE QR CODE
OR REGISTER ONLINE:

<https://www.playhq.com/netball-australia/register/737e62>



MORE INFO AT

www.illawarranetball.com.au

#WARRASTRONG