



## St Patrick's Netball Club Inc.

### Program Overview

Next Level Netball is designed to empower players aged 11–16 who are ready to elevate their game. Whether you're aiming for Rep selection, refining your technique, or simply pushing yourself to new heights, this program offers the structure, coaching, and inspiration to help you thrive.

Led by an expert coach and supported by a dynamic, inclusive club environment, Next Level Netball provides fortnightly sessions focused on skill development, game strategy, and personal growth.

### Schedule

Sessions will run fortnightly during Term 1 & 2:

#### Term 1

- Wednesday 28th January
- Wednesday 11th February
- Wednesday 25th February
- Wednesday 11th March
- Wednesday 18th March

#### Term 2

- Wednesday 22nd April
- Wednesday 6th May
- Wednesday 20th May
- Wednesday 3rd June
- Wednesday 17th June

**5:30pm to  
7:00pm**

**DUNCAN MACKINNON  
RESERVE**

**\*LIMITED PLACES\***

### Who It's For

- Players aged 11–16
- Those with a passion for netball and a desire to improve
- Athletes considering trialling for 2027 Rep teams or seeking advanced coaching - *priority places will be given to players not in a 2026 representative squad*
- Players ready to challenge themselves and grow in confidence



## What Will Be Covered

Each session will be structured to build on core skills while introducing advanced techniques.

### Topics include:

#### ◆ Ball Handling & Footwork Precision

Fast hands, clean transitions, and explosive movement

#### ◆ Shooting Technique & Accuracy

Goal circle confidence, shot selection, and pressure drills

#### ◆ Defensive Strategies

One-on-one marking, intercept timing, and zone defence

#### ◆ Attacking Structures & Court Craft

Positional play, feeding options, and decision-making

#### ◆ Fitness & Conditioning

Netball-specific agility, endurance, and injury prevention

#### ◆ Mindset & Goal Setting

Building resilience, focus, and personal performance plans



### Outcomes

- ✓ Demonstrate improved technical and tactical skills
- ✓ Gain confidence in competitive settings
- ✓ Understand pathways to Rep and higher-level play
- ✓ Build connections with coaches and peers
- ✓ Leave with a toolkit of drills and strategies to continue their development

### Next Steps

We invite expressions of interest from players and families who are ready to commit to growth, fun, and excellence.

Please email Kim at - [registrations@stpatsnetballclub.com](mailto:registrations@stpatsnetballclub.com)

Registration will be via Netball Connect and the link will be sent via email on approval of your expression of interest.

\$10 per person per session - Term 1 & 2 \$100

All players must be registered with a St Patrick's Netball Club team and hold current Netball Victoria Membership.

Next Level Netball is a specialised development program, and players who register are expected to commit to all scheduled sessions unless they are unwell or injured. As places are limited, consistent attendance is important. If a player misses two consecutive sessions, the club reserves the right to offer their place to another participant. Players involved in this program may be considered for additional playing opportunities within the club, at the discretion of our coaching team. St Patrick's Netball Club remains committed to providing growth and development pathways to our players and coaches across all age groups.