



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA
Denkleiers • Leading Minds • Dikgopolo tša Dihlateli

TuksNetball

TuksNetball Shooter Clinic

Package includes:

- 4x 2 hour Sessions with some of the Protea Netball Shooters and TuksNetball's Jenny van Dyk (Head Coach, Gauteng North u21 and Senior Ladies A Coach)
- 1x 1 hour Individual Session with a Protea Netball Player of your choice
- 1x 1 hour Video Analysis Session – with a focus on International Shooters, their actions / technique / movement
- 1x Dartfish Technique Analysis – where you can see your own shooting action, make corrections, and mirror it with a Protea Netball Player
- 1x Shooter Conditioning Programme
- 1x Action Photo (Step-by-Step)
- 1x Photo with a Protea Netball Player of your choice
- 1x Psychology Session – “Taking the Shot”

*Follow-up Individual Shooter Sessions available at R160 per hour

Package Dates:

- | | | |
|---------------------|-------------|--------------------|
| • 5 February 2013: | 15h00-16h00 | Video Analysis |
| | 16h00-18h00 | Skills / Technique |
| • 12 February 2013: | 15h00-16h00 | Sport Psychology |
| | 16h00-18h00 | Skills / Technique |
| • 19 February 2013: | 15h00-16h00 | Dartfish & Photo |
| | 16h00-18h00 | Skills / Technique |
| • 26 February 2013: | 15h00-16h00 | Testing |
| | 16h00-18h00 | Skills / Technique |

* Individual Sessions are Pre-Booked, contact Stacey (012 420 6081) to book your session.

Total Cost: R 1 200.00 per person

Only 50 Packages available!!!

Do not miss this opportunity, book your place now...

Contact the TuksNetball Office on 012 420 6081 or stacey.dormehl@up.ac.za.

TuksSport