

TENEO

SA's No. 1 Online School

Fast Sports Fusion

Ages 3 - 18+



Sports development, social skills and mental wellbeing

In-Person Activity



Description

Fast Sports Fusion is an open netball court sports facility dedicated to promoting the exciting and dynamic sport of netball. We are committed to helping you develop your sports skills, enhance your social interactions, and boost your overall mental well-being through active participation in netball. Join us and experience the benefits of this fast-paced and engaging sport!

Location

Old Parktonian Sports Club, 1 Garden Rd
Bordeaux, Randburg



Duration

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

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

Who can join?

Ages 3 - 18+

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.

Students 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.

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