



TARGET NETBALL ACADEMY
EST. 2024

PERFORMANCE TRAINING

TRAIN. IMPROVE. PERFORM.

SKILLS FITNESS GAME IQ CONFIDENCE



LED BY
SCOTTISH THISTLES
PLAYER



OXFORD HIGH SCHOOL
Belbroughton Rd,
Oxford, OX2 6XA

EVERY TUESDAY
6:30PM – 8:00PM
1.5 HOUR SESSION

AGES 9-14 YEARS
OPEN TO ALL ABILITIES

WHAT YOU'LL IMPROVE

- ATTACKING MOVEMENT & TIMING
- DEFENSIVE FOOTWORK & AGILITY
- SHOOTING ACCURACY
- MATCH PLAY & GAME IQ
- SPEED, FITNESS & CONDITIONING
- CONFIDENCE UNDER PRESSURE

WHY TRAIN WITH TARGET?

- PERFORMANCE-FOCUSED COACHING
- SMALL GROUP TRAINING
- HIGH-ENERGY ENVIRONMENT
- EXPERIENCED COACHES
- DESIGNED TO CHALLENGE & DEVELOP PLAYERS
- IMPROVE CONFIDENCE & MATCH PERFORMANCE

BOOK YOUR PLACE NOW!

targetnetballacademy@gmail.com

07469 196 478

LIMITED SPACES AVAILABLE!

£12
PER SESSION
DISCOUNTED
BLOCK BOOKING
AVAILABLE!

TRUSTED BY PLAYERS
ACROSS OXFORDSHIRE

PLAYERS FROM SCHOOL,
CLUB & COUNTY PATHWAYS

LED BY EXPERIENCED
PERFORMANCE COACHES