



TARGET NETBALL ACADEMY
EST. 2024

MIXED NETBALL: BE PART OF THE FUTURE OF THE GAME

At Target Netball Academy, we are passionate about helping players grow, develop and experience every opportunity the sport has to offer.

Mixed netball is one of the most exciting developments in the game – and we believe it is a fantastic opportunity for young athletes to challenge themselves, build new skills and open more doors for their netball journey.



BE PART OF
THE FUTURE.

WHAT IS MIXED NETBALL?

Mixed netball brings male and female athletes together on court in a fast, competitive and exciting environment. It is a growing area of the game that is creating new pathways, new opportunities and a new future for netball.

WHY SHOULD MY CHILD GET INVOLVED IN MIXED NETBALL?



1 IT'S THE FUTURE OF NETBALL

Mixed netball is growing rapidly and becoming a key part of the sport's future. Getting involved now means being ahead of the curve.



2 ANOTHER GATEWAY TO PROGRESSION

Another pathway into representative and elite opportunities including regional, national and England Mixed Netball pathways and squads.



3 STRONGER. FASTER. TOUGHER.

Players become stronger, faster and more resilient through increased intensity, physical contests and adapting to a quicker style of play.



4 BETTER TACTICS. SMARTER PLAYERS.

Mixed netball develops game intelligence, decision making and court awareness by exposing players to different styles, movement and challenges.



5 BUILDS CONFIDENCE & COMPETITIVENESS

It pushes players outside their comfort zone, builds confidence, leadership and communication skills and helps them perform under pressure.



MAKES YOUR NORMAL GAME STRONGER

The skills, strength, fitness and tactical understanding you develop in mixed netball will make your normal league play with women or men even stronger.

NEW OPPORTUNITIES. MORE PATHWAYS. ENDLESS POTENTIAL.

A PATHWAY TO PROFESSIONAL & NATIONAL SUCCESS



Mixed netball is now an established part of the international game with an England Mixed Netball team competing on the world stage.

Your child could be part of that future.

MIXED NETBALL OFFERS:

- ✓ Another exciting route into professional and national level netball
- ✓ Exposure to different styles, tactics and levels of play
- ✓ The chance to be seen, develop and progress in a growing part of the game



WHY TARGET NETBALL ACADEMY SUPPORTS MIXED NETBALL

- 🕒 We embrace new challenges
- 👩 We develop skills that transfer back into the women's game
- 📈 We create more progression opportunities
- 📍 We are proud to be part of where netball is heading next



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INTERESTED? WE'D LOVE TO HEAR FROM YOU!

If your daughter or son is interested in getting involved in mixed netball, we are gauging interest for a potential future weekly session at Target Netball Academy!



Open to all abilities and experience levels



Potential for a weekly training session



Build skills, confidence and open more opportunities

GET IN TOUCH TODAY

Let us know you're interested and help us shape the future of mixed netball together!

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