



PLAY SPORT

For children 6 years and older

It is in this age group that kids are actually involved in sport. Successful completion of the **PLAY SPORT** program provides all the skills a child needs to play the game.

The **PLAY SPORT** programme covers all of the most popular school sports: football, netball, hockey, rugby, tennis, volleyball and basketball - an introduction to the basic rules of each game, development of specific skills related to each sport, as well as development of more complex team work like attack and defense.

Children who have done **PLAYBALL** for years are confident working with sports equipment and handling any type of ball. By supporting youngsters through multi-sports activities they are able to quickly adapt to new rules and new sports. A genuine enthusiasm for sport participation is established at **PLAYBALL**.

THE MAIN EMPHASIS OF THIS PROGRAMME IS:

- Development of skills needed in a game situation
- The refinement of when, where and how to move in the execution of a skill
- The continued development of skills relating to “direction, distance and positioning”
- Introduction to teamwork and continued development of partner work
- Development of decision making in a game situation
- Playing small-sided sports games

