



INDOOR NETBALL FEDERATION OF QUEENSLAND MINI NETS

New Entry Level Program for Indoor Netball in Queensland

This program has been designed as a fun, social, active program for both boys and girls aged 5-8 and 8-10 years old. It is designed as a comprehensive entry level program for our juniors to encompass all range of abilities and introduce them into indoor netball.

Each week the children will run through 3 Pre-set skills and drills over a 30 min time slot and follow on with a 30 min game to enable them to further implement the skills they have learnt. Each session is run by a minimum of two coaches (increasing as participation numbers increase), to allow comprehensive communication of skill sets.

For further information: www.infq.com.au

INFQ MINI NETS

Parent
Information

5-7 YEAR OLDS
8-10 YEAR OLDS

\$120 for 9 Week
Program

Fair Play Vouchers
Accepted



Participants receive

- 30 mins skills weekly
- 30 min game weekly
- INFQ Mini Nets Sublimated Shirt
- INFQ Mini Nets Ball
- INFQ Mini Nets Drink Bottle