



Swiss Netball is delighted to offer **attacking, defending and shooting** workshops which will be delivered by our National Squad Head Coach Vanessa McErlain Naylor and supported by our National Squad Assistant Coaches.

To participate in these workshops, you must be at least 10 years old and an individual member of Swiss Netball. Kindly ensure you register for the correct workshop for your age.

Saturday 5th September: The Attacking and Defending workshops are for anyone who is **10-15 years old**.

09h30 – 12h00 Attack workshop CHF 50.-
13h00 – 15h30 Defence workshop CHF 50.-

All day CHF 90.-

Sunday 6th September: The Attacking and Defending workshops are for anyone who is **16+ and anyone who was in the National Squad**.

09h30 – 12h00 Attack workshop CHF 50.-
13h00 – 15h30 Defence workshop CHF 50.-

All day CHF 90.-

Saturday 26th September: Any shooter or anyone who wishes to become a shooter. **Minimum age is 10 years old**.

14h00 – 16h00 CHF 30.-

All workshops will be at [Centre Sportif du Bois-des-Frères](#)

Kit: Club kit or sports attire, ball, netball trainers. All day participants please bring a packed lunch, water bottle, snacks, personal strapping or tape needed.

Information on the workshops

Attacking workshop:

Looking at the fundamental skills of attacking moves needed within netball. Examples but not exclusive to: sprint / change of direction / dodging

Working through on court attacking principles of play to develop the best possible shooting opportunities for your team

Defending workshop:

Looking at all 3 stages of defence and how to apply them to be the most effective on court

Working through defensive principles through court to help slow down the attacking play of your opponent

Shooting workshop:

Looking at shooter partnerships within the shooting circle to gain the best opportunities to take the shot

Shooting techniques

Suggestions for home shooting practices

Kindly note, if you attend any of these workshops, you will be invited to come and play netball on Sunday 27th September to support our Foundation to Coaching Course.

If any club or school has 6+ athletes signed up for workshops, kindly email emma.connolly@swissnetball.ch as there will be an opportunity for one coach to assist in the workshops if desired.

Cancellation Policy

Due to the restricted budget and operational costs, Swiss Netball operate a no refund policy. A refund will only be available for illness or injury supported by a medical certificate or under extreme circumstances (these will need to be demonstrated) or if the course is oversubscribed and your place is taken by someone else.

If the workshops are cancelled due to COVID19, you will be reimbursed.

