

SERIES

01

## The Basics Part 1

WRITTEN AND PRESENTED BY HIGH PERFORMANCE COACHES  
SUE GAUDION & LYN PEMBERTON

TIME	SESSION	CONTENTS
8:45am	Arrive for Registration	
9:00am	<b>Mastering Court Balance</b> <i>Game Knowledge</i>	Lyn will provide the logic necessary to ensure court balance is understood. Get the balance right and you can create a masterpiece.
10:00am	<b>Training Formula</b>	Sue will show you a simplified, integrated and personalized Training Formula. A three-staged approach that will give you some real direction on and off the court.
11:00am	<b>Attacking Toolkit</b> <i>Game Skills</i>	Three key attacking skills that used collectively can be far more effective than when used in isolation.
11:50pm	<b>Attack Smarter Not Harder</b> <i>Game Sense</i>	So you have your attacking toolkit sorted, now let me show you how to effectively coach it. Simulate and stimulate!
12:40pm	Lunch Break	
1:10pm	<b>Defensive Toolkit</b> <i>Game Skills</i>	Three key defensive skills that used collectively can be far more effective than when used in isolation.
2:15pm	<b>Defend Smarter Not Harder</b> <i>Game Sense</i>	So you have your defensive toolkit sorted, now let me show you how to effectively coach it. Simulate and stimulate!
3:30pm	<b>Quick Fire</b>	This is your opportunity to put Sue and Lyn under the pump. You ask the questions, we give/show you the answers. On court or off court, it's up to you... load your guns!

Cost: \$100 (includes Series booklet)

Register online @

[thegoodthebadandtheugly.org](http://thegoodthebadandtheugly.org)



PRINCIPAL PARTNER



This program is proudly endorsed by the netball governing bodies in Western Australia, South Australia and New South Wales.