Thank you for allowing the St George Netball Association to have use of a few of your Prototype Netball “Focus Balls”.

I was able to filter them through various rep teams for a couple of weeks at a time each, as well using one myself with my 11-year-old club team (all St George Rep Development Girls) and my 14/15-year-old team.

At first, I was sceptical about what the balls might offer and how we might be able to introduce them or use them in drills, but I must say that my coaches and I were pleasantly surprised at easy it was to use the balls in most of the drills. It really did make the girls “focus” on their passing technique and helped us identify some strength weaknesses amongst a few girls within the teams. This is something we worked on and then when we revisited that team/player with the “FOCUS” ball for a second time you could see the marked improvement.

Each team took turns in allocating girls to take a ball home for a few days between sessions as they were able to work by themselves on their reflexes using the balls against a wall and the feedback from the girls was that while it definitely worked on and helped improve their reflexes, it was also fun, which as you know is key! Keep it fun and they’ll keep coming back for more!

AS an Assistant Coach of the 12 years Rep Team, we took a Focus ball to the carnivals, and used it at the start of the day in our 5 point warm up team drill. It really helped get the girls concentrating from the get-go and was a key to part of their success where they won almost every carnival entered. It even drew the attention from some rival Association teams, and I had some lengthy conversations with them about the ball and its use.  They were keen to get their hands on it and implement into their association teams.

As you know all community sport was cut short due to Covid and there were no State titles, but I am certain St George were in for some great results in their Junior ranks and part of that success I could definitely attribute to their work with the focus ball.

I still have the balls and they are still in great condition and can’t wait to put the girls to work in pre-season in readiness for the 2022 season.

Thanks again Allan

Sincerely

Justin Bevan

St George District Netball Coaches Coordinator