



PREPS A Sport Programme for Children

The **PREPS** programme covers more demanding ball skills that will form the essential base for the most popular sports that are covered in their school environment.

As with every **PLAYBALL** programme, the **PREPS** sessions are structured and age appropriate. The programme deals with the refinement of sport skills including an introduction to basic team work, the development of skills needed in a basic game situation and an introduction to partner work. It's here where we encourage getting it right, which develops persistence and does away with the fear of "can't catch" therefore "can't play".

With **PLAYBALL PREPS** you can really see all the individual sport skills coming together. Growing competency, confidence and motivation enable the kids to work together towards a common goal.

THE MAIN EMPHASIS OF THIS PROGRAMME IS:

- The refinement of the "foundation" skills component of the popular sports played at school
- The development of when, where and how to move in the execution of a skill
- The technical development of the skills relating to "direction, distance and positioning"
- Introduction to teamwork and continued development of partner work

