

MULTISPORTS

ONE PROGRAM, ENDLESS POSSIBILITIES: BUILDING WELL-ROUNDED ATHLETES!



FOOTBALL

Football is an incredibly popular sport and offers children a fantastic opportunity to engage in kicking activities.

The football section of our program is full of challenges which are sure to bring out smiles!



TEEBALL

Teeball is an exciting game which offers more opportunity to develop skills relating to analyzing the game.

The Teeball section of our program is filled with fun activities such as dodgeball, catching games & more activities loved by children.



HOCKEY

Hockey is a popular team sport which offers children the opportunity to develop tracking with equipment.

The Hockey section of our program is where we find children enjoy learning passing skills the most!



RUGBY

Rugby is a physically demanding team game which offers a highly satisfying skill set during practice.

In the Rugby section of our program children love practicing running through coaches, handing them off & laughing all the way



TENNIS

The Red Ball Tennis Class aims to foster a love for tennis, develop basic skills, and promote physical fitness in a fun and enjoyable setting.

Our introductory Tennis program is appropriate for absolute beginners. We help strengthen your child's grip, footwork, and ground stroke techniques.

SPORTS DISCOVERY

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FOOTBALL

- Ball Control
- Passing
- Shooting
- Dribbling
- Tackling
- Positioning
- Teamwork and Communication



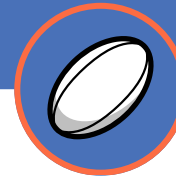
TEEBALL

- Catching
- Passing
- Striking
- Tagging
- Base running
- Positioning
- Teamwork and Communication



HOCKEY

- Stick Handling
- Dribbling
- Passing
- Blocking
- Tackling
- Positioning
- Teamwork and Communication



RUGBY

- Handling
- Passing
- Tagging
- Tackling
- Agility training
- Positioning
- Teamwork and Communication



TENNIS

- Red & Orange ball
- Ground strokes
- Volleys
- Tracking training
- Agility training
- Positioning
- Rally's