



PLAYBALL creates a structured environment whereby children in different age groups are exposed to a variety of sport and movement skills, with the focus on small groups in order to provide special attention to each individual.

PLAYBALL is progressive:

Children progress from an informal introduction to ball and motor skills to more structured sports participation.

The younger groups (2-5 years) focus more on motor development (muscle tone, dominance, bilateral symmetry and mid-line crossing) and motor skills (coordination, balance, timing, spatial orientation). The older groups (6-9 years) actually begin to play the following sports: tennis, hockey, soccer, volleyball, basketball, baseball and cricket.

PLAYBALL consists of **6 stages** - each offering the relevant age group a program focusing on its specific development level:

- Two can Do (a Playball program for 2's turning 3)
- Watch me @ 3 (a Playball program for 3's turning 4)
- Dinkies (a Playball program for 4's turning 5)
- Preps (a Playball program for 5's turning 6)
- Players (a Playball program for 6's turning 7)
- Pre-Season Sport Program (a Playball program for 7's turning 8)

Gross Motor Development provides the basis of all other forms of development, including intellectual and perceptual development. In past generations, physical development was part of a natural process. Children spent free time playing, maximizing movement and development. The modern technological era we live in goes hand in hand with a **sedentary lifestyle**. Using sport as the means, **PLAYBALL** provides children with an opportunity to develop every aspect of their lives.

PLAYBALL is educational and outcomes based

Positive coaching methods are used to develop life skills like independence, self-confidence, courage, discipline, concentration and listening skills, good sportsmanship, responsibility and social interaction. Each stage includes defined age-specific objectives which are realized within the course of the year.

PLAYBALL is professional and specialized

A research and development team has refined the programs over a period of over 20 years and are continually upgrading the content of all stages presented. Coaches are trained every 12 weeks and make use of specialized coaching methods and specially designed sporting equipment.

PLAYBALL is result-orientated and sets high standards

A maximum of 8 children per class ensures adequate individual attention and an excellent learning environment. Members receive regular progress reports and certificates at the completion of each stage. Parents receive periodic Parent Education letters, keeping them informed of Playball methods as well as general development issues.

PLAYBALL is international

Franchises operating in Botswana, Swaziland, Namibia, USA, Canada, England, Ireland, Wales, Australia, New Zealand, Israel, Qatar and the UAE proves its world-wide success.

Teaching children for over 20 years!

Birthday Parties
Summer Camps

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SPORT and MOVEMENT DEVELOPMENT SPECIALISTS