



FUTURE STARS

Are you looking for a fun way for girls aged 9 & 10 to get involved with Netball? Then look no further! London Pulse Futures Stars is the place to be! From the friends you'll meet to qualified coaches who deliver the sessions!

Future Stars is a developmental Netball programme for girls who are keen to learn about Netball and have the opportunity to meet a London Pulse professional athlete.

Our Programme Aim

Our mission is to:

1. Boost the confidence of all attendees.
2. To create a safe, fun learning environment.
3. To get active, whilst learning new skills.
4. To start working with younger athletes preparing them to join the London Pulse Pathway!

What to expect

Sessions are available on Friday or Sunday evenings from January to the end of March – term time from 17:00 – 18:30.

Sessions focus on developing fundamental movement skills including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Positive reinforcement focus

Confidence is a great attribute to develop. It helps children believe in themselves, helps them to talk to others at school and in social situations and gives them the courage to try new and challenging things.

Our focus is creating a fun and inclusive environment for all the girls. A high-fives and words of encouragement from the other children will give them a real confidence boost.





How will the sessions work?

Each session starts off with a team talk, introducing any children who are new to group and explaining what the session will involve.

Will get straight into an active warm up and then head into group activity.

Netball skills are incorporated into themed games and activities as well as the fundamentals such as:

- Footwork, passing and catching
- Variety of movement skills
- Basics of attack and defence principles

Who runs the Future Stars sessions?

All sessions are delivered by our super friendly, qualified coaching team, with support from some of our Academy Pathway athletes.

Can I become a Future Stars coach?

We are always keen to expand our coaching team! If you are keen to get involved, please contact our Performance Pathway Manager Rowena Scott-Fairclough at rowena.scott-fairclough@londonpulsenetball.com



"We innovate to lead the development of our Pathway"

Sam Bird – CEO London Pulse

Programme cost

To be a London Pulse Future Star the associated cost is £225.00. This includes:

- 10 week (1hr 30 min per session) training programme led by dedicated London Pulse coaches who will deliver a coaching programme formulated by our CEO and Director of Netball Sam Bird.
- A London Pulse age appropriate Development plan.
- A London Pulse Camp T-shirt.
- A presentation to participants at the final sessions.

London Pulse Membership

Our London Pulse club digital membership is now available from £10.00, providing exclusive access for online content! (you may wish to sign up for a physical membership, which provides benefits such as access to players on game day etc. Please take a look on our website for more information)