## EMMA COSH & INGRID COLYER



7-9 Years

This session is filled with engaging drills and activities designed to build foundational skills and foster a love for the game.

## *10-11 Years*

This session features a range of interactive drills and activities aimed at enhancing core skills and developing a deeper understanding of the game.

## 12+ Years

This session is packed with advanced drills and activities tailored to enhance skills, strategic understanding, and overall performance.

## High Perfromance

This advanced clinic focuses on developing elite-level techniques, tactical strategies, and game insights. Designed for committed athletes eager to excel, this session offers expert coaching and rigorous drills to push your abilities further