

# PHYSICAL SKILL DEVELOPMENT

The physical development program will aim to inspire participants to lead an active, healthy lifestyle, by realising the benefits of being physically and mentally fit.

The sessions will provide players with an understanding of key **pillars of fitness** that are important in achieving future physical health and athletic performance. Players will learn safe and effective techniques to improve in the following areas:

- **Flexibility**
- **Agility**
- **Speed**
- **Strength**
- **Endurance**



**RISE**