



Hours of training but not reaping the rewards ???

We've got you covered...

NETBALL COACHING & CONDITIONING

WE OFFER

The solution for training hours to transfer to game play

Here's how:



WEEKEND ON THE FARM R1550 PER PERSON

small groups of between 40-70 players invited to a weekend of adventure on the farm filled with exciting netball, sunset s'more making memories, thrilling amazing race adventures and so much more !



MIDWEEKS AT YOUR SCHOOL R600 PER PERSON

Yup, you heard right ! We come to you. 2 afternoons packed full of netball fun, opportunities to expand your resources and grow as a team.



COACHING EMPOWERMENT R3550 PER PERSON

A year plan filled with everything from off-season to in-season preparation to provide your teams with the best possible opportunity for success allowing for all the hours of training to transfer to game day.

**SOME PLAY THE GAME
SOME CHANGE THE GAME**

CONTACT US NOW



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Nylstroom
Ghoenaskraal

More about us

Erin Burger, retired Protea netball player. Played for the Proteas for 13 years earning over 125 caps under 7 different international coaches ending her international netball career having played in 3 Common Wealth Games and 4 World Cup campaigns, winning player of the tournament at the 2011 Netball World Cup in Singapore.

Niel du Plessis, Sport Scientist and head of Braven Performance Lab with 20 Years' experience in team sports at the highest level. Former conditioning coach and consultant for the Springboks, Blue Bulls, and Cheetah rugby. Conditioning current and previous Protea Netball players. His experience extends further to individual sports, Medalists in 100m & 400m (Common Wealth Games) also other individual sports like Kayaking African champs, Olympic Youth Swimmers, and Pro Triathletes to name a few.

WEEKENDS ON THE FARM

Small groups of between 40-70 players invited to a weekend of adventure on the farm filled with exciting netball, sunset s'more making memories, thrilling amazing race adventures and so much more ! We (Erin & Niel) work directly with each of the players providing individual attention, catering to your schools specific needs and areas of focus. *using drone footage for video analysis allowing us to really concentrate on areas of concern*

Weekends on the farm provide a unique experience in which the players get to indulge in the raw, simplicity of being in the bush. The weekend is packed full of fun activities including teambuilding fun and games, game drives, bonfire evenings and of course, netball.

Ghoenaskraal provides a safe facility, and homey feel with cozy rooms, warm water and solar power. (what even is loadshedding ;)

MIDWEEKS AT YOUR SCHOOL

2 consecutive sessions of 3 hours each at your school. Yup, you heard right, we come to you ! Save on the schools transport costs and accommodation fees, however, our transport and accommodation would be on the schools account. Our aim is to make a difference and assist you and your team in being the best you can be.

groups of 40 to 60 players

COACHES EMPOWERMENT

A year plan filled with everything from off-season to in-season preparation to provide your teams with the best possible opportunity for success allowing for all the hours of training to transfer to game day. Coaches will be given a 150 page "black box manual" discussing the following topics:

- Conditioning,
- Strength,
- Movement,
- Catching,
- Passing,
- Shooting,
- Attacking,
- Defence,
- Recovery,
- Fitness
- Nutrition,
- Attacking- & Defence- & Skills Checklist.
- Session/Training plan



More about Ghoenaskraal



ROAD TO GHOENASKRAAL

153km from Pretoria on the N1 towards Polokwane (tollroad).

9.5 km gravel road to get to the accommodation.

ABOUT

Ghoenaskraal, a family-owned farm established in the year 2000, holds a distinctive philosophy when it comes to hosting school groups. We pride ourselves on creating a nurturing environment for learning and growth, and we accomplish this by working exclusively with one school at a time.

We firmly believe that to make a genuine difference, it's essential to spend quality time with all the players/coaches involved. By offering a dedicated and exclusive experience to one school at a time, we can foster a deep sense of connection, engagement, and learning, ultimately helping players and coaches make the most of their time on our farm.

ACCOMMODATION

1. Ghoenaskraal offers a range of accommodation options to cater to different group sizes. These options includes accommodation that can sleep anywhere from 2 to 12 individuals.
2. There are 7 rooms available, each with varying capacities. The exact number of individuals that each room can accommodate would depend on the configuration of the room (e.g., number of beds and bunk beds).
3. There are 2 chalets available, and the capacity of each chalet would depend on its specific layout and the number of bunk beds or beds inside.

SAFETY

Ghoenaskraal is a secure facility designed to provide a safe environment for children to enjoy memorable netball experiences. The facility is thoughtfully safeguarded with three gated entrances, ensuring controlled access for all visitors.

* 22 seater busses and smaller vehicles will be able to access the jeep track towards the facility

* Larger busses / 50 seater will not be able to access the jeep track and will be parked before the jeep track start. Quests will be shuttled up to the facility

All the access gates to GK are locked; therefore the arrival time must be communicated to the management

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