

TARGET POD



THE FUTURE OF PLAYER TRAINING IS HERE.

A new and innovative training aid. Need something different in your training regime? Well this is it! Frustrated with not being able to measure a players handball accuracy under pressure? With the **Target Pod** you now can.

With some simple but effective drills you can now challenge your players to work against the clock and accumulate a score that can be recorded and used as a reference throughout the year to assess a player's development or highlight an area for improvement. Placed into game sense drills it allows that competitive nature to be extracted from within your playing group.

Available in February 2010 this lightweight (approximately 2.5 kg) yellow metal frame comes in 2 sizes:

Senior Pod: 125cm to the centre of target

Junior Pod: 85cm to the centre of the target

The target opening is approximately 60cm by 30cm which is equivalent to approximately double the size of a full size football. This makes for greater accuracy under pressure for the more experienced players and encourages the younger players as they use smaller size footballs. The use of this new and innovative training aid is only limited by your imagination.

A starter drill pamphlet is available with every purchase which includes 4 different drills using 1-4 frames.

For all enquiries go to **www.plan-to-win.com**
and follow the links, or contact:

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