

Dragons Hubs

The first step in your performance journey



WHO

Players aged 13–16

Talented players selected through open trials

WHEN

Weekly, in term time

Players receive performance training alongside playing for their school, club and/or county

WHERE

Local venues

Run with schools, colleges and universities.

What the sessions include



High-quality match play

Game situations at a higher level



Technical and tactical skills

Building strong foundations



Game awareness

Reading the game and making decisions



Physical conditioning

Preparing the body for performance netball

Hub locations

NORTH WEST

Bangor University

NORTH EAST

Coleg Cambria

EAST

Haberdashers' Monmouth School

SOUTH EAST

Coleg Gwent and Coleg y Cymoedd

SOUTH

Cardiff University

SOUTH WEST

Gower College, University of Wales
Trinity Saint David and Cefn
Hengoed Leisure Centre

WEST ENGLAND

Wellington School, Somerset