



CATERHAM SCHOOL

England Netball Player Ama Agbeze Returns to Caterham School to Run a Coaching Session

On 15 January England Netball player Ama Agbeze returned to Caterham School for the third consecutive year to lead a coaching session with the School's U15, U16 and senior netball players.

Ama has played netball for England for over 15 years and has earned over 60 caps, competing in two Commonwealth Games – Melbourne 2002 and Glasgow 2014.

The sessions were focused on defence and in particular working on how to dictate to the opposition attack where you want them to go, and therefore creating plenty of interception opportunities all through the court.

Miss Jaclyn Leach, Head of Netball at Caterham School, said: 'Ama had just returned from the England tour to Jamaica, but was still full of inspirational coaching. I could see that the players really benefitted from her coaching as they put the techniques into practice and all three age groups played some impressive netball at the end of their sessions. Ama is about to return to New Zealand to play in the ANZ league for the Wellington-based Haier Pulse team but we hope to see her back at Caterham soon.'



