



The ShadowBall is scientifically proven to increase a player's passing and catching accuracy by as much as 266% in just 4 weeks.

Protected under South African, Irish & European Registered Design.

Available exclusively through ShadowBall.

Designed according to World Rugby Board specifications for a rugby ball, to simulate technically correct pass & catch training.

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WHICH EQUIPMENT IS RIGHT FOR YOU?

Most popular products that can be right for you and your team



ShadowBall® Pro Size 4



R320.00

[Buy now](#)

ShadowBall® Carry Bag



R299.00

[Buy now](#)

Nashua Rugby ball



R320.00

[Buy now](#)

ShadowBall® Pro Size 3



R279.00

[Buy now](#)

USEFULL FEATURES.

1. Developing – passing and catching speed, reaction time, accuracy, agility and efficiency – left and right handed.
2. Improving – passing, throwing, catching and receiving skills and techniques – left and right handed.
4. Building – strength, stamina, endurance, reaction time and confidence.
5. Enhancing – ball handling proficiency, hand eye coordination, aim and ball awareness – left and right handed.
6. Strengthening – passing and catching muscles both left and right sides.
7. Perfecting – foot positioning, hand positioning, passing, receiving, catching and throwing.

4 REASONS YOU NEED A SHADOWBALL – SHADOWBALL VS RUGBY BALL

Perfect both left & right hand passing & catching

Practice line out throws

Improve ambidextrous spin passing ability

Develop stronger, longer more accurate passing