



**SHADOWBALL®**  
A NEW SPIN ON RUGBY®



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## SHADOWBALL PRO SIZE 3

BESTSELLER

NEW!

R230,-



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DESCRIPTION

REVIEWS

The ShadowBall is a cutting-edge innovation in pass-and-receive technique training that's revolutionising the world of rugby skills. It has a flat fifth panel that allows it to rebound off any wall so a player can repeatedly pass and catch the ball on their own. It's been described as the rugby equivalent of driving range practise in golf.



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## IMPROVE YOUR GAME

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

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## SPECIAL OFFERS



**SAVE  
11%**

**R399,-**  ~~R450,-~~



**SAVE  
13%**

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## FEATURES



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**CATEGORIES**



**SHADOWBALLS**



**CLOTHING**



**SHADOWWALL**



**RUGBY BALLS**



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# SHADOWBALLS



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**1. Developing – passing and catching speed, reaction time, accuracy, agility and efficiency – left and right handed.**



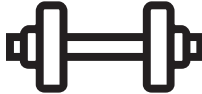
**2. Improving – passing, throwing, catching and receiving skills and techniques – left and right handed.**



**3. Building – strength, stamina, endurance, reaction time and confidence.**



**4. Enhancing – ball handling proficiency, hand eye coordination, aim and ball awareness – left and right handed.**



**5. Strengthening – passing and catching muscles both left and right sides.**

**6. Perfecting – foot positioning, hand positioning, passing, receiving, catching and throwing.**



SAVE  
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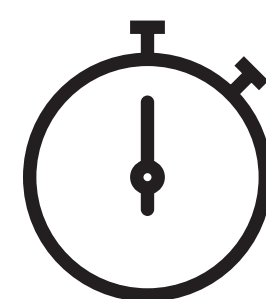
R400,-

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## FEATURES



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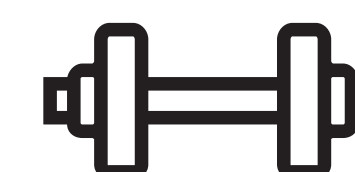


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