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ShadowBall Blog



There is nothing worse than seeing your kid sit at home all holiday watching TV. Kids who are kept active & discovering new skills in the holidays develop quicker than their peers, and that's a fact according to Malcolm Gladwell, author of Outliers and the person who popularised the 10 000 to master a skill concept... [Read more >>](#)



World renowned Ref Rasta Rashivenge joined us to upskill some incredibly bright kids from Lacreuse Community Rugby Project and take a ShadowBall Challenge. Alongside Mitsubishi SA General Manager Nic Campbell and Gcobani Bobo, some good work was done.

Hosted by Trinityhouse School Randpark Ridge at the ShadowBall Academy. This rugby skills development day focussed on transferring vital passing and catching skills and life skills to the kids to the young.... [Read More >>](#)



The ShadowBall Pass Booster programme – in association with the Hamaanskraal Sports Company, Touch Rugby South Africa and Gauteng Touch Rugby Association – not only teaches physical skills such as passing and catching and hand-eye co-ordination, but also helps learners master other life skills such as teamwork, respect, and discipline through the experience they gain on the field.... [Read More >>](#)





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Weighted rugby ball that weighs 50% more than a match ball.

- Available in size 4 and 5
- Suitable for players aged 13 +
- Multiple ply construction for extra weight, and an additional weighted bladder for superior weight and durability
- Ideal for strengthening and lengthening the passes of any player
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