

## What is Multi SkillZ?

Flashback to your childhood: you were small and the school seemed very big. The magic, which arose on the playground: hopscotch, jumping rope, pull, push and ball games. Was that fun? Are those good memories? (*"Of course!", I hear you thinking.*)

En what have you as a child learned from it? Would that little one developed itself through all that playground experience? Balance, coordination, insights, ... And is it true to say, the more you like doing something, the more you will learn from it? (*"For sure", you now say out loud.*)



Multi SkillZ goes back to that good, old playground. But even better, faster, richer. Multi SkillZ are high **dynamic movement tasks** with **great fun** for children from **6 to 16 years**.

A unique method that gives children the opportunity to **develop** their **motor skills**, without having the feeling they are training or drilling. Multi SkillZ is an innovative way of **"learn to move"**, with attention to the **total development** of children.

**The approach were each child, regardless of his or her level, is entitled to !**



The Multi SkillZ approach is scientifically based en gives the children what they need:

- ✓ Movement method with creative exercises
- ✓ Interactive game forms
- ✓ Challenges & fun for everyone
- ✓ Progressions tailored to the child's ability

And much more...

Multi SkillZ is developed by top coach Kenneth Bastiaens based on 20 years practical experience, movement teacher and physical trainer Devid Geysels and Line Declercq, project manager of the successful Belgian KidsTennis and Start to Tennis programs.

## Is Multi SkillZ for you?

Are you a teacher who wants to motivate his/her students or a sports coach searching for new and creative drills??

Are you a school that thinks motor development is crucial or a sports club that knows how important motor skills are to develop in sports?

Start with Multi SkillZ en give your kids **the motor base for life!**

Your benefits:

- ✓ You make children fond of moving making teaching even more fun
- ✓ You can easily implement with little material
- ✓ You attract more people to your program
- ✓ You apply the newest insights in motor learning
- ✓ You contribute to a healthy lifestyle of the next generation

And much more...

