



# Academy Performance Course

Oct – Dec 2020

U13 - U16

# Overview

Having planned and implemented various cricket programs over the last decade I am excited to announce the structuring of a specialist high quality course for high standard u13/u16 cricketers running over the autumn period, with some notable enhancements. The 10 week program will be extended in the length of each session which will run for 2 hours 45 minutes with a maximum of 15 boys to allow a concentrated focus (1:3 coach ratio). I have also pulled together an excellent team of coaches including ex professional cricketer Wayne White (ex Derbyshire, Leicestershire & Lancashire CCC all-rounder) leading the program. Henry Thorpe will lead a fitness session focusing on general body conditioning and sport-specific movements to improve players specific needs within a cricket environment. The young cricketers on the program will need to be committed with a great attitude and desire to learning. Prospective players will be assessed prior to confirmation of a place on the program.

Come and join us and get ahead of the game!

Matt Homes – Director of Cricket



# Course content

- Batting skills sessions including playing against pace & spin
- Technical & Tactical Bowling – Fast & spin bowling
- Fielding skills – all aspects
- Fitness & movement program



# Coaches

- Wayne White – ex Derbyshire, Leicestershire & Lancashire CCC professional
- Matt Homes – Level 3
- Tom Homes – Level 2 (currently on Level 3 program)
- Henry Thorpe – Level 2 / Fitness trainer
- Tom Deighton – Level 2



# Course dates/times

Epsom College – 3.15pm to 6pm

1. 4<sup>th</sup> October
2. 11<sup>th</sup> October
3. 18<sup>th</sup> October
4. 25<sup>th</sup> October
5. 1<sup>st</sup> November
6. 8<sup>th</sup> November
7. 15<sup>th</sup> November
8. 22<sup>nd</sup> November
9. 29<sup>th</sup> November
10. 6<sup>th</sup> December



# Course Cost

- £495 (Fee can be paid in 2 installments)

Contact: Matt Homes

Tel: 07984 830412

E-mail: [matt@intouchcricket.co.uk](mailto:matt@intouchcricket.co.uk)

Please contact Matt to enquire about booking a place on the course

