



Junior Academy  
Performance  
Course

Sept – Dec 2020

U10 - U12

# Overview

Having planned and implemented various cricket programs over the last decade I have decided to structure a high quality course for good standard u10/u12 cricketers 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. Jacob Paul who is a level 3 qualified personal trainer and GB international track athlete who was a part of team England at the Commonwealth Games in 2018 is a specialist in sprinting technique, fitness coaching, general body conditioning and sport-specific movements will focus on improving 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 to meet the appropriate standard.

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)
- Mark Sibley – Level 2
- Tom Deighton – Level 2
- Jacob Paul – GB International Athlete & Fitness trainer



# Course dates/times

Epsom College 2.45pm to 5.30pm / Blenheim 2.15pm to 5pm

1. 26<sup>th</sup> October - EC
2. 3<sup>rd</sup> October - Blenheim
3. 10<sup>th</sup> October - Blenheim
4. 17<sup>th</sup> October - EC
5. 24<sup>th</sup> October - EC
6. 31<sup>st</sup> October - EC
7. 21<sup>st</sup> November - EC
8. 5<sup>th</sup> December - Blenheim
9. 12<sup>th</sup> December - Blenheim
10. 19<sup>th</sup> December - EC



# Course Cost

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

Contact: Matt Homes

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

