



Academy Performance Course

Jan – March 2021

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 15-20 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



Course dates/times

Epsom College – 3.15pm to 6pm

1. 17th January
2. 24th January
3. 31st January
4. 7th February
5. 14th February
6. 28th February
7. 7th March
8. 14th March
9. 21st March
10. 28th March



Course Cost

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

Contact: Matt Homes

Tel: 07984 830412

E-mail: matt@intouchcricket.co.uk

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

