



Junior Academy
Performance
Course

Jan – April 2021

U10 - U12

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 u10/u12 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 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 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

- Matt Homes – Level 3
- Tom Homes – Level 2 (currently on Level 3 program)
- Mark Sibley – Level 2
- Plus other support coaches
- Jacob Paul – GB International Athlete & Fitness trainer



Course dates/times

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

1. 2nd January - EC
2. 9th January - EC
3. 16th January - Blenheim
4. 6th February - Blenheim
5. 13th February - EC
6. 20th February - EC
7. 20th March - Blenheim
8. 27th March - EC
9. 3rd April - EC
10. 10th April - EC



Course Cost

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

Contact: Matt Homes

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E-mail: matt@intouchcricket.co.uk

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

