



# Academy Performance Course

Oct – Dec 2021

U14 / 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 u14 - 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 30 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 with Henry Thorpe leading 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

- Damian Shirazi – Level 3 (Lead)
- Matt Homes – Level 3
- Tom Homes – Level 2 (currently on Level 3 program)
- Henry Thorpe – Level 2 / Fitness trainer
- Tom Deighton – Level 2 Coach



# Course dates/times

Epsom College – 3.15pm to 6pm

1. 3<sup>rd</sup> October
2. 10<sup>th</sup> October
3. 17<sup>th</sup> October
4. 24<sup>th</sup> October
5. 7<sup>th</sup> November
6. 14<sup>th</sup> November
7. 21<sup>st</sup> November
8. 28<sup>th</sup> November
9. 5<sup>th</sup> December
10. 12<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

