



Academy Performance Course

Jan – March 2022

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 winter 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 20 boys to allow a concentrated focus (1:3 coach ratio). I have also pulled together an excellent team of coaches with the lead coach Damian Shirazi who is the Director of Cricket at Epsom College and 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 Coach)
- Matt Homes – Level 3
- Henry Thorpe – Level 2 / Fitness trainer
- Assistant coaches – x2



Course dates/times

Epsom College – 9.15pm to 12pm

1. 16th January
2. 23rd January
3. 30th January
4. 6th February
5. 13th February
6. 27th February
7. 6th March
8. 13th March
9. 20th March
10. 27th 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

