



Junior Academy
Performance
Course
Jan – April 2022
U11/13

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 u11/u13 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). We have 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. Will also consider exceptional County Age Group players at u10.

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)
- Henry Thorpe – Level 2
- Tom Deighton – Level 2
- Jacob Paul – GB International Athlete & Fitness trainer



Course dates/times

2.45pm to 5.30pm

1. 15th January - Therfield
2. 22nd January - Therfield
3. 29th January - EC
4. 5th February - Therfield
5. 12th February - EC
6. 19th February - EC
7. 5th March - Therfield
8. 12th March - EC
9. 19th March - Therfield
10. 2nd April - EC



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

