

**Academy
Performance
Course
Jan – March 2024**

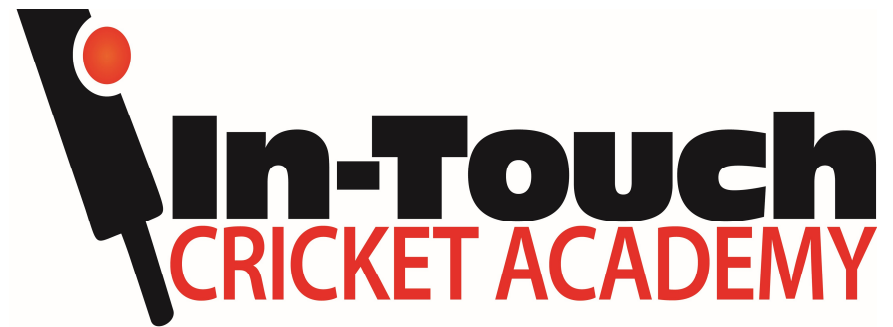
U13/U14

(Strong u12s considered)



Overview

- A specialist high quality course for high standard u13 cricketers (Strong u12s considered) running over the Winter period for 2024. The 10-week sessions week will run for 2 hours 45 minutes each week with a maximum of 20 students. We have an excellent team of experienced ECB Level 3 and 2 coaches with a focused cricket program combined with a weekly fitness session 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



Course content

- Batting skills sessions including playing against pace & spin
- Technical & Tactical Bowling – Fast & spin bowling
- Fielding skills – all aspects
- Fitness & movement program



Coaches

- From below
- Matt Homes – Level 3
- Tom Homes – Level 3
- Tom Deighton – Level 2
- Sam Hunt – Level 2
- Jacob Paul – GB Athlete & Fitness Trainer



Course dates/times

2.45pm to 5.30pm at Epsom College & Therfield

1. 13th January (T)
2. 20th January (T)
3. 27th January (EC)
4. 3rd February (T)
5. 10th February (EC)
6. 17th February (EC)
7. 2nd March (T)
8. 9th March (EC)
9. 16th March (T)
10. 23rd March (EC)



Course Cost

- £585 (Can be paid in 2 installments)

Contact: Matt Homes

Tel: 07984 830412

Website: www.intouchcricket.co.uk

E-mail: matt@intouchcricket.co.uk

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

