



# Cricket Education Workshops 2015

The Isle of Man cricket association are running a series of workshops to support coaches and players improve their knowledge of the game.

The workshops will be run over 3 separate days and each will cover one of the disciplines, batting, bowling (seam and spin) and fielding including wicket keeping.

These workshops will be delivered by National team coach Greig Wright using current IDM players.

The workshops will be interactive for those who want to get involved and will use modern practice and a range of resources will be available for coaches to try and purchase if required.

## Special points of interest:

- \* Cover modern coaching practice (the POP process).
- \* Insight into the core skills and IDM performance basics.
- \* A range of resources to help coaches with their practices will be on offer (reduced to attendees).
- \* An opportunity to 'have a go' try some of the resources and current coaching practices.
- \* Any coaches looking to attend the level 2 course running soon these will be of great assistance to.

Available to attend for coaches and aspiring coaches, these workshops are designed to give people the knowledge to help players develop and will cover coaching groups, 1-1 practice, working with younger players and adults.



### Bowling Workshop - Sunday 22nd November 1:00-4:00pm NSC Secondary Hall.

This workshop will cover the performance factors of Pace and Spin Bowling. From the basics to developing high class performers



### Fielding Workshop. Sunday December 6th 1:00- 4:00 NSC Secondary Hall

An interactive 3 hour workshop on developing fielders and wicket keepers. This workshop will give coaches/helpers knowledge to run sessions focusing on the skills required and the intensity needed to be a successful unit.

There will be a large practical element to this workshop for those who want to get involved.



### Batting Workshop - Sunday 29th November 1:00 - 4:00pm NSC Secondary Hall.

A workshop designed to understand and develop batters. Looking at how to best develop batters and equip them for the modern game.

These workshops are £20 each or £50 if you want to attend all 3. ICC coaches association members receive a further 20% discount (£4 per workshop or £10 off all 3)

#### Booking Form

I would like to attend the following workshops (Delete as appropriate)

Bowling 22nd November Yes/No

Batting 29th November Yes/No

Fielding 6th December Yes/No

#### Personal Details (Please complete)

Name

Email

Contact Phone

I enclose payment for (please complete) £ for the workshops indicated. (Cheques made payable to IOMCA)

Payment and forms should be sent to IOMCA, SDU, NSC, Groves Road, Douglas, IM2 1RB

Any questions contact: iomcricket@hotmail.com

These workshops are run with the support of John Cain Jnr Ltd (Building and Groundwork) jmcaimiom@gmail.com or 370786

Putting the groundwork into developing cricket through coaching on the Isle of Man.