



Cricket Courses 2016

The Isle of Man cricket association are running a series of courses for players to improve their game ready for the 2016 season. The courses will be run to support player development and will target Wicket keeping, Spin bowling, batting and fielding. These courses will be delivered by National team coach Greig Wright who will be assisted by current IDM players and coaches. The courses will be skill and game based and will focus on developing players understanding of their game and how to apply it in match situations.

An outline and the target ages for the individual courses can be found below.

Wicket Keeping

Dates - January 17th and 24th Ages 7 Upwards Times 9:30 –11:00
Venue King Williams College Gym



A 2 week course developing wicket keepers. The most important fielder on the ground but usually the one who gets the least focus.

Focusing on posture, glove work, footwork this course will equip keepers with all the tools needed to be effective behind the stumps.

Recent trials highlighted a real need to focus on wicket keeping to strengthen the pool we have on the Island.

An Ideal opportunity for keepers of all ages and abilities to sharpen their skills and a good opportunity for us to look for future Island keepers.

Players will need gloves, helmet and box.

Spin Bowling

Dates - January 31st and Feb 7th Ages 7 Upwards Times 9:30 –11:00
Venue King Williams College Gym

Developing and mastering the art of spin. Quickly becoming recognised as a key element in all successful sides across all formats of the game a good spinner is essential to all teams.

Focusing on 'spinning strong' we will cover all the elements required to becoming a wicket taking spin bowler. An excellent opportunity for those who already bowl spin or those wanting to try it.



Batting

Dates - Feb 14,21,28 Mar 6th Ages 9-14 Times 9:30 –11:00
Venue King Williams College Gym

4 weeks looking at developing a sound technique and 'finding a way' in your game to score runs.

Understanding the basics, knowing your game and selecting what works for you is key to all batsman and then transferring that knowledge into game situations is what makes match winners.

Over the 4 weeks we will explore front and back foot, straight and cross bat shots, learning how and more importantly when to play them.

Players will need bat, gloves and box.



Fielding

Dates - March 13th 20th Ages 9-13 Times 9:30 –11:00
Venue King Williams College Gym

2 weeks on winning in the field. The most improved area in the modern game and the key elements in team performances. Gone are the days where a player can say they are a batter or bowler and be hidden in the field. Developing athletic, dynamic fielders is a key focus for all coaches now.

Working on fielding in the ring as a team and pressurising batters these 2 weeks will improve players techniques and give ideas around fitness areas to focus on to be a top class fielder.

Players will need a drink and lots of energy.



Booking Form

Due to space restrictions numbers for the sessions are limited.

Places will also need to be booked in advance to ensure there is the required player to coach ratio. These will be booked on a first come first served basis and confirmation will be sent via email.

Any enquiries please contact Greig Wright @ IOMcricket.com

Name

Address

Post Code

email

Phone

Date of Birth

Medical details

I would like to book places on the following courses:

Wicket Keeping Course - 2 week course £15 total (12 places maximum)

Spin Bowling Course - 2 week course £15 total (12 places maximum)

Batting Course - 4 week course £30 total (12 places maximum)

Fielding Course - 2 week course £15 total (12 places maximum)

Crickids - 6 week course £20 total (12 places maximum)

Skills Awards - 6 week course £30 total (12 places maximum)

Unfortunately we are unable at present to accept payment via card.

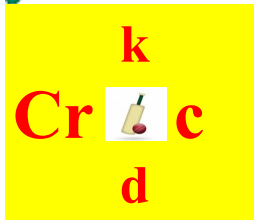
Cheques should be made payable to IOMCA and returned to Greig Wright, Cricket development officer, Sports development Unit, National sports centre, Groves Road, Douglas. IM2 1RB.

Print and return the booking form with cheques.

Places can be booked via email and electronic transfers set up by contacting iomcricket@hotmail.com



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Crickids



Crickids is an early entry programme into the sport. Aimed at children between 3 and 6 these sessions are based around developing cricketers of the future.

The sessions are based around physical literacy, games, very basic transferable cricket skills, teamwork and most importantly of all Fun.

Delivered by Sally Green a qualified cricket coach, teacher and early years PE specialist she has years of experience in developing young children in sport.

The sessions are for boys and girls and are a great opportunity to develop children's all round athletic skills. Places are limited to 12 on the course to ensure a real quality experience for all.

Dates: January 31, February 7, 14, 21, 28, March 6, 13

Time: 2:15 - 3:15

Venue: King Williams College Gym

Kwik cricket skills awards



A great way to prepare yourself for the new season.

These skills awards look at developing players skills and also allow the opportunity to go to gold.

The sessions focus on learning and developing all areas of the game batting, bowling and fielding through drills and games. They also add the chance to test your skills against the ECB gold, silver and bronze awards scheme.

If you are looking at just starting or refreshing your game from last year this is a great way to get ready for the start of the season.

Ideal for 7,8 and 9 year olds who will be looking to play Kwik cricket this season.

Dates: February 7, 14, 21, 28, March 6, 13

Time: 3:30 -5:00

Venue: King Williams College Gym