

Isle of Man Cricket association

Women and Girls

Cric-Kids

Soft Ball

Strength and Conditioning

Indoor Cricket programme 2020

## **Programme details (all at King Williams College)**

### **Cric-Kids**

Cric Kids is an early entry programme into the sport. Aimed at children aged between 3 and 6 years of age (all children should be accompanied by an adult). These sessions are based around developing cricketers of the future both boys and girls. The aim is to develop athletic skills, very basic transferable cricket skills, teamwork and most importantly of all to have fun!

Dates - 16th February - 5th April (8 weeks)

Time - 10:00 - 11:00

Cost £20

### **Cric-Fit Strength & Conditioning for Cricket**

Nathan Knights qualified strength and conditioning instructor and national team player will be leading the sessions. An essential area for all players to improve their games. Challenging all areas of the player to grow and develop.

Time 11:30-12:30

Cost £30

Dates 16th February - 5th April (8 weeks)

Age 12+

### **Cric-Start Soft Ball Cricket Boys/Girls only**

Soft ball cricket provides a fun, sociable and relaxed environment, where participants from ages 7-11 years of age are able to develop their skills or looking to progress to hardball, play lots of games and have lots of fun.

Boys only

Time 1:30-2:30

Cost £30

Dates 16th February - 5th April (8 weeks)

Girls only

Time 2:30-3:30

Cost £30

Dates 16th February - 5th April (8 weeks)

### **Cric Soft-Training and Indoor Matchplay (Women and Girls Only)**

Soft ball cricket. Fun, fast and great for all ability levels. Focus on developing batting, bowling and fielding skills with a soft ball. Indoor cricket is a fast paced, action packed version of the game suitable for all levels, with easy to follow rules and emphasis on fun and fitness.

Time 3:30-5

Cost £15

Dates: please indicate which block you are interested in attending when booking.

Block 1 16th February - 8th March (4weeks)

Block 2 15th March - 5th April (4 weeks)

Age 12+

**To book email [iomcricketsecretary@hotmail.com](mailto:iomcricketsecretary@hotmail.com)**

**Places are limited so book quickly.**