

Isle of Man Cricket association Winter Cricket programme 2019

Cric-Kids

Specialist Clinics

Indoor Cricket

Cric-Soft



Cricket opportunities available for all ages and abilities

Programme details

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 - Sundays January 27th to March 3rd (6 weeks)

Time - 10:00 - 11:00

Cost £15

Batting Basics

These specialist coaching sessions are aimed at batters of all ages concentrating on the batting basics. This will include grip, stance and back lift and will focus on a variety of front foot and back foot shots using soft balls. The sessions are split into U12 and below and U13 and above.

Dates - Sundays January 27th to February 17th (4 weeks)

Time - Under 12 & below 12:00 - 13:00 Under 13 and above 15:00 - 16:00

Cost £15

Strength & Conditioning for cricket

S & C will be fitness based sessions using certain exercises which are linked to cricket. The right conditioning helps increase player's tolerance to the physical demands of the sport so they can increase their physical attributes, reducing the risk of injury along with improving performances.

Dates - Sundays January 27th to February 17th (4 weeks)

Time - Under 12 & below 11:00 - 12:00 Under 13 and above 14:00 - 15:00

Cost £15

Cric-Soft

Soft Ball Cricket. Fun, fast and great for ability levels. Focus on modified cricket games and developing batting, bowling and fielding skills with a soft ball. Aimed at those players who are currently playing kwik cricket or would like to give kwik cricket a try.

Dates - Sundays January 27th to February 17th (4 weeks)

Time - 16:00 - 17:30

Cost £15

All sessions are based at King Williams college in the gym (near the pool).

To book email iomcricket@hotmail.com

Places are limited so book early