



IOMCA 2022 Winter Programme

Cricket opportunities for all ages and abilities



CricKids

CricKids aims to provide a great first experience of cricket and focus is on developing children's movement and athletic skills and very basic cricket skills. The emphasis is on fun and being active.

Valuable time with your kids - family members are encouraged to take part too!

Ages: 3-6 (all children accompanied by an adult)

Time: 11-12

Dates: 30th January - 20th March (8 weeks)

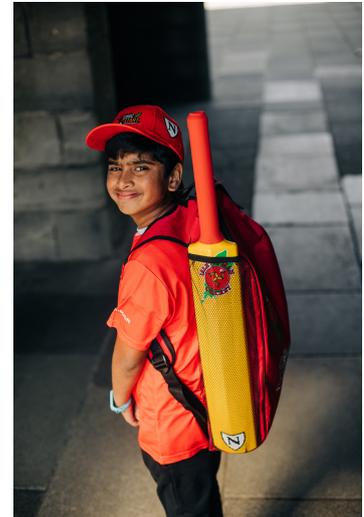
Venue: King William's College gym

Cost: £30



For an additional £30 the CricStart back-pack can be purchased including -

- Cricket ball
- Cricket bat
- CricStart t-shirt
- CricStart cap
- CricStart water bottle



Batting Clinics

These clinics will concentrate on developing the batting basics using tennis ball drill work and game scenarios. The aim is for participants to enjoy batting through fun and engaging sessions with a focus on developing a sound technique to assist with long-term success within the game. Players will be encouraged to attempt the new learning in the game scenarios.

Ages: 11-14

Time: 1:30-2:30

Dates: 30th January - 20th March (8 weeks)

Venue: King William's College gym

Cost: £30

Equipment needed: Bat, box & gloves



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Bowling and Fielding Clinics

These clinics will look to help the young bowler, bowl a consistent line and length by developing a repeatable spin or seam bowling action.

Sessions will also focus on ground fielding and catching. Fielding skills will be developed through competitive, fun games and challenges.

Perfect for those moving from playing with a soft ball to cricket ball and looking to prepare for the upcoming U11 season.

Ages: 7-10

Time: 12:30-1:30

Dates: 30th January - 20th March (8 weeks)

Venue: King William's College gym

Cost: £30



Fast Bowling Clinics

These specialist coaching sessions are aimed at seam bowlers concentrating on developing a repeatable and strong action. This will include breaking the bowling action down and working on the different components. There will also be own body weight and small medicine ball strength and conditioning exercises to improve physical conditioning for bowling at the individual player's optimum speed.

Ages: 11+

Time: 2:30-3:30

Dates: 30th January - 20th February (4 weeks)

Venue: King William's College gym

Cost: £20



Spin Bowling Clinics

These specialist coaching clinics will be led by Greig Wright National Team coach with IOMCA coaches. This course is designed for existing spin bowlers to assist in further developing their skill levels and learning more about the art of spin bowling. The sessions will focus on the technical and tactical aspects of spin bowling.

Ages: 11+

Time: 2:30-3:30

Dates: 27th February - 20th March (4 weeks)

Venue: King William's College gym

Cost: £20



IOMCA courses are inclusive of all ability levels and are a great way to either learn new or improve existing skill levels. They are run by IOMCA coaches and current Isle of Man squad players.

Places should be booked in advance by emailing administrator@iomcricket.co.uk and payment made via electronic bank transfer. Places will be allocated on a first-come, first-served basis and confirmation and bank details will be sent via email.

New attendees will be required to fill in a registration form found on www.iomcricket.co.uk/courses-and-camps

Due to the size of the venue and to ensure quality sessions, spaces are limited.

