

Pro Cricket Academies February Half Term - Cricket Coaching Course 2023

INCLUDES A HALF DAY ALL STARS SESSION 9am – 12pm

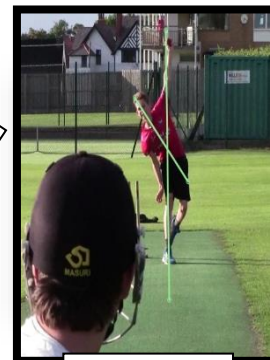


Video analysis

Power Hitting



Bowling Machine



Video analysis

Venue: Birkenhead Park CC **Dates:** 20th, 21st & 22nd Feb 2023

Cost: £20 / £40 per day

Age Range & Timings: 5 – 7yrs session £20 - 9am – 12pm per day & 7 – 16yrs session £40 - 9am – 4pm per day

Pro Cricket Academies is running a cricket coaching course during February half term. We have offered a half day for the 5-7yrs and a full day for the 7 – 16yrs. Does your child want to have FUN, improve the mental, physical, tactical and technical side of their game and prepare for the season ahead? Sessions include:

The sessions are delivered by Brad Donelan a former professional cricketer (Sussex CCC), ECB Level 3 coach and a Lancashire CCC regional scout 24 years coaching experience:

- Cricket Development officer Western Province
- Matabeleland provincial coach in Zimbabwe
- Coached Loughborough University men's and women's teams to two consecutive BUSA championships.
- Club coach at Neston CC u9's, u11's, u13's, u15's 1st team.
- Sports coach currently in primary schools.
- DBS cleared.
- First Aid qualified.
- Safeguarding trained.

- Skill development for 5 - 7yr olds. Lots of fun games. Batting, bowling, catching, running between the wickets & Matches.
- Skill development for the 7 – 16yrs. Batting & Bowling drills to improve technique.
- Video analysis used for feedback.
- Field placements.
- Power Hitting session.
- Bowling machine used.
- Strength & conditioning specific to cricket.
- Speed Agility & Quickness drills.
- Matches.

APPLICATION FORM: To be sent to: Bradleigh Donelan, email: procricketacademies@gmail.com

For more info contact Brad Donelan: 07757-553656 (Mobile) W: procricketacademies.com

PLACES WILL BE BOOKED ON A FIRST COME FIRST SERVED BASIS.

I wish to apply for a place for (name in BLOCK CAPITALS) _____

Age _____ D.O.B _____ of _____ School/College _____ School Year _____

(PLEASE TICK APPROPRIATE BOX)

Course No 1: £20per day 5 -7yrs 20th 21st & 22nd Feb [] OR JUST 20th [] 21st [] 22nd []

Course No 2: £40per day 7 - 16yrs 20th, 21st & 22nd Feb [] OR JUST 20th [] 21st [] 22nd []

I agree to pay £20/£40per day or £60/£120 per person for the three day course.

(Please make payments via online banking using your child's name as reference).

Sort code: 20-63-66 Account number: 10748722 A confirmation letter will be sent with

directions and what to bring once an application form and payment have been received.

We will be taking photos, movie clips and using video analysis to assist player development and also for promotional usage. Videos will be uploaded to YouTube; please sign consent for your child to be photographed/filmed.

SIGNED _____ NAME & ADDRESS _____

TEL: _____ Mobile: _____

Post code: _____

Email: _____