

Pro Cricket Academies

February Half Term Cricket Coaching Course 2020

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

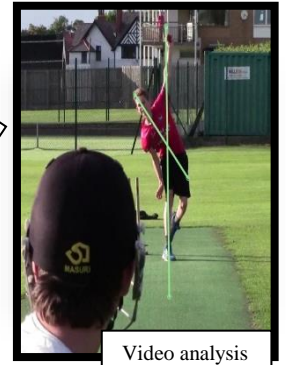


Video analysis

Power Hitting



Bowling Machine



Video analysis

Venue: Queens Park High School Chester

Dates: 17th – 21st Feb 2020

Cost: £15 / £30 per day

Age Range & Timings: 5 – 7yrs session £15 - 9am – 12pm per day & 7 – 15yrs session £30 - 9am – 4pm per day

Pro Cricket Academies is running a cricket coaching course during the February half term. Do you want to improve the mental, physical, tactical and technical side of your game? We have hired Queens Park High School in Chester & sessions will include:

The sessions are delivered by Brad Donelan a former professional cricketer (Sussex CCC), ECB Level 3 coach and a Lancashire CCC regional scout who has 23 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 and club coach
- Sports coach currently in three primary schools
- DBS cleared
- First Aid qualified
- Safeguarding trained

- Skill development for 5 & 6yr olds
- Target setting for both batters and bowlers
- Run chase scenarios against bowlers & bowling machine
- What areas to bowl at different stages of the game
- Field placements
- Power and hitting
- Video analysis
- Pressurised training drills
- Strength & conditioning specific to cricket
- Speed Agility & Quickness drills
- Indoor matches

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

For more information ring Brad Donelan: 07757-553656 (Mobile)

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: £15per day - 5 -7yrs 17th – 21st Feb [] OR JUST 17th [] 18th [] 19th [] 20th [] 21st []

Course No2: £30per day - 7 - 15yrs 17th – 21st Feb [] OR JUST 17th [] 18th [] 19th [] 20th [] 21st []

I agree to pay £15/£30per day or £75/£150 per week per person for the five 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 once an application form is 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: _____