

Pro Cricket Academies

PRE SEASON 3 day EASTER Cricket Coaching Course 2020

At KINGS SCHOOL Chester 9am – 4pm



Video analysis

Power Hitting



Bowling Machine



Video analysis

Venue: Kings School Chester **Dates:** 15th 16th & 17th April 2020 **Cost:** £30 per day
Age Range & Timings: 7 – 15yrs 9am – 4pm per day

Pro Cricket Academies have joined forces with Kings School Chester and are running a pre-season cricket coaching course during the Easter holidays. Do you want to improve the mental, physical, tactical and technical side of your game? 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 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 and club coach
- Sports coach currently in three primary schools
- DBS cleared
- First Aid qualified
- Safeguarding trained

- Skill development
- Target setting for both batters and bowlers
- What areas to bowl at different stages of the game
- Field placements
- Power hitting
- Video analysis
- Pressurised training drills
- Strength & conditioning specific to cricket
- Speed Agility & Quickness drills
- Outdoor matches
- Outdoors nets & fielding practices
- Children grouped by age & ability

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: 15th [] 16th [] 17th []

I agree to pay £30per day or £90 per person for the three day course.

(Please make payments prior to the course 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: _____