



## Trafford Cricket Centre

### 2018 Summer Courses

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Date	Course	Time	Cost	Age Group	Playing Standard
Mon 30 July	Batting Development	9:30am – 12 noon	£25	9-12yrs	District/County
Mon 30 July	Bowling Development	1pm – 3pm	£20	9-12yrs	District/County
Tue 31 July	Batting Development	9.30am – 12 noon	£25	12-16yrs	District/County
Tue 31 July	Bowling Development	1pm – 3pm	£20	12-16yrs	District/County
Wed 1 Aug	Intro to Hardball	10am – 12 noon	£20	6-11yrs	School
Wed 1 Aug	Wicket Keeping	1pm – 3pm	£20	10-16yrs	District/County
Thu 2 Aug	T20 Power Hitting	9.30am – 12 noon	£30	10-16yrs	District/County
Mon 6 Aug	Wicket Keeping	10am – 12 noon	£20	10-16yrs	District/County
Wed 22 – Thu 23 Aug	Residential (overnight stay)	9am – 5pm	£150	10-16yrs	District/County
Fri 24 Aug	Batting against Pace	9.30am – 12 noon	£25	12-16yrs	District/County
Fri 24 Aug	Bowling Development	1pm – 3pm	£20	12-16yrs	District/County

Tue 28 Aug	Batting against Spin	9.30am – 12 noon	£25	9-12yrs	District/County
Tue 28 Aug	Bowling Development	1pm – 3pm	£20	9-12yrs	District/County
Wed 29 Aug	Intro to hardball	10am – 12 noon	£20	6-10yrs	School
Wed 29 Aug	One to One's	1pm – 9pm	From £20	9yrs+	District/County
Thu 30 Aug	Batting against spin	9.30am – 12 noon	£25	12-16yrs	District/County
Thu 30 Aug	Bowling Development	1pm – 3pm	£20	12-16yrs	District/County
Fri 31 Aug	T20 Development Day	10am – 4pm	£50	10-16yrs	District/County



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### Course Description

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**Batting Development:** If you would like to improve your batting skills? Here is the place to start. Our General Batting course will guide you through the basics of hitting off the front and back foot, whilst focusing on your balance. During the session, you will explore playing against both seam and spin, whilst also picking up some great batting drills to take home with you. (*District, County Level*)

**Bowling Development Course:** Develop your basic skills in the art of bowling with this two-hour specialist course. Explore the basic bowling practices for pace or spin, whilst focusing on alignment, delivery and technique. (*District, County Level*)

**Intro to Hardball:** This course is perfect for the young cricketer who is looking to transition from soft ball to hard ball. The Intro to Hardball course will prepare you for the technical elements of playing hard ball cricket, where you will have the opportunity to bat against the bowling machines, bowl with a hard ball and learn the intricacies of spin and swing bowling. (*Club, School Level*)

**Wicket Keeping:** Take part in this specialist wicket keeping course, where all aspects of wicket keeping will be covered. Whether you are looking to improve your existing skills or would like to learn the art of wicket keeping from former players, this is the course for you. (*District, County Level*)

**T20 Power Hitting:** Get set for the T20 season with the popular T20 Power Hitting course. During this two-hour session, you will improve your striking ability on both the front and back foot, as well as hitting to different areas of the field. (*District, County Level*)

**T20 Residential:** Home your skills at the iconic home of Lancashire Cricket Club, with an overnight stay at the new Hilton Garden Inn Emirates Old Trafford. Top up your skills with the help of our expert coaches, and get ready for the T20 season. You will also be able to watch the T20 double header with Lancashire Thunder taking on Surrey Stars in the Kia Super League, before Lancashire Lightning face Durham Jets in the Vitality Blast. It's the total T20 experience. *(District, County Level)*

**T20 Development Day:** Learn all aspects of playing T20 cricket during the T20 Development Day which is designed to hone your batting, bowling and fielding skills in the shortest and most vibrant format of the game. *(District, County Level)*

**Adult Course:** The ideal course for any player to hone their skills for the up and coming season. Expert coaches will aid in technical and tactical aspects of your game with batting and bowling drills to help polish up your game for the rest of the season. *(All abilities)*

**Holiday Course:** Looking for something to do in the summer holidays? The holiday course is non-stop fun, suitable for 6 to 10 year olds. Meet new friends whilst playing games and having a great time! Hit, catch, run, jump and play cricket! *(Club, School)*

**Batting against Pace:** Looking to improve your batting ability against fast bowlers? This course could be for you. This course will look at your balance and alignment, as well as scoring areas against bowlers with pace. Learn to play off both the front and back foot to get you ready for later in the season when the track can get quicker. *(District, County Level)*

**Pro Day:** Experience a day in the life of a professional cricketer getting ready for a game. Sit in a team meeting, analyse batsmen and bowlers of the opposition and then prepare your technique and tactics to face them. Work on your fitness and analyse your nutritional intake. Our experienced cricket coaching staff will challenge your abilities of batting, bowling and fielding with technical and tactical drills for you to make the most of your season. This is the ultimate course for the player wanting to be a professional cricketer. *(District, County Level)*

**Residential:** Live the high life of a cricketer with this two-day residential course. Train at the home of Lancashire Cricket Club with expert coaches that will guide you through the technical and tactical aspects of the game, with an overnight stay in the new four-star Hilton Garden Inn Emirates Old Trafford. *(District, County Level)*

**Batting against Spin:** Looking to improve your batting ability against spin bowlers? This course could be for you. Look at manipulating the ball with front and back foot shots and learn how to hit down the ground with expert use of feet and clear the ropes with good boundary striking. *(District, County Level)*