

# SPECIALISED PROGRAMME

**Available by invitation only: for Lancashire County-level players**

## SPIN COURSES

An elite course for elite players on bowling and batting against spin. The batters will examine areas such as footwork, ball striking and ability to play different types of spin and the bowlers will study areas such as field placing, pace of delivery and understanding your bowling action.

Boys U10 – U12 & Girls U11/13	Tuesday	6pm – 8pm	5 weeks:	2/10, 9/10, 16/10, 23/10, 30/10	£90.00
Boys U13 – U16 & Girls U15/17	Thursday	6pm – 8pm	5 weeks:	4/10, 11/10, 18/10, 25/10, 1/11	£90.00

## PACE COURSES

An elite course for elite players on bowling and batting against pace. The batters will test areas such as balance, playing off front and back foot and their ability against the short ball and the bowlers will challenge their balance, alignment and power at the crease.

Boys U10 – U12 & Girls U11/13	Tuesday	6pm – 8pm	5 weeks:	13/11, 20/11, 27/11, 4/12, 11/12	£90.00
Boys U13 – U16 & Girls U15/17	Thursday	6pm – 8pm	5 weeks:	15/11, 22/11, 29/11, 6/12, 13/12	£90.00

## KEEPING WORKSHOPS

A one-off intensive top-up course investigating and improving your footwork, catching area and movement when stood up to and back from the wicket with our specialist wicket-keeping coaches.

Boys U10 – U12 & Girls U11/13	Sunday	9am – 11am	One-off:	6/1/2019	£25.00
Boys U13 – U16 & Girls U15/17	Sunday	11am – 1pm	One-off:	6/1/2019	£25.00

## SPIN WORKSHOPS

A one-off intensive top-up course examining batting against and bowling spin with our specialist spin bowling and batting coaches.

Boys U10 – U12 & Girls U11/13	Sunday	9am – 11am	One-off:	20/1/2019	£25.00
Boys U13 – U16 & Girls U15/17	Sunday	11am – 1pm	One-off:	20/1/2019	£25.00

## PACE WORKSHOPS

A one-off intensive top-up course examining batting against and bowling pace with our specialist pace bowling and batting coaches.

Boys U10 – U12 & Girls U11/13	Sunday	9am – 11am	One-off:	3/2/2019	£25.00
Boys U13 – U16 & Girls U15/17	Sunday	11am – 1pm	One-off:	3/2/2019	£25.00

## TO MAKE A BOOKING

To book yourself on to one of these courses, please contact the team directly:  
 Ruth Cotton: [rcotton@lancashirecricket.co.uk](mailto:rcotton@lancashirecricket.co.uk) 0161 868 6778  
 Paul Farrar: [pfarrar@lancashirecricket.co.uk](mailto:pfarrar@lancashirecricket.co.uk) 0161 868 6779

## ONE-TO-ONE COACHING

One-to-One coaching is available for players aged 8yrs and above. Prices range from £30 to £45 per hour for juniors depending on the level of coach running the session. One-to-One coaching is available on request by contacting the Cricket Centre office:  
 Email: [cricketcentre@lancashirecricket.co.uk](mailto:cricketcentre@lancashirecricket.co.uk) 0161 868 6778/6779

## FURTHER OPTIONS

We will also be running Specialised courses during school holidays in October, February, Easter and the Summer! Please look at our website and social media to keep up to date with the latest information:  
 Twitter: [@LancsCricketCTR](https://twitter.com/LancsCricketCTR)  
 Website: <http://cricket.lancashirecricket.co.uk/club/trafford-cricket-centre>

Don't forget to keep playing at your local club and school so that you keep improving your cricketing skills. Go out there and score runs and take wickets and most of all enjoy the experience of playing the game!