

RECREATIONAL PROGRAMME

Available to School or Club-level players

TOTS CRICKET

The sessions, for children aged 3-6yrs, are a great way for budding cricketers to learn the basics of cricket in enjoyable and inspiring surroundings. Our coaches will aid with the core cricket skills of throwing, catching, batting and bowling which in turn will aid fundamental skills such as balance, focus, co-ordination and spatial awareness.

Tuesday	6 weeks: 6/11, 13/11, 20/11, 27/11, 4/12, 11/12	3-6yrs	4pm – 5pm	£24.00 for 6 weeks
Tuesday	5 weeks: 8/1, 15/11, 22/1, 29/1, 5/2 5 weeks: 26/2, 5/3, 12/3, 19/3, 26/3	3-6yrs	4pm – 5pm	£20.00 for 5 weeks

INTRO TO CRICKET

The next step on the pathway for our future cricket stars! Designed for youngsters aged 5-8yrs this course will build upon the fundamental skills and improve the ability of the young player in readiness for playing hard ball cricket.

Saturday	5 weeks: 29/9, 6/10, 13/10, 20/10, 27/10 5 weeks: 10/11, 17/11, 24/11, 1/12, 8/12	5-8yrs	9am – 10am	£25.00 for 5 weeks
Saturday	6 weeks: 5/1, 12/1, 19/1, 26/1, 2/2, 9/2 6 weeks: 23/2, 2/3, 9/3, 16/3, 23/3, 30/3	5-8yrs	9am – 10am	£30.00 for 6 weeks

INTRO TO HARDBALL

For players aged 8-12yrs who are making the initial steps into playing hard ball cricket. Our coaches will help ease the transition by creating a variety of skill based drills, including the use of bowling machines where appropriate. Get ready for the season ahead so that you can make the big leap to the world of hard ball.

Saturday	5 weeks: 29/9, 6/10, 13/10, 20/10, 27/10 5 weeks: 10/11, 17/11, 24/11, 1/12, 8/12	8-12yrs	10am – 11.30am	£40.00 for 5 weeks
Saturday	6 weeks: 5/1, 12/1, 19/1, 26/1, 2/2, 9/2 6 weeks: 23/2, 2/3, 9/3, 16/3, 23/3, 30/3	8-12yrs	10am – 11.30am	£48.00 for 6 weeks

TO MAKE A BOOKING

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

ONE-TO-ONE COACHING*

*Suitable only for players who are already attending the Intro to Hardball courses
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. 30min options are also available at limited times.
One-to-One coaching is available on request by contacting the Cricket Centre office:
Email: cricketcentre@lancashirecricket.co.uk 0161 868 6778/6779

FURTHER OPTIONS

We will also be running Recreational 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!