

# DEVELOPMENT PROGRAMME

**Available to Lancashire District-level players (or equivalent on assessment)**

<b>GRADED NETS</b>		Development net practise with a 1:7 ratio where players are grouped depending on ability. This is a fun filled 90mins of cricket, pitching bat against ball to get in those much-needed practise overs. PLEASE NOTE: Players will be allocated a net between 1 and 10, with 5 nets per 90min slot. We will advise on which time you have been allocated as soon as possible once your booking has been submitted.			
Saturday	5 weeks: 29/9, 6/10, 13/10, 20/10, 27/10	9-16yrs	Group 1: 12pm – 1.30pm	£65.00 for 5 weeks	
	5 weeks: 10/11, 17/11, 24/11, 1/12, 8/12	9-16yrs	Group 2: 1.30pm – 3pm		
Sunday	5 weeks: 11/11, 18/11, 25/11, 2/12, 9/12	9-16yrs	Group 1: 9.30am – 11am	£65.00 for 5 weeks	
		9-16yrs	Group 2: 11am – 12.30pm		
Saturday	6 weeks: 5/1, 12/1, 19/1, 26/1, 2/2, 9/2	9-16yrs	Group 1: 12pm – 1.30pm	£78.00 for 6 weeks	
	6 weeks: 23/2, 2/3, 9/3, 16/3, 23/3, 30/3	9-16yrs	Group 2: 1.30pm – 3pm		
<b>BATTING WORKSHOPS</b>		These one-off 90min batting development workshops will challenge the player with regard to their balance, footwork and ball striking. Our expert coaches will help with all individual batting needs. A great chance to put some additional time towards developing your batting in an expert environment!			
Sunday	30/9 and 21/10	9-12yrs	10am – 11.30am	£17.50 each	
Sunday	30/9 and 21/10	13-16yrs	11.30am – 1pm	£17.50 each	
<b>BOWLING WORKSHOPS</b>		These one-off 90min bowling development workshops will explore alignment, balance, power and action. Our specialist coaches will help with all individual bowling needs. A great chance to put some additional time towards developing your bowling in an expert environment!			
Sunday	7/10 and 28/10	9-12yrs	10am – 11.30am	£17.50 each	
Sunday	7/10 and 28/10	13-16yrs	11.30am – 1pm	£17.50 each	
<b>BATTING COURSE</b>		A ten hour intensive batting course that will instil technical and tactical aspects of your game leading up to the season ahead. We will examine playing different types of bowlers using footwork, ball striking ability and decision making.			
Thursday	5 weeks: 10/1, 17/1, 24/1, 31/1, 7/2	9-16yrs	6pm – 8pm	£85.00	
<b>BOWLING COURSE</b>		A ten hour in-depth bowling course for both the spin and seam bowler leading up to the season ahead. Our expert coaches will help you with tips to improve your line, length and delivery skills.			
Thursday	5 weeks: 21/2, 28/2, 7/3, 14/3, 21/3	9-16yrs	6pm – 8pm	£85.00	
<b>TO MAKE A BOOKING</b>		To book yourself on to one of these courses, please contact the team directly: Ruth Cotton: <a href="mailto:rcotton@lancashirecricket.co.uk">rcotton@lancashirecricket.co.uk</a> 0161 868 6778 Paul Farrar: <a href="mailto:pfarrar@lancashirecricket.co.uk">pfarrar@lancashirecricket.co.uk</a> 0161 868 6779			
<b>ONE-TO-ONE COACHING</b>		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: <a href="mailto:cricketcentre@lancashirecricket.co.uk">cricketcentre@lancashirecricket.co.uk</a> 0161 868 6778/6779			
<b>FURTHER OPTIONS</b>		We will also be running Development 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: <a href="https://twitter.com/LancsCricketCTR">@LancsCricketCTR</a> Website: <a href="http://cricket.lancashirecricket.co.uk/club/trafford-cricket-centre">http://cricket.lancashirecricket.co.uk/club/trafford-cricket-centre</a>  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!			

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