

SOUTH COAST INSTITUTE OF CRICKET



PROGRAM 2019

1st Session 2nd June

- Introduction of Institute Coaches and their expectations.
- Talk about session content.
- Fitness Assessment Session.

2nd Session 16th June

- Introduction Guest Coaches or Speakers.
- Talk about session content.
- Warmups and Fitness.
- Fielding Drills - Ground , Outfield , In the Circle and Close Catching.
- Lunch.
- Batting Drills - Front Foot.
- Batting Drills - Back Foot.
- Warm Down & Talk plus handouts.

3rd Session 23rd June

- Introduction Guest Coaches or Speakers.
- Talk about session content.
- Warmups and Fitness.
- Fielding Drills - Ground , Outfield , In the Circle and Close Catching.
- Lunch.
- Batting Video Session.
- Bowling Drills - Runups , Follow through , Balance at Crease . Target Bowling.
- Warm Down & Talk plus handouts.

SOUTH COAST INSTITUTE OF CRICKET



4th Session 7th July

- Introduction Guest Coaches or Speakers.
- Talk about session content.
- Warmups and Fitness.
- Throwing Program
- Fielding Drills - Ground , Outfield , In the Circle and Close Catching.
- Lunch.
- Batting Video Session.
- Bowling Drills - Runups , Follow through , Balance at Crease . Target Bowling.
- Warm Down & Talk plus handouts.

5th Session 28th July

- Introduction Guest Coaches or Speakers.
- Talk about session content.
- Warmups and Fitness.
- Throwing Program
- Fielding Drills - Ground , Outfield , In the Circle and Close Catching.
- Lunch.
- Batting Drills and net session.
- Bowling Drills - Run ups , Follow through , Balance at Crease . Target Bowling.
- Warm Down & Talk plus handouts.

6th Session 11th August - Bradman Oval and Museum tour

- Introduction Guest Coaches or Speakers.
- Talk about session content.
- Warmups and Fitness.

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- Fielding Drills - Ground , Outfield , In the Circle and Close Catching.
- Lunch.
- Batting & Bowling - live session game scenario.
- Bowlers - Video Session.
- Warm Down & Talk plus handouts.

7th Session 25th August

Trial Game if available or normal session.

Training Session locations will be advised as various locations will be used and may include some travel or accommodation.

Session content may be changed throughout the program to suit as is required.

All Coaches used will be Level one or Level two ticketed.

Players to provide own lunches.

Session times will start at 10.00am and finish around 2.30pm.