



3 Day Cricket Boot Camp

Contents of all courses may be subject to be changed subject to weather conditions and demand for places.

Wednesday 15th to Friday 17th April - 9am until 4pm

£25 per day or £65 for all 3 days

Please ensure your child brings a nut free packed lunch and plenty to drink.

Payment must be recieved in full to confirm your booking, places are limited.

New to ESA, this 3 day cricket boot camp is designed to get your children well and truly ready for the cricket season having alot of fun in the process. Run by Glebe House School's very own Direct of Sport Jon turner, (Level 2 ECB Cricket Coach), the courses will focus on each aspect of cricket through drills, exercises, technical tutorials, net sessions with a bowling machine and live bowlers and matches. suitable for children of all ages. Some of the follwing areas will be covered each day with a choice of activity in the afternoon.

Bowling

Line and Length

Generating more speed or spin

Accuracy

Consistency

Variation

Batting

Set up

Shot selection

Grip

Attacking

Defending

Running and calling

Fielding

Catching

Throwing

Body positioning

Reflexes

Focus



Age and abaility appropriate matches will take place in each afternoon to put into practise the skills and technical points they learn each morning. Also children will receive a technical skill pack to keep and to refer to during and after the course. Wet weather activities such as indoor cricket, nerf, dodge ball, basketball etc.. will be available should the elements fail us.