



essex autogroup

Graham Gooch Cricket Centre

The Ford County Ground, New Wittle Street, Chelmsford, CM2 0PG

Tel : +44(0) 1245 254028 Fax : +44(0) 1245 254022 Email : cricket.centre.essex@ecb.co.uk

Winter Individual Coaching 2011/12

Day	Dates	Times	Length of Course
Monday	26th Sept to 12th Dec	4.30pm to 8.00pm	12 Week Course
Tuesday	27th Sept to 25 Oct	4.30pm to 8.00pm	5 Week Course
Wednesday	28th Sept to 2nd Nov	4.30pm to 8.00pm	6 Week Course
Thursday	29th Sept to 15th Dec	4.30pm to 8.00pm	12 Week Course
Friday	30th Sept to 16th Dec	4.30pm to 8.00pm	12 Week Course
Saturday	1st Oct to 31st Mar	9am - 12noon	25 Week Course
Sunday	2nd Oct to 1st Apr	9am - 12noon	25 Week Course
Wednesday	4th Jan to 28th Mar	4.30pm to 6.30pm	13 Week Course
Thursday	23rd Feb to 29th Mar	4.30pm to 8.00pm	6 Week Course
Friday	6th Jan to 30th Mar	4.30 to 6.30pm	13 Week Course

Beginner an introduction to the game. It will involve soft ball drills then moving on to hard ball net situation if necessary, learning and practising batting shapes and shot selection. Bowling, wicket keeping and fielding can also be introduced if required. The emphasis is on 'learning through fun and enjoyment'.

Price: - 30 min session = £18.00 (members) = £21.60 (non-members)

Age Guide 7 – 8 years

Intermediate the next level, mainly hard ball net situation, incorporating soft ball drills and cricket awareness. There is more theory and knowledge involved. The main emphasis is on learning through communication and analysis therefore "Wagon wheel" chart work and video analysis maybe introduced.

Price: - 30 min session = £22.00 (members) = £26.40 (non-members)

Price:- 60 min sessions = £41.25 (members) = £49.50 (non members)

Age Guide 9 – 14 years

Advanced the main emphasis is on the enhancement of individual performance and overall development, via the study of TECHNICAL, TACTICAL, PHYSICAL MENTAL AND LIFESTYLE issues "Wagon wheel" charts video analysis and one-to-one interviews will be incorporated within these sessions.

Price: - 30 min session = £24.00 (members) = £28.80 (non-members)

Price: -60 min sessions = £46.00 (members) = £55.20 (non members)

Age Guide 15 – Adult