

AUTUMN CRICKET DEVELOPMENT 11 WEEK PROGRAM

Venue: Wilsons School, Mollison Drive, Wallington, Surrey, SM6 9JW

HEAD COACH: KRISHNA DWARKA

(Surrey County Cricket Club, Women's 1st XI, County Age Group, CAG)



AGE GROUPS, DATES & TIMINGS

AGE GROUP

U5'S - U8'S

U9'S - U10'S

U11'S - U13'S

U14'S - U15'S

U16'S - U17's

DATES

SAT 30TH SEPT - 16TH DEC

SAT 30TH SEPT - 16TH DEC

SAT 30TH SEPT - 16TH DEC

SAT 30TH SEPT - 16TH DEC

SAT 30TH SEPT - 16TH DEC

TIMING

9.00 - 10.30 AM

10.30 - 12.00 PM

12.00 - 1.30 PM

1.30 - 3.00 PM

3.00 - 4.30PM

NOTE - age groups selected as 2018 cricket season. NO Session 7th October



SUMMARY PROGRAM OVERVIEW

Batting

**Power Hitting
Playing Spin/Pace
Bowling Machine
Video Analysis**

Bowling

**Bowling Spin
Bowling Seam
Variations
Field Setting**

Fielding

**Driving
Catch, Stop, Throw
Hardball & Softball
Field Setting**

S&C

**Dynamic Movement
Explosive Power
Running Analysis
Injury Prevention**

PLACES VERY LIMITED

TO ENSURE HIGH PLAYER-TO-COACH RATIOS

FOR MORE INFORMATION, CONTACT: KRISHNA.DWARKA@GMAIL.COM

TO SECURE YOUR PLACE PLEASE COMPLETE BOOKING FORM BY CLICKING
THE 'BOOKING FORM' LINK BELOW:

BOOKING FORM

