



INTENSIVE SPECIALIST PROGRAM

WICKETKEEPING

Masterclass coaching with former Australia 'A' wicketkeeper Mark Atkinson

DATE:

- 27th July 2008
- 3rd August 2008
- 17th August 2008
- 7th September 2008
- 21st September 2008

COST:

- \$300

TIME:

- 9am – 10.30am

VENUE:

- St Ignatius College – Riverview, Tambourine Bay Road, Lane Cove

COURSE OUTLINE

Week 1: Video recording, video analysis of technique, individual recommendations and commence implementation of recommendations.

Week 2: Review & implement recommendations, importance of developing a fundamental and effective technique. Standing back.

Week 3: Standing up – spin & medium pace. Strategy – how to assist your bowlers and captain get batsmen out.

Week 4: Tactics: assessing batsmen, bowlers & conditions, field settings, Concentration, Fitness and physical preparation for wicketkeeping.

Week 5: Review program, final consultation and report presentation with further recommendations

SPECIAL OFFER

Purchase a special promotional package of 4 x High Performance Individual Coaching sessions with a batting focus for an extra \$200 (normally \$300). Total cost of \$500.

INTENSIVE SPECIALIST PROGRAM - WICKETKEEPING

A good wicketkeeper is critical to the success of any team. They need to be reliable, fit, skilful, tough and at times brilliant but this key position can often be occupied by the player who is, at times, a forgotten man at practice. A good keeper can turn a game their team's way with an outstanding catch, stumping or run-out and in order for a wicketkeeper to excel they must put in quality time and effort to work on all aspects of their game. This intensive program is most suitable for aspiring wicketkeepers who have already had some experience in match play situations, covers all aspects of the art of wicketkeeping and leaves players feeling confident and ready for their best season behind the stumps

PLEASE BRING: Personal cricket equipment, Drinks, Hat and sunscreen

ENROLMENT AND PAYMENT DETAILS

Please complete the Enrolment and Permission form below and return it with your payment by 20.7.08 to ensure your participation in the event to:

**Elite Cricket Pty Ltd
PO Box 241
Gladesville 1675, NSW**

Payments can also be made to Elite Cricket by cash and EFT.

ENROLMENT AND PERMISSION FORM

I give permission for _____ (player's name) _____ (age) to receive cricket coaching and accept all risks and liabilities associated with participation.

I enclose the sum of \$_____ for participation in the Elite Cricket Pre-season 2008 **Wicketkeeping** Program.

I give permission for Elite Cricket staff to obtain emergency medical, hospital or ambulance services at any time they consider necessary. I understand that I will be notified as soon as possible if medical, hospital or ambulance services are required. I acknowledge that I will be liable for any medical, hospital or ambulance expenses incurred in the treatment of my child.

Signed: _____ Date: _____

Phone: _____ Email: _____