



# CRICKET COACHING AT LORD'S

November 6th - 11th 2023

Lord's Indoor Cricket Centre

Marylebone Cricket Club, Lord's Cricket Ground,  
St John's Wood, London NW8 8QN



@sportsfortacademy  
www.sportsfort.in

**SPORTSFORT**

## **BATTING**

Technical Analysis of Players batting

(Grip/Set-Up/Trigger Movement/Head Positioning/Footwork/Backlift)

Batting vs Seam using the specialist Trueman Bowling Machine

Batting vs Spin using the specialist Merlyn Bowling Machine

Scenario & Tactical Batting for different match types

Specialist Batting strength & Conditioning

Power Hitting / Range Hitting

The Psychology of Batting





## **BOWLING**

Technical Analysis of Players Bowling  
(Grip/Run-Up/Action/Follow-Through)

Hawk-Eye analysis measuring Speed, Pitching Areas, Grouping & Movement

Scenario & Tactical Bowling for different match types

Specialist Bowling Strength & Conditioning

Setting fields for different variations

The Psychology of Bowling



## **FIELDING**

**Slip Fielding Technique, Practice & Considerations**

**Inner-Ring Fielding Technique, Practice & Considerations**

**Boundary Fielding Technique, Practice & Considerations**

**Throwing, Diving, Sliding Technique**

**Specialist Fielding Strength & Conditioning**



## **WICKET KEEPING**

Wicket Keeping to Seam Bowling

Wicket Keeping to Spin Bowling

Agility / Reflex Work

Specialist Wicket Keeping Strength & Conditioning





## Inclusions

Accommodation & Breakfast (6N/7D)

Airport & Training Transfers

Tour of Lord's, Arsenal &  
Wimbledon Grounds  
(subject to availability)

Completion Certificates

## Highlights

Training Venue

The Lord's Indoor Cricket Centre

Coaching

5 Days/4 Hours Daily/20 Hours  
Ratio - 1 Coach : 4/5 Trainees

Coach Qualification

Min ECB Level 3

## Exclusions

Return Airfare

Visa Fees

Lunch & Dinner

Personal Conveyance

Personal Expenses

Personal Insurance



### **Fees & Pricing**

Single Trainee - GBP 1700/- (min 3 pax required)

Single Accompanying Adult - GBP 1200/-

Family of 3 incl 1 Trainee - GBP 5000/-

Family of 4 incl 2 Trainees - GBP 5500/-

### **Terms & Conditions**

Confirmations subject to 100% Advance Payment

Pay 50% before 30th June 2023

Pay 25% before 31st July 2023

Pay 25% before 31st August 2023

**Registration Close : 30th June 2023**





# CRICKET COACHING AT LORD'S

CALL : 9152204740 / 9902024740 / 7208592162

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