

BATTING WORKSHOP - CLEARING THE ROPES -

When batting at the end of the innings, or even through the middle overs now, the ability to hit the ball out of the park is becoming a necessity.

Through this two hour workshop, you will enhance your own ability to clear the ropes, as well as discovering the most productive way to do this against all types of bowling. This will all be completed through an enjoyable, developmental environment.

Workshop Agenda

- Introduction to workshop
- Specific Strength & Conditioning
- Introduction to clearing the ropes
- Hitting sixes off spin and seam
- Scenario

Workshop Cost

£25.00 pp

Maximum of 6 players per session

To book, please complete booking form and return to

koastler@suffolkricket.org

