

BATTING WORKSHOP - INNOVATION -

Everyone who has watched cricket on television over the past decade will have seen a dramatic increase in players ability to hit the ball in obscure areas.

This two hour workshop will give you the opportunity to experiment with new ideas, discover what works for you, and be challenged to explore your thinking , all while participating in a fun, learning environment.

Workshop Agenda

- Introduction to workshop
- Specific Strength & Conditioning
- Introduction to innovation
- Situation specific innovation
- Scenario

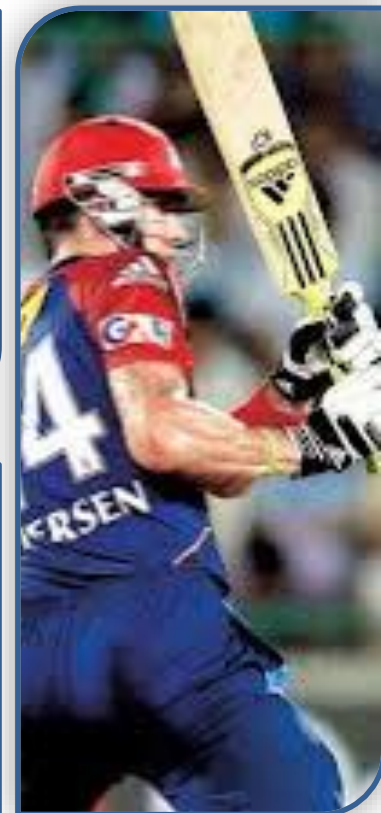
Workshop Cost

£25.00 pp

Maximum of 6 players per session

To book, please complete booking form and return to

koastler@suffolkricket.org



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CRICKET