

BATTING WORKSHOP

- OPENING UP -

Opening the batting brings with it, an adrenaline rush. Facing the fastest bowlers, when the ball is new on a green pitch is one of the most challenging roles in the game.

Through this two hour workshop, various methods will be discussed to develop your ability to adapt to all conditions, as well as being able to play the short ball effectively, all in a fun, learning environment.

Workshop Agenda

- Introduction to workshop
- Specific Strength & Conditioning
- Introduction to opening the batting
- Playing the short ball
- Scenario

Workshop Cost

£25.00 pp

Maximum of 6 players per session

To book, please complete booking form and return to

koastler@suffolkricket.org

