

RGS HIGH WYCOMBE

CRICKET CAMP

6th - 8th APRIL



COURSE CONTENT

Background

In 2021 no-one has had the opportunity to practice and prepare for the cricket season. This camp will be focussed on getting boys back into cricket and preparing for the fixtures ahead - whilst ensuring that it is run in an engaging and enjoyable environment.

Content

The three day camp will aim to cover lots of ground, including:

Physical: strength & conditioning exercises, aerobic fitness, movement

Technical: Drills for batters, bowlers, wicketkeepers and fielders, including:

Batting against spin - Power hitting - Running between wickets - Seam and swing bowling - Spin variations - Relay fielding - Diving catching - throwing accurately

Mental: Challenges , net scenarios, performing under pressure

Tactical: Conditioned games, bowling plans, running between the wickets

We expect there to be a relatively wide range of ability at the camp and we will tailor the activities so that everyone participating can achieve, improve and enjoy.

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