



“ **CREATING
WESTS
FUTURE
JUNIOR
CRICKETERS** ”



WESTS + PLUS JUNIOR HOLIDAY COACHING CLINIC

Helping grow our own

**For Stage 1, 2 and 3
Cricketers**



 0431563045 - Jon Allcock

 Memorial Oval, Graceville

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ABOUT WESTS + PLUS JUNIOR COACHING CLINIC

Our holiday program aims to provide two days of action packed cricket coaching. With Western Suburbs District Cricket club we will provide fun, engaging coaching that will improve every player involved.

Our coaching approach is straightforward: we aim to develop all aspects of a junior cricketer. Strong fundamentals across all disciplines, a great teammate and an active learner.

**KEEP IT
Simple**

DATES, TIME AND VENUE

Date: Wed 23rd Jan - Thurs 24th Jan

Time: 9am - 2:30pm (Early Drop Off Available)

Venue: Graceville Memorial Oval, Graceville

WHAT WE PROVIDE

- We will provide a sausage sizzle for lunch both days
- 11 Hours of quality, structured coaching across two days
- All players in ability based groups

WHAT TO BRING

- Cricket gear
- Water bottle
- Morning and afternoon snack
- West top if you have one.

WET WEATHER

A message will be sent out via email and text to let all parents know if the sessions is affected by weather. If one session is rained out, we will arrange an additional session.

COACHING PROGRAM

We cover everything from power hitting to learning how to train in the off season.

Check the schedule on the next page!

Coaches



JON ALLCOCK

Jon is the program lead. He is a highly experienced cricket coach working with juniors across England, SA and QLD. Jon plays 2nd Grade at Wests, has a degree in Sports Strength and Conditioning as well as a Masters in HPE Teaching.

STEVE MCGIFFIN

Steve brings invaluable experience to the program having played in the BBL, T20 franchises overseas and is our current 1st Grade Skipper. Be sure to learn how to do it from a pro.



DALE DOUTHWAITE

Dale is First Class Cricketer from Glamorgan who arrives in the country in January and will be passing on his experience through coaching while playing first grade for Wests.



DURING THE TWO DAYS WE WILL HAVE PLENTY OF COACHES TO KEEP THE COACH CHILD RATIO LOW.

Coaching Schedule

Time	Day 1	Day 2
9:00-10:00am	Technical Focus - Playing Spin	Fielding Masterclass
10:00am- 11:30am	Game Management: Playing Spin	Technical Focus: Power Hitting
11:30am- 12:00pm	Lunch	Lunch
12:00pm- 1:00pm	Fundamentals of bowling spin and pace	Technical Focus: Playing Pace
1:00pm - 2:30pm	Game Management - Game plans, bat v ball competition.	Game Management: Going through the batting gears

