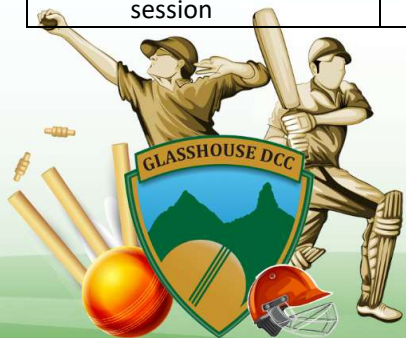


GDCC PLAYER DEVELOPMENT PROGRAM 2020/21 –
Developing 4 dimensional players to be ‘Game Ready’

PRE-SEASON

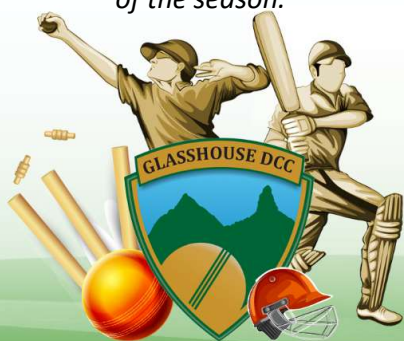
Session	Date	Time	Coaches Required	Breakdown of session	Age
1. Strength & Conditioning; Taking Wickets (fielding)	14.8.2020 Friday	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Andrew Fearon (S & C) 	S & C program – fitness/flexibility/athleticism (40min) - All Throwing program (20min) Circuits: (15min rotations) <ul style="list-style-type: none"> Slips Inner circle (ground & catching) Outfield (ground & catching) Target throwing (underarm/overarm) 	U13-U16
2. Scoring Runs (Batting)	21.8.2020 Friday	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches 	Warm up (15min) Masterclass sessions: (35min rotations) <ul style="list-style-type: none"> Scoring against spin (using feet/sweeping/back foot) Back foot (cuts & pulls) Front foot (ability to score/judge length/soft hands) 	U13-U16
3. Taking Wickets (Bowling)	30.8.2020 Sunday	9am-12pm	<ul style="list-style-type: none"> All Junior Coaches Nathan Hauritz (Spin) Mark Coles (pace) Andrew Fearon (wk) 	S & C (40min) Throwing Program (20min) Masterclass sessions: (120min) <ul style="list-style-type: none"> Spin bowlers Pace Bowling Wicket Keepers 	U13-U16
4. Competitive Net / Centre Wicket session	4.9.2020 Friday	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches 	Combining 1 st 3 sessions learning into scoring runs and taking wickets in competitive net session/center wicket <ul style="list-style-type: none"> Running Between Wickets Competitive (4 off 6) etc 	U13-U16



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5. Leading the Game: Centre Wicket / Game sense	11.9.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches 	Warm up (20min) Throwing Program (20min) Focus areas: Taking Wickets – ‘everyone makes the play’ (always throw to keeper/take shots at stumps) Scoring runs – ‘looking to score - looking for more’ (Hit & Run)	U13-U16 (groups = skill specific)
6. Centre Wicket / Game sense	18.9.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Nathan Hauritz (Spin) Mark Coles (pace) Andrew Fearon (wk) 	Warm up (20min) Throwing Program (20min) Focus areas: <ul style="list-style-type: none"> Coaches work with specific skills sets about plans & tactics (WK/Spin/Quick) Taking Wickets – ‘everyone makes the play’ (always throw to keeper/take shots at stumps) Scoring runs – ‘looking to score - looking for more’ (Hit & Run) 	U13-U16 (groups = skill specific)
7. Fundamentals: Scoring Runs & Taking Wickets	29.9.2020	9am-12pm	<ul style="list-style-type: none"> All Junior Coaches 	Separate program to be developed	U11-U12
8. Fundamentals: Fielding & Game Sense	30.9.2020	9am-12pm	<ul style="list-style-type: none"> All Junior Coaches 	Separate program to be developed	U11-U12

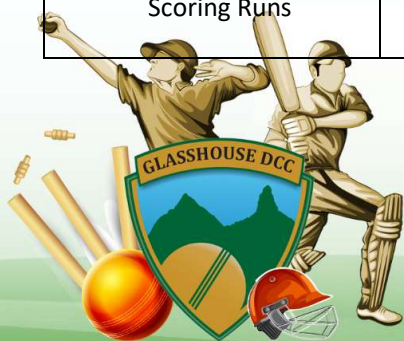
**Players from Under 13 to Under 16 will receive a written player report at the end of this program to provide key focus areas for their ongoing development. This report will be revisited and updated by team coaches, in liaison with Coach Development, at the Xmas break and at the end of the season.*



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In Season Player Development 2020/21

Session	Date	Time	Coaches Required	Breakdown of session	Age
1. Specialist session: Taking Wickets	16.10.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Peter Dein (spin) Andrew Fearon (wk) Mark Coles (pace) 	S & C program – fitness/flexibility/athleticism (30min) - All Masterclass sessions: (90min) <ul style="list-style-type: none"> Spin bowlers Wicket Keepers Pace Bowling 	U13-U16
2. Specialist Session: Scoring Runs	30.10.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Peter Dein 	Warm up (15min) Masterclass session <ul style="list-style-type: none"> Scoring against spin (using feet/sweeping/back foot) 	U13-U16
3. Specialist session: Taking Wickets	13.11.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Andrew Pearce (spin) Andrew Fearon (wk) Mark Coles (pace) 	S & C (15min) Throwing Program (15min) Masterclass sessions: (90min) <ul style="list-style-type: none"> Spin bowlers Wicket Keepers Pace Bowling 	U13-U16
4. Specialist Session: Scoring Runs	27.11.2020	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches 	Combining 1 st 3 sessions learning into scoring runs and taking wickets in competitive net session/center wicket <ul style="list-style-type: none"> Running Between Wickets Competitive (4 off 6) 	U13-U16
5. Specialist session: Taking Wickets	22.1.2021	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches Andrew Pearce (spin) Andrew Fearon (wk) Mark Coles (pace) 	S & C program – fitness/flexibility/athleticism (30min) Masterclass sessions: (90min) <ul style="list-style-type: none"> Spin bowlers Wicket Keepers Pace Bowling 	U13-U16
6. Specialist session: Scoring Runs	5.2.2021	4pm-6pm	<ul style="list-style-type: none"> All Junior Coaches 	Combining 1 st 3 sessions learning into scoring runs and taking wickets in competitive net session/center wicket Running Between Wickets Competitive (4 off 6)	U13-U16



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