**GDCC PRE-SEASON PROGRAM 2022/23**

***Developing 4 dimensional players to be ‘Game Ready’***

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| **PRE-SEASON** | | | | | |
| **Session** | **Date** | **Time** | **Coaches Required** | **Breakdown of session** | **Age** |
| 1. Game sense | 28.10.2022  Friday | 4pm-6pm | * All Junior Coaches | * Centre Wicket – Running between wickets (Bats) * Everyone makes the play (Fielders) | U13A & U15A players |
| 1. Executing plans | 11.11.2022  Friday | 4pm-6pm | * All Junior Coaches | * Bowlers building pressure (4th stump line) * Batters winning the patience game | U13A & U15A players |
| 1. Scoring Runs (Batting) | 25.11.2022  Friday | 4pm-6pm | * All Junior Coaches | * Fundamentals check in * Back foot, front foot, against spin * RBW | U13A & U15A players |
| 1. Taking Wickets (Bowling) | 2.12.2022 Friday | 4pm-6pm | * All Junior Coaches | Throwing Program  Masterclass sessions:   * Spin bowlers * Pace Bowling * Wicket Keepers | U13A & U15A players |
| 1. Competitive Net / Centre Wicket | January 2023 (TBC) | 4pm-6pm | * All Junior Coaches | Combining 1st 3 sessions learning into scoring runs and taking wickets in competitive net session/center wicket   * Running Between Wickets Competitive (4 off 6) etc | U13A & U15A players |
| 1. Leading the Game: Centre Wicket / Game sense | February 2023 (TBC) | 4pm-6pm | * 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) | U13A & U15A players |