**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
 | 28.10.2022Friday  | 4pm-6pm | * All Junior Coaches
 | * Centre Wicket – Running between wickets (Bats)
* Everyone makes the play (Fielders)
 | U13A & U15A players |
| 1. Executing plans
 | 11.11.2022Friday  | 4pm-6pm | * All Junior Coaches
 | * Bowlers building pressure (4th stump line)
* Batters winning the patience game
 | U13A & U15A players |
| 1. Scoring Runs (Batting)
 | 25.11.2022Friday | 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 |