



IT'S JUST CRICKET U10's

With a coaching program delivered across the world from UAE, India and the USA, IJC will ensure your child is in a safe and challenging environment which tests their knowledge and ability as they take their first steps towards a budding young cricketer.

Participants will learn the value of leading a healthy balanced life and social skills through team participation.

At this stage of your child's development, sessions will be conducted with softball to refine existing skills, followed by an introduction to hardball training and nets. With the introduction to hardball we will continue to refine and improve the basic skills and movements related to the game, converting these new skills learnt into muscle memory and reflex. Thus preparing them for the next stage of their development, still keeping an emphasis on fun, this is achieved through game based drills. At the early age of U10 {Team Spark}, players will be challenged to improve on coordination, techniques and rules it takes to become a cricketer. All activities will be specific to their age and physical ability. **Players will be able to bat, bowl and field in its basic form by the end of this age group. We also expect players to adopt the CRICKETERS WAY and continue this through their development.**

The program is delivered at one of Dubai's most pristine grounds. With Grass and artificial pitches at our disposal along with our elite qualified coaches, you will not be disappointed.

IJC gives you an opportunity to train with some of the best coaches in the region with a wealth of experience coaching junior cricketers. IJC coaches are keen to push you to the next level and guide you through the skills as efficiently as possible. es are keen to push you to the next level and guide you through the skills as efficiently as possible.

TIME TABLE

- ⚡ **Starting from** - 17th September 2017
- ⚡ **Venue** - Dubai College
- ⚡ **Wednesday** - 5pm to 6pm
- ⚡ **Thursday** - 4.30pm to 5.30pm
- ⚡ **Saturday** - 8.30am to 9.30am

PLAYERS WILL RECEIVE

- ⚡ 10/20/30 weeks of expert coaching with an age appropriate coach to ensure maximum development occurs.
- ⚡ A full IJC Kit (longs and training shirt) - additional cost of 125 AED
- ⚡ Nutritional guidance and a simple exercise booklet
- ⚡ An opportunity to interact with IJC's Coaching Ambassadors
- ⚡ Fitness testing - Advice on how to improve
- ⚡ Feedback on progress and developments

COSTS

- ⚡ **10 Weeks** - 750 AED (75 AED Per Session)
- ⚡ **20 Weeks** - 1425 AED (75 AED Per Session 1 session free)
- ⚡ **30 Weeks** - 2100 AED (75 AED Per Session 2 sessions free)

Discounts are available for siblings and multiple sessions per week, please email info@itsjustcricket.com for further information

For more details: +971 589 713 535

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