



# Cricket Player Power Hitting Workshop

**Cricket HQ 51-53 Levanswell Road, Moorabbin VIC 3189**  
**Friday 21st December Start**  
**Time: 10am - 1.00pm**



## Who is it for?

Players committed to developing their knowledge and skills and wish to see these unique thinkers/practitioners in their fields of expertise.

## What's makes a Power Player?

- Hit the ball hard
- Hit all areas
- Adjust and Adapt
- Be athletic



**Learn the art of Power Hitting**



## The Power Hitting System

- Guaranteed increased hand speed
- Ball exit velocity
- Add skill, touch and power
- Enhance scoring options to your game
- Each participant will receive a Force

Train weighted Power hitting bat RRP \$210

**The Power Hitting System can turn good players into spectacular hitters - an essential asset to any winning team**



**Cricket today is a POWER game**

Learn the art of Power Hitting, improve strength and bat speed.  
Develop a strong base (power position) to help you hit the ball clean, hard and far! Tips and techniques taught to international players!

**> \$175pp > Power Hitting Workshop**

Please turn over for more information!

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## Julian Wood



- Power Hitting Specialist (ECB)
- ECB T20 Hitting Specialist currently working with England
- ODI/T20 Squad England Lions, England U19s
- Ireland T20 Hitting Specialist
- ECB Level 3 Performance Coach

## David Alleyne



- Director | Founder Future Stars Cricket
- High Purpose Academy Director of Cricket - Wicketkeeping / Batting Specialist
- Former Middlesex & Nottinghamshire CCC - 1st Division County Championship Winner 2005
- SA, WA, VIC Premier 1st X1 Cricketer (15 years) VIC Premier Team of Year 2012/13
- CA/ECB Accredited & Level 3 Performance Coach

"Living a committed high purpose lifestyle to self improvement will present the athlete with opportunity to consistently perform in various formats, environments and over a sustained period of time until their retirement from professional sport"

*David Alleyne*



To secure your place and register for the Power Hitting Workshop contact Pat Camm at Cricket HQ. Please advise your bat size when registering.

➤ Register by contacting: [pat@cricket-hq.com.au](mailto:pat@cricket-hq.com.au) or phone 0418 342 700



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