



WINTER CRICKET PROGRAMME



The 2025 Winter Programme at Cricket HQ is a structured cricket coaching programme that runs through the months of June and July 2025. The programme commences on the weekend of June 7 and 8 and because school-aged children can have other weekend sporting commitments, the Winter Programme operates on both Saturdays and Sundays. Players can have their 30-minute session on a Saturday OR Sunday to work around their other sporting pursuits.

The programme focuses on both the technical and tactical aspects of the game to deliver a practical and purposeful training experience. Our Cricket Australia accredited coaches simulate match day situations with a variety of scenarios and skill drills using the latest technology including BOLA bowling machines and video analysis. A sound technique produces more consistent results and having game day strategies allows players to make better decisions under pressure. The only pre-requisite to attend the Winter Programme is a passion for the game and a desire to improve your skills and develop your overall game.

Most importantly, the Programme is NOT just for elite or A Grade players, it's for players (young and old, male and female) who want to upskill, build confidence and achieve their full potential.

Over the last 9 years we have seen a number of Winter Programme participants (both boys and girls) go on to represent Victoria and Australia in under-age cricket teams. We have also seen numerous participants progress to play representative cricket for the South East Cricket Association (SECA), Eastern Cricket Association (ECA), DDCA, Under 15 J. G. Craig teams as well as the Under 16 Dowling Shield and Under 15 Marg Jennings Cup. Dozens of our graduates are now playing Premier Cricket at various Melbourne clubs.

LOCATION	Cricket HQ : 51-53 Levanswell Rd, Moorabbin 3189
WHO	The programme caters for boys and girls plus senior players
AGES	All ages - we have players 7 to 50+ participating. The vast majority of participants are playing under-age cricket (Under 12 Rookies through to Under 16A Grade).
Cost:	\$680 for the 8 Week Winter Programme
When:	Saturdays – June 7, 14, 21 & 28 plus July 5, 12, 19 & 26 Sundays – June 8, 15, 22 & 29 plus July 6, 13, 20 & 27
Bring:	Your cricket batting gear, water bottle and Game Day Attitude!
Safety:	Helmets are compulsory when batting in the nets.

FEATURES & CONDITIONS

- 8 Weekly Structured Training Sessions in a Professional Environment
- High Quality Indoor Training Centre with World Class Lighting & Bowling Machines
- Accredited Specialist Coaches and Low Coach to Player Ratios
- Practical, Technical and Tactical Game Sense Tuition
- Participants will face 1,000+ balls over the course of the Winter Programme
- Parent Friendly Environment - Stay and Watch the Development!
- The Winter Programme runs on a very tight schedule - 30-minute weekend appointments in the first 6 weeks. If you are late, we cannot extend your session time as it will impact on the remainder of the day's busy schedule
- If a player can't attend any of the weekend sessions (due to sickness, holidays or other commitments) we **CANNOT** offer a replacement or 'make up' session. However, if you know you will be away for a weekend or school holidays and mark the dates on the registration form, we will reduce the price on a pro-rata basis.

THE TRAINING SCHEDULE

	<p>In June and continuing through early July, we put your batting technique under the microscope in our Batting Lab. Your weekly one on one 30 minute batting session with the coach will analyse your set up, stance and balance to lay the foundations for batting success. The early June sessions focus on front foot shots including the forward defence, the off-drive and the on-drive.</p> <p>As we progress through the programme, we explore ways to turn the strike over and manipulate the field by working the ball into gaps. We will also look to help players generate more bat speed and power plus score runs to all parts of the ground.</p>
	<p>In July, the 30 minute weekly coaching sessions shift the focus to back foot shots - the pull, square cut and the backfoot punch. We will also teach some players to ramp and switch hit.</p> <p>The schedule includes some variation by bowling over and around the wicket plus we include a session devoted to playing spin bowling (Spin Class) with a focus on footwork and decision making.</p> <p>Note that players do not bowl in the first 5 to 6 weeks of the Winter Programme, however, in the middle of July, we introduce group net sessions. We group players of similar age and ability together for a weekly 45 minute net session where each player bats for 15 minutes facing other players in the group. As such, players will commence to bowl for around 30 minutes in these net sessions.</p> <p>The group sessions are designed to assist bowlers with their technique to avoid injury plus develop variation, swing, more speed or extra spin. The batters get to execute the skills they learnt in the one-on-one sessions and improve their running between wickets and general fitness. If we detect a batting weakness in the group net sessions we revert back to the bowling machines and one-on-one coaching to address the issue. The mission is to prepare players for their club pre-season with each participant hitting more than 1,000 balls over the winter months.</p>

If you have any queries in relation to the Winter Programme please call us on (03) 9018 9733 or email cricket@cricket-hq.com.au



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FREQUENTLY ASKED QUESTIONS

Here are some Frequently Asked Questions about the Winter Programme:-

WHAT DAYS ARE THE WINTER PROGRAMME SESSIONS HELD?

Because families can have other weekend sporting and social commitments, we operate on both Saturdays and Sundays. You will be able to choose your individual timeslots using our online booking page and can alternate between Saturdays and Sundays from week to week (subject to availability).

IF I MISS A SESSION ON A WEEKEND THROUGH ILLNESS OR HOLIDAYS, CAN I CATCH UP WITH A DOUBLE SESSION LATER IN THE PROGRAMME?

The Short answer is a definite NO. Every weekend is usually fully booked and generally there are no gaps for replacement or make up sessions. Mid-week we have a limited number of coaches available running regular 30 and 60 minute one-on-one coaching sessions, so they aren't available for make-up sessions. Having said that, if you know you are unavailable on a particular weekend during the Winter Programme, you can specify the date(s) on the registration form and your enrolment fee will be adjusted for the number of sessions you will miss on a pro-rata basis.

WILL I GET THE SAME COACH EVERY WEEK FOR THE 8 WEEKS?

Highly unlikely. Each week the coaches make notes on each player and the coaches share the information internally. Players might get the same coach a few weeks in a row, however, we are advocates of having a fresh pair of eyes look at players

DO PLAYERS GET ANY BOWLING COACHING AS PART OF THE SESSIONS?

Not in the first 6 weeks as these sessions are totally focused on batting. We want young bowlers to rest in June and the start of July, but we do build up the bowling workloads as we move into the group net sessions in mid to late July.

ARE THERE ANY PRE-REQUISITES TO BE PART OF THE PROGRAMME?

The only pre-requisite is players must be passionate about the game of cricket. They must be prepared to listen, work hard and want to take their game to the next level. Most importantly, the programme is NOT just for elite junior players, it's for players (young and old) who want to build confidence and realise their full potential.

WHAT DOES THE WINTER PROGRAMME COST?

The cost of the 8 week programme is \$680 – no payment is required until the first session in June and we can work out a payment schedule if required.

WHY IS THE COST HIGHER THAN MID-WEEK SESSIONS?.

The Winter Programme is on Saturdays and Sundays, so the coaches and staff are paid penalty rates which increases the cost

CAN I GET MORE TRAINING/COACHING ON TOP OF THE WINTER PROGRAMME?

Yes, we continue to run mid-week one-on-one coaching sessions. In addition, we have the Victorian Junior Cricket Academy for highly talented juniors. The details of the winter academies will be released shortly (normally in June).