

Rohan Larkin's Cricket Coaching

If you are a junior cricketer striving to be the best you can be, then this 1 on 1 coaching program is for you. With coaching by former Victorian player and Level 3 Coach Rohan Larkin, this individual player focused program caters for all junior abilities.



The 45 minute sessions cost \$50 per session and are structured as follows:

- 0-30 minutes : 1 on 1 coaching in the nets with Rohan
- 31-45 minutes : Finishing drills completed by the player on their own focusing on practicing correct techniques and improving motor skills

The Age Group Coaching Programs focus on the following (with different levels of challenges for the varying player abilities):

7 to 12 years old –

- creating a foundation batting & bowling technique
- establishing the correct execution of vertical and horizontal bat shots
- consistency with bowling
- drills to enhance the motor skills critical to executing the game's techniques
- fun & enjoyment.

13-18 years old –

- Batting –
 - using the depth of the crease, stable base & “batting box” for footwork
 - executing 360 degree shots
 - biomechanical principals to enhance power hitting
 - pre-delivery cues
 - pre-ball routines & game sense.
- Bowling –
 - creating a strong technique that enhances pace & swing for quick bowlers or spin & drift for spinners
 - improve the ability to consistently bowl to the various spots required
 - delivery variations
 - game sense & field placements

The Coaching Program also includes video analysis, coaching information hand outs and ongoing performance review, support & feedback to participants.

For more information on this program based in Wodonga or to book some sessions, Parents or Guardians of junior cricketers can call Rohan on 0458216622 or email larkincoaching@hotmail.com