



Irvine Cricket Club

(incorporating Irvine Marress Cricket, Irvine Spartans, Irvine Royals, Marress Cricket Academy)

Winter Training Schedule for Girls Only Cricket

Secondary Schools

Greenwood Academy

Kilwinning Academy

St Matthews Academy

Primary schools

Lawthorn, Elderbank, St Marks, Annick. Glebe, Castlepark,

7 schools for 7 hours or 8 schools for 6 hours

(depending on school schedules)

Target of minimum 5 girls per school.

(coaches K Peters/D P Neil/ C Hays/ R Cook)

Drills

Batting – Positioning – Grip – Stance

Bowling – Arms, feet, coil

Fielding – Barriers, positioning – over arm and under arm throwing