



Cricket Moves

Get your body to work smarter
this season...

Balance & Movement Workshop Led by Mark Sheppard

For the last 13 years Mark Sheppard has delivered the non-negotiable of 'Movement, Balance and Alignment', a module on the ECB & UKCC Level III Coach Education course. He has delivered sessions to top coaches and players, both nationally and internationally. He has worked with the women's England team, under 17 and 19's National squads, Leicester, Surrey and Middlesex county squads and individual players at national and international levels.

Course details are as follows:

Date: 13th April 2010

Time: 2pm-5pm U11-U16
6pm-9pm U17+ (for players and coaches)

Cost: £25/person

Other: Limited places available so book now!!!



Get the most from your game...now!



Bring effortless power into your action!



Get your body working with you, rather than against you!



Have a better understanding of movement and balance?



Stay relaxed in pressure situations and perform at your best!