



“Need  
for  
Speed”

# Fast Bowling Masterclass Led by Ian Pont

HECCSport brings you the man who has recently been featured in both the Guardian and Independent as applying for the England Fast Bowling role. **Ian Pont**, has built his reputation working with first class and international players such as Darren Gough & Dale Steyn. Using these same methods, he will work with you to develop your speed...just in time for the season!

Apart from technical coaching to maximise your assets, you will learn the tactical side of how to develop swing, reverse swing, seam, yorkers, bouncers and slower balls including the world's best

slower ball, known as the SLOB, devised and created by Ian Pont.

**Course details are as follows:**

**Date:** 15th April 2010

**Time:** 1-4pm

**Cost:** £50/person

**Other:** Only 12 places available so book up fast!!!