

Performance Development Plus

To keep HECCSport at the forefront of cricket coaching we are adding a new level to our coaching programmes to really boost development at affordable rates.

The Performance Development Plus (PDP) sessions are for the committed player who is looking to push forward to higher levels of attainment in the game. Whether you are a club player wishing to progress to County Area teams, Area to County, County to Regional level, or Regional to National, together we can build the pathway to help you to achieve your goals and visions.

We all know that the best way to be successful in reaching these visions is to plan and prepare, know what you want, know where you are now and know what you need to do or have to get there. This is where the PDP comes in!

The PDP provides a year long programme lead by the player and supported by our Level III coaches, containing not just coaching but assessment, self assessment, goal setting and progression and will be aided with technology used by the pro's. All this will dramatically improve the players technical, tactical, physical and mental abilities.

The players commitment is key where dedication to One2One coaching sessions, keeping a player diary, goal setting and a willingness to try different things to achieve your goals will be expected.

The program is set out as follows:

September to end of December:

12 x 1 hour one to one sessions. Reviewing performance during the previous season, technical review of skills including video analysis, goal setting for the winter, physical review and development, Mental review.

January to end of April:

12 x 1 hour one to one sessions. Continuing technical work, tactical review and development, continuing physical and mental work, goal setting for the coming season.

May to end of August:

6 x 1 hour one to one sessions, a regular check on how the season is going and a chance to work on those tactical and mental areas that can be the difference between a good season and a great one!

Added Extras:

- HECCSport kit, training and playing clothing that singles you out as a HECCSport player.
- A full video analysis report 3 times during the year for you to keep and view on your pc or iPod.
- Discounts on equipment from our shop.
- Extra net hire per month - 1 hr of net hire to train on your own to compliment your one to one sessions.

Cost:

By way of an appreciation of the commitment you are making to your game we have reduced our prices which means that you get the very best for less! The cost for this year round programme including added extras is only **£1500**.

Please note you are able to join the program after the September start date. In this event the content and cost will be amended accordingly.

Payment Option 1:

Pay all upfront - £1500 paid before the first session

Payment Option 2:

Spread it out - £1500 paid over the first 5 months at £300/month