

One on Two Coaching

What is one on two Coaching?

This is where a Coach will work with two Cricketers at a session. The Coach will spend 50% of the session focused on one player and 50% on the other. The Coach will talk to the Cricketers before starting the sessions and determine what areas the Cricketers want/need to work on. The Coach may also do a set of generic Cricket skill tests at the first session and mark the Cricketers on their results. These tests will be repeated at the conclusion of the sessions to see if there has been a marked improvement.

Why one on two, not one on one?

Having had experience with one on one, I found that concentration levels wavered over 1 hour. There was also the need for another player to act as a bowler to free up the coach to do coaching. Using a one on two format will keep the cost down and also enable both players to help each other over the hour period.

What standard of Cricketer will benefit from this coaching?

Any player from 7-8 years upwards can benefit from one on one coaching if they are keen and willing to work at their game. Sessions will be tailored to the age/ability of the Cricketer.

What areas are covered in one on one coaching?

The Cricketers will help determine what areas are covered. Each Cricketer will lean towards either batting or bowling but if a genuine all rounder is in question then both areas will be covered.

The skills of fielding will also be covered in the sessions and if the Cricketer is a Wicket Keeper then they can be helped also.

Will the Coach help in other areas?

One area that the Coach will focus is the mental side of Cricket. In one on two coaching the Coach will talk to the Cricketers about mental preparation and also setting batting, bowling and wicket-keeping "plans". These plans will assist the Cricketers in learning how to approach their skills and how they can use this to their advantage.

How long do the sessions last?

Each session will last for one hour. This will give enough time for a review and work on each area of the Cricketer's game.

What facilities are available?

The one on one coaching sessions will take place at a local Cricket club at a time that suits the Cricketer and Coach. The use of a video camera and bowling machine will be available if required.

How many sessions can the Cricketer take?

You can come for as many sessions as you wish. Pricing has been arranged for 1, 3 and 5 sessions but more sessions can be added if required.

How much do the sessions cost?

1 Session	\$40.00
3 Sessions	\$90.00
5 Sessions	\$140.00

Who should I contact with regards to “One on One” coaching?

Please call Ricky Bartlett on: 04 904 9958 or 027 231 1633

Or e-mail: hkca@sportkapiti.org.nz

He will discuss the best options with you and arrange a time and venue that will suit.