



# A LEADING EDGE

ONLINE CRICKET COACHING & MENTORING

A Leading Edge are pleased to introduce an exciting new service, allowing online access to bespoke online and one-to-one cricket coaching and mentoring:

## Option 1

- Send A Leading Edge a 4-6 minute video of your bowling, batting or wicket keeping
- A Leading Edge will analyse your footage and arrange a video call (approx 30 minutes) to discuss areas of strength, areas for improvement and give ideas for training and practices that will help you to improve

## Option 2

As outlined in Option 1 plus:

- Receive a full written report with an outline of ways you can improve, ideas for relevant drills and practices
- Access to A Leading Edge online video tutorials

## Option 3

As outlined in Option 1 & 2 plus:

- Send a follow up video of the player performing drills and practices
- A Leading Edge will organise a further **three** follow up calls (approx 20 minutes each) to discuss progress, change drills to ensure continuity and maintain progression

## Prices

Option 1 - £25.00

Option 2 - £60.00

Option 3 - £90.00

Option 4 - £185.00

## Option 4 - Full Mentoring

As outlined in Option 1 & 2 plus:

- An initial video call (approx 45 minutes) to discuss what the player would like to get out of the process and to assess needs through an informal interview. The focus of the mentoring can be, for example, confidence, captaincy, tactics, batting/bowling/fielding, game preparation or any area of your game that you would like to improve or more fully understand
- Ongoing monthly video calls for six months to support player development throughout the mentoring process
- Ongoing support via email throughout

## One-to-One Coaching

45 minute one-to-one coaching sessions with A Leading Edge in Oakham\*

- The session can be batting, bowling, fielding or wicket keeping
- The session will be followed up with a written assessment of the performance including a reminder of the coaching points and ideas for drills and practices to aid development at home
- A follow up video call to discuss the performance, answer questions arising and give further advice to ensure extension and progress
- Further or ongoing private coaching sessions or video calls can be arranged

\*If you have access to a net facility at your home or club A Leading Edge will be pleased to send a quote to travel to you



## THINKING ABOUT CRICKET

[www.aleadingedge.co.uk](http://www.aleadingedge.co.uk)

[@aleadingedge1](https://twitter.com/aleadingedge1)

#aleadingedge

For more information, please contact [aleadingedge@hotmail.co.uk](mailto:aleadingedge@hotmail.co.uk)