

## 1 - 1 COACHING

1-1 Coaching is extremely beneficial to all cricket players and is the fastest way to improve your game. It will help you to become a better cricketer through specific, individually tailored 45min one on one sessions with one of Canterbury Cricket's accredited coaches.

Each player will be assessed using Silicon Coach, the latest video analysis system. The coach and player can analyse skills in slow motion thereby optimizing technique and maximising performance, as well as reducing the risk of injury for bowlers

- Each session cost is \$80.00 for 45 minutes

It is recommended that players book for a minimum of four 1-1 Coaching sessions to maximize the benefits of the programme and for the coach to implement technical improvements. A **10% discount** is offered to players booking four or more sessions. Players booking four or more sessions will also receive a report on their sessions and direction on how to improve their game.

1-1 Coaching Sessions are available throughout the year at the following times:

- Monday thru to Friday 4:15pm- 8:00pm

It is easy to book your 1-1 Coaching session in the Canterbury Cricket Community Cricket Training Centre. Simply contact Andrew Reid or Nigel Marsh at Canterbury Cricket on 03 366 3003.



## PITCHVISION cricket technology

PitchVision is the latest state-of-the-art performance technology which will be of benefit to all players right through from grassroots to professional levels. It uses a revolutionary motion-capture system to provide instant performance data across each cricket discipline.

As a player, you are able to review your performance automatically as all data collected by PitchVision can be instantly retrieved and reviewed. Instant personal feedback at your training session!

As a coach, PitchVision can help you identify trends, strengths and weaknesses in a player's performance allowing you to assist a player with their specific skill development requirements.



Each player who purchases a PitchVision membership receives a unique login code which will allow them to review and share their performance data online from anywhere in the world.

It is easy to book PitchVision in the Canterbury Cricket Community Cricket Training Centre. Simply contact the team at Action Sports Hornby on (03) 342 6800.

The cost of purchasing a PitchVision membership is:

- All Rounder (Bat & Bowling option) Membership \$120.00
- Bowling Membership \$60.00

## LANE HIRE

Key features of the facility include:

- 5 lanes
- One lane set up permanently with a bowling machine and PitchVision
- Two bowling machines available for use
- Excellent viewing for spectators/parents with café on site

Players must learn how to use the bowling machines prior to their first session so please inform staff when making your booking so they can arrange a brief training session when you arrive.

The Community Cricket Training Centre is open:

- Monday- Friday 10:00am- 10:00pm
- Saturday 10:00am- 6:00pm
- Sunday 10:00am- 8:00pm

Lane hire charges (per hour):

- One lane: \$55
- Two lanes: \$110
- Three/four lanes: \$165
- Bowling machine lane: \$65

It is easy to book your lane in the Canterbury Cricket Community Cricket Training Centre. Simply contact the team at Action Sports Hornby on (03) 342 6800.



**CANTERBURY CRICKET**

Respecting our Past, Driving the Future

[www.canterburycricket.org.nz](http://www.canterburycricket.org.nz)

# Community Cricket TRAINING CENTRE

## PRICES

### Lane hire charges (per hour):

- One lane: \$55.00
- Two lanes: \$110.00
- Three/four lanes: \$165.00
- Bowling machine lane: \$65.00

### Club 10 Membership

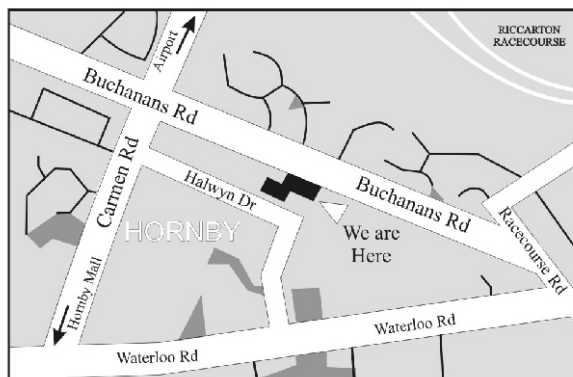
10 x 1 hr Bowling Machine Bookings  
Normal Price \$650.00  
Club 10 Price \$400.00 (upfront)

### 1-1 Coaching (45 min session):

- Canterbury Cricket Accredited Coach - \$80.00

All booking payments are required before use

## Where to find us



Canterbury Cricket  
81 Buchanans Rd  
Hornby  
03-366-3003

Action Sports Hornby  
81 Buchanans Rd  
Hornby  
03-342-6800



Canterbury Cricket, in association with Action Indoor Sports Stadiums, has built a brand new, state-of-the-art Community Cricket Training Centre at Action Indoor Sports Hornby.

**PITCHVISION**  
cricket technology



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