



TICS offer a range of coaching sessions to help players of all ages and abilities improve performance

All coaching sessions are delivered by ECB qualified experienced cricket coaches

Available for all cricket disciplines including batting, bowling, fielding and wicket keeping

1-2-1 coaching

Recommended as the best way to improve aspects of your game. Video analysis will be used to aid learning and development of skills. This option is a great way to learn at your own pace with personalised coaching programmes specific to you, working through technical problems.



Bowling coaching

Bowling is one of the most difficult disciplines in cricket to master, it is also critical that the bowling action movements before and after the ball has been delivered performed in a specific way to avoid injury. All sessions are planned in a structured progressive way so potential is achieved. We coach the art of seam, swing and spin bowling.

Batting coaching

These sessions help cricketers of all abilities develop batting skills from the ground up. We use different coaching styles and techniques to aid the learning process and all sessions are planned in a structured and progressive way so potential is achieved. The skills that underpin great batting shots including technique, tactics and mental approach will be coached and revisited as often as needed to improve batting performance. A tactical approach to batting will be covered through simulating game situations helping the cricketer's mental preparation.

Fielding coaching

One of the biggest parts of cricket that is never practiced until game day. Fielding is commonly forgotten about when it comes to coaching. At TICS we recognise the importance of fielding in the modern game and that is why we run fielding specific coaching courses. Improving your fielding performances could be the difference between winning and losing a game. All aspects of fielding are covered.



Team/Club coaching

Designed for cricket clubs who don't have qualified coaches on hand to provide quality technical fun and safe coaching to their players. These sessions can be conducted at your club or at TICS and are available for all cricket disciplines. All age groups including senior cricketers can take advantage of these sessions. Team coaching not only looks at the individual technical skills but also the tactical side of the game helping develop an understanding of specific scenarios and live game situations.

Wicket Keeping coaching

Wicket keeping is a specialist discipline and it requires coaching and practice consistent with the level expected of a specialist batsman or bowler. A wicket keeper is arguably the most important member of the fielding team being involved in most deliveries. Concentration is one of the key skills of a wicket keeper and this is where our coaching experience starts. The key technical skills are coached including stance, movements, taking the ball on both sides of the wicket and taking the high ball.

For more information or to book a coaching session, contact us on either 07917 854992 / 07766 132207 or email totalindoorcricketsolutions@gmail.com

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