

Pace Bowling Workshop

Now Learn How to Bowl Fast & Straight



Get more wickets the easy way

Fast Bowlers will be schooled in the secrets of ABSAT (**Advanced Biomechanics Speed & Accuracy**) coaching methods and pushed to their limits on technique and skills by Ian Pont, Author of *The Fast Bowler's Bible* and Coach to county and international players.

Discover the secrets of accuracy

Apart from technical coaching to maximise your assets, you will learn the tactical side of how to develop swing, reverse swing, seam, yorkers, bouncers and slower balls including the world's best slower ball, known as the **SLOB**, devised and created by Ian Pont.

World-class coaching for you

The coaching style is fun, informative and easy to understand as technical language is broken down so all ages and levels can enjoy. You will leave this course with a clearer understanding of how your action works, where you may have problems and importantly, how to correct them with easy to remember drills and techniques.



"How fast can you bowl?"

Get the chance to bowl against a speed gun that measures up to 100mph

Ian Pont - MCI Head Coach

MCI

Mavericks Cricket Institute

www.maverickscricket.com
Tel: 0870 787 4926

Sunday 9th August 2009
1pm - 6pm - £75

Ardingly College, Haywards Heath, West Sussex

Call or go to website for Booking Form
Open to Juniors/Adults (age 11+)
Not suitable for beginners