

Coach Development Workshops Pre-Christmas 2025

1. **Gavin Haynes Batting Seminar**

This will be held on Saturday 22nd November, 10am-12.30 at Pentland Gardens, Hereford. This is a classroom based session with Gavin Presenting on batting fundamentals. He will present on his findings based on extensive research around batting set up, pre-delivery movements/triggers, positioning on release, balance and alignment. There will be discussion on the implications for young batters and how to coach them. If the weather is good there may be some opportunities to practise some tennis ball drills. This will really getting you thinking about batting and what it takes to succeed as a high level.

Gavin is a Level 4 coach who runs his own Academy and Coaching Business, First Class Coaching, [About Us | coaching](https://www.firstclasscricketcoaching.co.uk/about) Gavin played professional cricket for Worcestershire throughout the 1990s.

1. **Cookie Patel Fielding Masterclass**

This will be held on Sunday 30th November, 10am-1pm at Bridge Street Leisure Centre, Leominster. This is a physically active session in the sports hall. As well as seeing and taking part in fielding skills and drills there will opportunities to get creative about fielding coaching and design sessions. The Fundamentals of quality fielding will be covered and you are sure to be inspired.

Cookie is a Level 4 coach who runs ‘Bowled Over’ Ltd [Coaching | Birmingham | Cricket fielding coaching](https://www.fieldingcoaching.com/). He has worked for Northamptonshire and Derbyshire CCC’s as well as England Women’s Team as a dedicated fielding coach.

1. **The Coach ‘Who I am’ Seminar with Alex Roslyn**

This will be held on Saturday 13th December, 10am-12 at the classroom, Herefordshire Cricket Centre, Pentland Gardens. The session will include presentations and discussions on understanding what type of coach you are, how to seek feedback and how to evaluate your effectiveness as a coach and coach colleague. This will really develop your self-awareness as a cricket coach and stimulate your appetite to improve yourself and the players you serve.

Alex is an ECB Regional Coach Developer whose full time role is with the Football Premier League (PGMOL) involved with the training, development and mentoring of 162 referees and 350 assistant referees. Alex was formerly Training Manager at Warwickshire Cricket Board.

To register, please use this link:

<https://www.clubsports365.com/clubs/herefordshire-cricket-ltd>

email edmccabe@herefordshirecricketltd.co.uk for any questions.