



AUCKLAND UNIVERSITY  
CRICKET CLUB

## INTRODUCTION TO HARDBALL - For 2016-17 Year 5 and Girls U12 HB Players

We are offering an additional programme this season for boys and girls moving into hardball grades for the first time:

- Fridays Oct 14<sup>th</sup> and 21<sup>st</sup>, 4pm to 5.30pm - Howick Pakuranga Indoor Centre, Lloyd Elsmore Park ([click here for a map](#))

**Cost:** \$60.00 for the 2 sessions, to cover venue hire and coaching costs.  
**To Book:** You must register your son or daughter to play cricket this season with AUCC via ClubHub at [www.aucc.co.nz](http://www.aucc.co.nz), then you can book into this coaching course. You need to purchase and pay to confirm your place - note that places are limited and are on a first-come, first-served basis.

### Sessions will cover:

- Hard ball familiarisation and dangers
- Equipment familiarisation (pads, gloves, helmet, and abdominal protector)
- Fielding skills - catching/throwing/communication
- Batting skills – grip/shot selection/shot execution/calling and running between wickets
- Bowling skills – grip/run up/ delivery stride/action/bowling zones/bowling to a set field
- Wicket Keeping skills – positioning/feet movement/catching/ glove familiarisation
- Cricket etiquette - expected behaviour/norms/unwritten rules/sportsmanship
- 'Team Thinking' - working and playing for each other

### Goals:

- To ensure players are able to safely move through the transition from softball to hard ball cricket
- To prepare for the season so that players hit the road running in game 1
- To ensure that our teams play with team pride and with team spirit
- To ensure that cricket remains a fun and enjoyable sport for all by minimising potential injuries

### Dress:

- T-shirt, long pants (track pants or cricket longs), and sports shoes and socks
- All playing equipment is provided but players are welcome to bring their own gear provided **every article is named.**

**PLEASE MAKE SURE THAT PLAYERS WEAR 2 PAIRS OF UNDERPANTS (NOT BOXER SHORTS) AS THEY WILL NEED TO WEAR AN ABDOMINAL PROTECTOR AS PART OF THE TRAINING.**