



FOR HEAD COACHES & CLUB PRESIDENTS

Give your bowlers a specialist edge.

Specialist pre-season coaching for cricket clubs across Melbourne's eastern suburbs, **delivered in real time as your bowlers train**. I slot into your existing indoor program, so there are no extra sessions to run and nothing for you to organise. Working in small groups of 4-6, the focus is on a better understanding of their action, clearer plans with the ball, and specific areas to work on.

WHAT'S INCLUDED

- ✓ Delivered within your existing training program
- ✓ Small groups of 4-6 bowlers per session
- ✓ Technical assessment and coaching
- ✓ Bowling plans and game awareness
- ✓ Reading batters and adjusting plans mid-spell
- ✓ Building pressure and creating wicket-taking chances
- ✓ Individual feedback for each bowler
- ✓ Written summary for coaches after the session
- ✓ Travel included

BOOKINGS

Single sessions or pre-season blocks

Packages are shaped around your program and the number of bowlers in your group.

MESSAGE ME FOR DETAILS

WHO IT'S FOR

Junior players

Senior club players

1st & 2nd XI bowlers

Emerging quicks

Sessions are grouped by age and playing standard, so coaching and bowling plans are tailored to the level of cricket each group plays.

ABOUT THE COACH

Run by **Josh White**, who has coached across Premier Cricket, club cricket and high-performance fast-bowling programs. That includes **Premier Cricket 1st XI playing experience, experience in the Victorian Fast Bowling Academy**, and senior club head-coaching. The goal is simple: help fast bowlers understand their action, sharpen their game awareness, and head into the season with clear plans for improvement.

PLEASE NOTE Coaching is available across the eastern suburbs of Melbourne only. Each session runs for approximately 60 minutes. Longer pre-season sessions can be arranged and discussed to suit your program.

LIMITED PRE-SEASON BOOKINGS

THE BOWLING LAB

Small-group specialist coaching for fast bowlers · 4-6 per session

Eastern suburbs of Melbourne only

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