

Cricket

➤ Details of workshop -

A complete knowledge, both theoretical and practical is vital for complete growth of a player. This includes fitness, diets and a healthy lifestyle as well along with the regular cricketing skills.

The following curriculum will be followed -

- Complete cricket knowledge, with rules and regulations will be imparted to the participants.
 - Fitness and stamina will be built with warm up exercises, regular exercises and diet consultancy.
 - Regular fielding practices which will make the participants adept in all kinds of environments.
 - Wicket keeping coaching will also be provided for all levels, whether beginner, average or learnt.
 - Batting and bowling skills will be enhanced and developed as well.
- Age group is not a criteria, will cater to all age groups.