

## Coaching Packages

The current Visual Cues Training (VCT) package is structured for cricket, with a view to expand it to other sports in the future. Traditional cricket coaching focuses solely on technique but neglects training of the visual system. VCT provides focused coaching to train pick-up of important visual information such as a bowler's body language that can assist a batsman to read the type of ball to be delivered. The earlier a player can pick-up cues the earlier decisions can be made providing more time to execute a batting stroke, catch a ball or cause a run-out. The benefit to players is exposure to up to date sports science knowledge. What's involved?

- Specialist sessions delivered at club ground involving:
  - Introduction to topic
  - Challenging video simulation tasks (requires access to club rooms)[see sample below]
  - On field batting, catching and/or wicket-keeping tasks (requires access to cricket nets and part of playing oval) Can you read this bowler? [To be uploaded] Watch the sample clip and at its conclusion choose from one of the following three answers:
    - Full outswinger (swings to right of screen)
    - Full inswinger (swings to left of screen)
    - Short (lands further away from stance position of batsman)sample clipCost
- Per client for 1 hr session (group of 6-8 players): \$TBC [GST incl.]
- Minimum of 4 sessions per client
- Delivery is to Melbourne Metropolitan Area
- Credentials/Experience
  - PhD in Sports Science
  - RMIT Lecturer/Researcher
  - Research has examined Pick-Up of Visual Cues by World-Class Cricket Batsmen
  - Conducted research with Australian Test Team, Commonwealth Bank Cricket Academy, Australian Institute of Sport, Victorian Bushrangers, NSW Blues and WA Cricket.
  - Cricket Australia accredited Level 2 Cricket Coach.
  - Coached elite/intermediate cricketers in Australia and UK. Contact details
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