

Following extensive conversations with many people at Waltham St Lawrence Cricket Club we have come up with a list of priorities that we are looking to improve on during indoor winter nets and beyond into next season. We are well aware that not everybody will be interested in this area and indeed may not have the time to devote to it but we are also aware that there are a number of players who do wish to improve their game considerably and hopefully we will see them do that this season.

### ***General Playing thoughts***

#### **Batting**

Running between the wickets  
Picking gaps  
Focus concentration and especially the thought process when batting  
Playing for each other as well as for yourself

#### **Bowling**

Line and length improvements

#### **Fielding**

Backing up, getting angles right  
Walking in with the bowler.  
Throwing in above the stumps.  
Catching

#### **General**

Improved fitness

#### **Winter Nets**

To try to work towards some of these targets the structure of winter nets will change to the following

- 1) We will have a skills net at every session where players can work on specific areas of their game
- 2) Bowlers will bowl a whole over rather than changing over after each ball to give a more game like reality to training. The non bowlers will take it in turn to umpire.
- 3) Bowlers will be encouraged to set fields in the nets
- 4) Fitness sessions will take place every Saturday morning at WSLCC (starting 09 01 10)