

## Welcome to Inspired Cricket

Website: <http://www.inspiredcricket.com/>

**The aim of this website and ultimately the Inspired Cricket manual is to act as a resource for coaches and players, so that they can get the most benefit out of every single practice session, and be inspired to make sure that everyone involved enjoys themselves.**

If set-up and run in the right way, the same drills, games and challenges can be used to work with U9's who have never played before, all the way through to full-time professional cricketers.

Inspired cricket is all about creating an 'EPIC' learning environment, that is:

**Enjoyable**

**Progressive**

**Innovative**

**Challenging**



As a coach working with players – all you need to do is pitch the challenge of the drill at the same level as the players you are working with. If you make it too hard - or too easy –, your players will lose interest, so the skill is to work out the correct level for your group or individual. Just like any skill, this gets easier with practice.

Whether you are a player or a coach, the message is simple.....

Get out there and try things, learn from your mistakes, and above all do it with a smile on your face!!

After all, it is a game, and it is there to be enjoyed.