

# Pace Bowling Camp (Age 15+)

Learn the Secrets of Bowling with Speed and Accuracy



## Understand your bowling action

Ian Pont, Author of The Fast Bowler's Bible and former ECB National Skills Set Coach and is hosting a Pace Bowling Camp for cricketers age 15+

You will learn the ABSAT (Advanced Biomechanics Speed & Accuracy Training) drills needed to improve pace and accuracy within your action, helping you maximize and fulfill your potential

### You will learn on the camp how to:

- Bowl faster
- Bowl straighter
- Access power in the body
- Understand what works and what doesn't
- Find the elusive 'timing' of the bowling action  
.....plus how to bowl yorkers, bouncers, swing, seam, and variations including the world's best slower ball – The SLOB.

Attending this camp will give you easy to remember and relevant drills, *to suit your own bowling action*

This is a fun, informative camp with cutting-edge techniques taught to international and county cricketers. Come along and learn these for yourself

Limited places, so book today  
(Under 15 Camp also available 9.30am – 11.30am)

**Dec 28<sup>th</sup> – Jan 3<sup>rd</sup> (7 day Camp)**  
**7pm – 9pm**

**Pace Bowling Camp (Age 15+)**

Venue: MVP Arena

696 E Trimble Rd Ste 30, San Jose CA 95131  
(408) 750 0929 [www.mvparena.com](http://www.mvparena.com)

**\$ 269 per place**



### Ian Pont – MCI Head Coach

has worked with stars like Dale Steyn, Darren Gough, Shoaib Akhtar, Andre Nel, Andre Adams and up and coming county & International players

dreamcricket



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For more information go to  
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