

Pace Bowling Camp (Under 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 is hosting a Pace Bowling Camp for junior cricketers (Under 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
(15+ Camp also available 7pm – 9pm)

Dec 28th – Jan 3rd (7 day Camp)
9.30am – 11.30am daily

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Venue: MVP Arena

696 E Trimble Rd Ste 30, San Jose CA 95131
(408) 750 0929 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

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For more information go to
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