

FOUNDATION ACADEMY

A Guide for Ages 9–11

BUILDING BETTER CRICKETERS
FROM THE GROUND UP.

WELCOME

Every great player starts somewhere.

The Foundation Academy is designed for young cricketers beginning their hardball journey, or looking to build strong foundations across every area of the game.

Sessions are enjoyable, engaging and challenging, creating an environment where every player can learn at their own pace.

Our aim isn't simply to teach skills.

It's to develop confident, adaptable young cricketers who enjoy learning, embrace challenges and build habits that last for years.

IS THIS THE RIGHT PROGRAMME?

The Foundation Academy is ideal for players who:

Are aged 9–11

Have recently started hardball cricket, or are developing their club cricket

Want to improve batting, bowling and fielding

Enjoy learning through games and challenges

Want to build confidence alongside their cricket skills

THE JSCA COACHING PHILOSOPHY

At JSCA, long-term development comes before short-term success.

Rather than asking young players to copy perfect techniques, we help them understand how to move, make decisions and solve problems through realistic practice.

Players are encouraged to think, explore and develop confidence in their own game while learning the core skills needed to progress.

Every session combines skill development, movement, decision-making and enjoyment — because better learning happens when players are fully engaged.

WHAT PLAYERS WILL DEVELOP

Throughout the programme, players will keep developing:

Batting

Balanced movement, confident shot-making and greater control at the crease.

Bowling

Repeatable actions, improved accuracy and confidence with different deliveries.

Fielding

Catching, throwing, movement and decision-making in realistic situations.

Athletic Movement

Coordination, balance, agility and movement patterns that support long-term development.

Game Awareness

Scoring options, field settings, simple tactics and better decision-making.

Confidence

An environment where players challenge themselves, make mistakes and keep learning.

A TYPICAL SESSION

Every session is different, but players can expect:

Arrival & Warm-Up

Movement preparation, coordination games and athletic activities.

Skill Development

Focused batting, bowling and fielding activities around the session theme.

Representative Practice

Applying skills in realistic game situations that encourage decision-making.

Competition

Fun, competitive games that reinforce learning while keeping enjoyment high.

Reflection

Key learning points and simple focus areas to keep developing.

WHAT MAKES JSCA DIFFERENT?

Our sessions are designed to bridge the gap between practice and matches.

Rather than standing in queues or repeating the same drill, players move, think and make decisions throughout every session.

Coaches give regular feedback while letting players explore solutions, build confidence and take ownership of their learning.

**The aim isn't to create players who perform well in training.
It's to develop cricketers whose skills transfer into matches.**

WHAT PARENTS CAN EXPECT

Parents can expect:

A welcoming and positive environment

High-quality coaching

Regular individual feedback

Clear communication throughout the programme

Progressive challenges suitable for each player

A focus on long-term development rather than quick fixes

PROGRAMME INFORMATION

9-11

AGE GROUP

90

MINUTE SESSIONS

12

MAX GROUP SIZE

PROGRAMME INCLUDES

Weekly coaching sessions

Batting, bowling and fielding development

Representative practice

Individual feedback

End-of-programme review

INVESTMENT & NEXT STEPS

PROGRAMME FEE

Current programme fees are available on request. Payment options available.

If you're looking for an environment that develops confident, skilled and adaptable young cricketers, we'd love to welcome you to the Foundation Academy.

**RESERVE YOUR PLACE.
ENQUIRE TODAY.**

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