

GIRLS ACADEMY

AGES 11+

Inspiring Confident Female Cricketers

WELCOME

The JSCA Girls Academy is designed to provide ambitious female cricketers with a challenging, supportive and enjoyable environment where they can continue developing every aspect of their game.

Whether players are looking to improve their club performances or continue progressing through representative cricket, our coaching focuses on developing confident, adaptable cricketers who understand the game and enjoy the process of improving.

Every session combines purposeful coaching with realistic practice, helping players build skills that transfer into matches while developing confidence both on and off the field.

IS THIS PROGRAMME RIGHT FOR ME?

The Girls Academy is ideal for players who:

Play hardball cricket

Want to continue improving their overall game

Enjoy learning in a positive, ambitious environment

Want to develop alongside other committed female cricketers

Aspire to improve their performances and confidence

THE JSCA COACHING PHILOSOPHY

At JSCA, we believe every player deserves coaching that is built around them as an individual.

Rather than simply repeating technical drills, players are challenged to develop decision-making, movement, game awareness and confidence through representative practice.

Every session is designed to create an environment where players feel supported, challenged and encouraged to continually improve.

Our aim is to help players become adaptable, confident cricketers capable of performing under pressure while continuing to enjoy the game.

WHAT PLAYERS WILL DEVELOP

Throughout the programme, players continue developing:

Batting

Developing stronger movement, improved shot execution, scoring options and confidence against different types of bowling.

Bowling

Improving consistency, accuracy, tactical awareness and confidence across different match situations.

Fielding

Developing movement, reactions, catching, throwing and decision-making under pressure.

Decision-Making

Learning to recognise situations earlier and make better tactical choices throughout games.

Game Awareness

Developing a better understanding of field placements, scoring opportunities and match situations.

Confidence

Building resilience, independence and belief through positive coaching and purposeful challenge.

WHAT TO EXPECT

Every session is designed to create an enjoyable but challenging learning environment. Players can expect:

Athletic Preparation

Movement preparation designed to improve coordination, balance and athleticism.

Skill Development

Purposeful coaching across batting, bowling and fielding.

Representative Practice

Game-based activities encouraging players to apply their skills within realistic cricket situations.

Competitive Challenges

Fun but challenging scenarios that develop confidence, communication and decision-making.

Reflection

Reviewing learning and identifying clear areas of focus for continued improvement.

WHY FAMILIES CHOOSE JSCA

Our coaching is about more than improving technique.

Every session is designed to develop confident cricketers who understand their own game and continue learning through purposeful practice.

Players receive regular feedback, appropriate challenges and an environment that encourages long-term development rather than short-term results.

We believe players improve most when they enjoy learning, feel supported and are continually challenged.

WHAT PARENTS CAN EXPECT

Parents can expect:

A welcoming and inclusive environment

High-quality coaching

Honest communication

Progressive challenges appropriate to every player

Individual feedback where appropriate

A strong focus on confidence, enjoyment and long-term development

PROGRAMME INFORMATION

11+

AGE GROUP

90

MINUTES PER SESSION

PROGRAMME INCLUDES

Weekly academy sessions

Batting, bowling and fielding coaching

Representative practice

Match-based scenarios

Individual feedback

End-of-programme review

INVESTMENT

PROGRAMME FEE

Current programme fees are available on request.

**READY TO START?
BOOK AN ASSESSMENT.**

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