

GIRLS INTRODUCTION TO HARDBALL

**Building Confidence. Building Skills.
Building a Love for the Game.**

WELCOME

The Girls Introduction to Hardball programme is designed for girls who are ready to begin their hardball cricket journey in a fun, supportive and encouraging environment.

Making the transition into hardball cricket can feel exciting but also a little daunting. Our aim is to help players build confidence while learning the core skills of the game through enjoyable, purposeful coaching.

Sessions are designed to help every player feel comfortable, challenged and excited to keep improving, creating strong foundations that prepare them for the next stage of their cricket journey.

IS THIS PROGRAMME RIGHT FOR ME?

This programme is ideal for girls who:

Are new to hardball cricket

Are transitioning from softball cricket

Want to improve their confidence

Want to learn batting, bowling and fielding

Enjoy learning in a positive and supportive environment

No previous hardball experience is required.

THE JSCA COACHING PHILOSOPHY

At JSCA, we believe confidence is built through positive experiences, purposeful coaching and learning at the right pace.

Players are encouraged to explore, ask questions and develop without worrying about making mistakes.

Every session combines skill development with enjoyable activities that help players learn naturally while building confidence and developing a love for cricket.

Our focus is always on long-term development rather than rushing results.

WHAT PLAYERS WILL DEVELOP

Throughout the programme, players will develop:

Batting

Learning the fundamentals of batting while developing confidence, balance and control.

Bowling

Developing safe, repeatable bowling actions and improving accuracy.

Fielding

Learning catching, throwing, movement and teamwork through enjoyable activities.

Movement

Improving coordination, balance, agility and athletic confidence.

Game Awareness

Beginning to understand simple match situations, scoring opportunities and decision-making.

Confidence

Building belief, resilience and enjoyment through positive coaching and achievable challenges.

WHAT TO EXPECT

Every session is designed to be enjoyable, engaging and confidence-building. Players can expect:

Fun Movement Activities

Developing athletic skills through games and movement challenges.

Skill Development

Learning batting, bowling and fielding fundamentals in a supportive environment.

Cricket Games

Applying new skills within enjoyable game-based activities.

Team Challenges

Working together while developing communication, confidence and decision-making.

Reflection

Celebrating progress while identifying simple focuses for the next session.

WHY FAMILIES CHOOSE JSCA

We understand that first experiences in hardball cricket are important.

Our coaching creates an environment where girls feel supported, encouraged and challenged without fear of making mistakes.

Sessions focus on building confidence first, allowing technical skills and game understanding to develop naturally over time.

Every player is encouraged to progress at their own pace while enjoying every part of their cricket journey.

WHAT PARENTS CAN EXPECT

Parents can expect:

A welcoming environment

Patient, supportive coaching

Individual encouragement

Progressive learning

Safe and enjoyable sessions

A strong focus on confidence and long-term development

PROGRAMME INFORMATION

60

MINUTES PER SESSION

PROGRAMME INCLUDES

Weekly coaching sessions

Batting, bowling and fielding development

Fun games and challenges

Confidence-building activities

Individual encouragement

End-of-programme review

INVESTMENT

PROGRAMME FEE

Current programme fees are available on request.

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

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