

ONE-TO-ONE COACHING

**Individual Coaching. Individual Solutions.
Coaching Built Around Your Game.**

INDIVIDUAL COACHING.
INDIVIDUAL SOLUTIONS.

LIMITED PLACES AVAILABLE

To provide every player with the highest level of individual coaching and attention, one-to-one coaching availability is limited each week.

This allows every session to be carefully planned and delivered around the individual player.

WELCOME

Every player is different.

Every player moves differently, learns differently and performs differently under pressure. That's why every one-to-one session at JSCA is planned around the individual rather than following a one-size-fits-all approach.

Whether you're looking to improve against pace or spin, build confidence, prepare for trials or continue developing your batting, every session is tailored specifically to your current needs and long-term goals.

During your session, you'll receive my complete attention, honest feedback and individual coaching within a purposeful, high-performance environment.

Every session is designed to leave you with greater clarity, confidence and practical actions that you can continue working on independently.

IS THIS PROGRAMME RIGHT FOR ME?

One-to-One Coaching is ideal for players who:

Want individual batting coaching

Have specific areas they want to improve

Want detailed technical feedback

Are preparing for trials or representative opportunities

Want to build confidence

Want coaching designed entirely around their own game

Suitable for players of all ages and playing standards.

THE JSCA COACHING PHILOSOPHY

Every batter is different.

Rather than changing players simply because they look different, coaching begins by understanding how each player naturally moves, learns and performs.

Sessions combine technical development, movement, decision-making and representative practice to create improvements that transfer into competitive cricket.

Our aim isn't to make every player bat the same way.

Our aim is to help every player become the best version of themselves.

WHAT YOU CAN EXPECT

Every session is planned around the individual player's needs, but may include:

Individual Player Review

Discussing recent performances, challenges and objectives.

Individual Batting Coaching

Technical coaching based around your current priorities.

Representative Practice

Applying improvements within realistic batting situations.

Performance Challenges

Developing confidence, decision-making and execution under pressure.

Session Review

Clear feedback, practical action points and priorities to continue working on independently before your next session.

WHAT WE CAN HELP WITH

Batting Technique

Developing movement, balance, bat path and individual batting solutions.

Playing Pace & Spin

Learning how to adapt movement, tempo and options against different bowling styles.

Decision-Making

Improving the ability to recognise information earlier and make better batting decisions.

Match Performance

Developing scoring options, building innings and improving confidence under pressure.

Trial Preparation

Preparing players for club, district, county or representative opportunities.

Confidence

Helping players better understand their game and perform with greater belief.

WHY PLAYERS CHOOSE ONE-TO-ONE COACHING

One-to-one coaching provides dedicated time focused entirely on your own development.

Every session is individual, allowing us to focus on the areas that will have the greatest impact on your performance.

Players leave each session with:

Greater understanding

Individual coaching feedback

Clear development priorities

Practical action points

Greater confidence moving forward

For players looking for ongoing planning, communication and long-term performance support beyond individual sessions, our JSCA Player Development Programme offers the highest level of coaching support available.

WHAT PLAYERS CAN EXPECT

Every player can expect:

Individual coaching throughout the session

Coaching tailored specifically to their game

Honest and constructive feedback

Representative practice

Match-related scenarios

Clear action points to continue working on after the session

A challenging but supportive learning environment

PROGRAMME INFORMATION

SESSION DURATION

One-to-one coaching is available from 45 minutes onwards, allowing players to choose the session length that best suits their goals, availability and individual preferences.

SUITABLE FOR

Players of all ages and playing standards.

SESSIONS INCLUDE

Individual batting coaching

Representative practice

Technical feedback

Individual development priorities

Session review and action points

INVESTMENT

One-to-One Coaching is available in different session lengths to suit individual needs.

For our current session options, fees and availability, please get in touch.

**READY TO START?
REQUEST YOUR SESSION.**

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