

The George Andrew Performance Programme



Oct 2023

J Finney

The George Andrew Performance Programme



Cove Cricket Club Performance Squad Mission

To identify homegrown players with the potential to play 1st Team Cricket and provide a fully funded program combining strength and conditioning, technical and tactical coaching and mentoring to support each player in realising their potential and performing in our top senior sides.

Love It, Learn It, Live It



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Program Breakdown



Love It, Learn It, Live It



Pre-Christmas

November to Christmas

- Strength & conditioning.
- Monthly 1 to 1 development discussions.
- Relationship building.
- Team/leadership building.
- Program introductions.



Winter Training

January to March

- Fully funded indoor nets.
- Technical & skill based development.
- Enhancing self awareness.
- Monthly 1 to 1 development discussions.
- Strength & conditioning support



Pre-season

April to May

- Outdoor tactical development relating to upcoming role in senior cricket.
- Assigned mentors to support throughout the season.
- Physical and mental preparation techniques.
- Team building.