

Cricket Coaching Mats



A stroke of luck has bowled over the boys and girls at Blackpool Cricket Club. Innovative practice equipment proved a big hit with the under 10 and under 11 batsmen when it was introduced to their indoor nets. Designer David Cooper, a cricket coach based in Yorkshire brought it along after being invited by Mike Moore, Blackpool's new coaching director. Cooper's innovation, adopted in several countries like Australia, New Zealand, India and South Africa is a mat dotted with holes. Five batting tees of varying heights are then placed in the holes. Footprints are then correctly positioned and every type of cricket shot can then be practised endlessly. Also included is a coaching CD explaining how to play all of the shots. "The mat works wonders" said Moore. "It simplifies the coaching of the full range of shots and the results were staggering. In a short period of time every one of the youngsters present had improved"

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