

Pre-Elite Cricket Program

Program Type

User Paid Program (paid by school or participants)
Run during or after school hours.

Duration

We have standard 5 and 10 week programs
Custom length programs also available.

Recommended Participants

Year 5/6 and High School Students
Suitable for students who play cricket.

Program Cost

Each program is priced per team and capped at
14 players to ensure quality coaching.

5 Session Program

\$1,500 per team - \$22 pp/session

10 Session Program

2,500 per team - \$18 pp/session

Built for school cricket teams, the Pre-Elite Program focuses on technical, tactical, and mindset development to prepare players for upcoming fixtures and competitions. Sessions include targeted individual work, group drills, and whole squad training, all aligned with a structured curriculum which you can review below.

1

Intro to the Process Pyramid

Understand the foundations of elite performance by identifying strengths, challenges, and goals. Begin refining core skills through fundamental movement patterns in both batting and bowling.

2

Skill Development & Growth

Introduce the importance of the process, repetition and feedback through high quality and targeted drills. Continue to progress skills and challenge athletes to grow and develop.

3

Fielding & Athletic Development

Train both ground fielding and catching. Build dynamic movement patterns through footwork, agility and anticipation. Introduce effective preparation and recovery strategies.

4

Game Sense & Team Development

Introduce tactical problem-solving through scenario-based games. Learn about field settings, bowling plans, and shot selection based on match situations.

5

Pressure & Problem Solving

Run match-style games and drills to assess progress. Provide individual feedback and performance metrics. Wrap up with reflection and review.

Contact Schools Program Coordinator Trent Weir | 0420 223 343 or info@mypeac.com.au | You can also enquire on our website mypeac.com.au