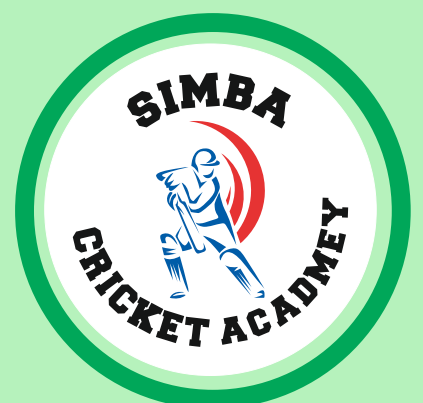




**Cricket Master-class
with Donald Simba Mlambo**



MEET DONALD SIMBA MLAMBO

Donald Mlambo (the sports master) is the Director and Head coach of the Simba Cricket Academy. He has coached cricket in Zimbabwe in schools and was instrumental in the Strugglers Cricket initiatives. In England Donald coached at the KBCC, Oval, for Surrey. In 2005/6, he coached the England Ladies Indoor cricket team. He currently coaches at IESCC and Ipswich Tigers. As an athlete, Donald has played sports at international level, he is a genuine all-round sportsman who has played golf, cricket, squash, athletics, football and hockey at Elite levels.

He has taught P.E for 20 years and studied Sports coaching and Development. He offers athlete management and sports psychology courses in a wide range of sporting activities.



"I just want to give back all I know and share my experience with people that I coach, I love what I do, it gives me inner gratification"

Coaching with a difference that makes the difference".

Simba Donald Mlambo

Speak to Donald on 07952 108885 if you are interested in Sports Therapy and injury prevention, Cricket and sports psychology.

DAY CRICKET COACHING COURSES.

This is an action packed cricket course that will ensure all participants learn and develop a variety of batting, bowling and fielding skills. There will be exciting drills and games and the course will feature a mini world cup competition on day 3. This course is ideally suited for school or club players and will be a great refresher of your game during the winter.

You can book at the following venues:

Polstead Lane
Chantry Park
Ipswich Academy
Ipswich School
Framlingham College



6 WEEK DEVELOPMENT

Take your game to the next level and give yourself the edge over your opponents. Fantastic opportunity to make sure you and your game are pushed to their limits. Through the development course you will be able to work on your batting, bowling, keeping, fielding and fitness in a creative atmosphere. The course will consist of new skills, exciting drills and game scenario and will finish with a skill competition on the last day. The course is ideally suited for club and school players

One to Ones

Most of us tend to do the same old things each time we play a game which can lead to bad habits. It can also be very difficult to take an objective look at your own strengths and weaknesses in the game. A personal coaching session with Donald gives you the opportunity to have your game looked at by an expert. Nearly all cricketers have a few simple but easily correctable faults which can make a massive difference to their game. All one on ones are available in one of the three packages:

Standard Package

Premier Package

Supreme Package

Standard package- minimum of 5 blocked booking and a video analysis

Premier Package- minimum 10 blocked bookings and 2 video analysis and skills assessment

Supreme Package- On going coaching 15+ sessions before and after video analysis

Extra Available On request

These specialist batting, bowling and wicket keeping coaching workshops are designed to work with players on specific technical and tactical modifications to enhance your game. Using video and analysis and latest in coaching techniques you will receive quality coaching for your game from coach.

- . Fitness profile
- . Rehabilitation and cross training
- . Sports Psychology package, confidence and issues .
- Cricket Scholarships and Trials project preparation

Video Analysis

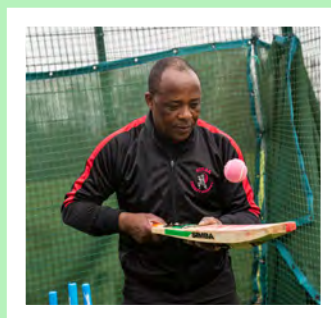
The use of video analysis in coaching has long been regarded as the quick and easy way to highlight any problem area. Take advantage of this opportunity to see yourself on video and be able to enhance your game.

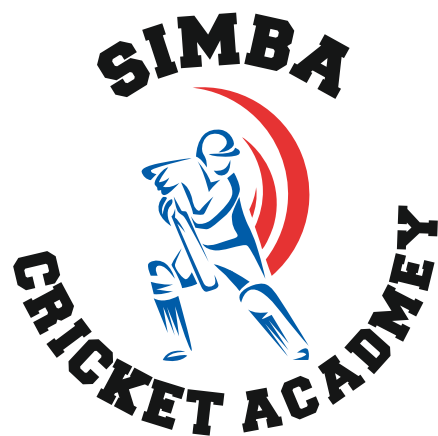


For all enquires

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