

PREMIUM INDIVIDUAL DEVELOPMENT

1-ON-1 COACHING

Building champions, on and off the field.

CRICKET & HOCKEY · ALL AGES, BEGINNER TO REPRESENTATIVE · GREENPOINT CC & JAN VAN RIEBEECK

Every player deserves a coach who sees them, not just their game. Our one-on-one programme relaunches this **pre-season for a two-month block** with **senior, vetted coaches** — coaching the whole player: skills, mindset, and the person behind the performance. **From complete beginners to representative-level athletes.**

WHY FAMILIES CHOOSE US

Coaches you trust

Every coach is personally vetted through our interview process — skill and how they work with young people.

The whole player

Attitude, focus and effort coached alongside technique — confidence and character grow with skill.

Full attention

One-on-one means every session is built around your child — not a generic script, not one of a crowd.

Live Post-Session Feedback

After every session, your coach sends **live written feedback** straight to you — what was covered, how your child performed, and exactly what to work on next. No guessing how training is going.

SENT SAME DAY

SKILL & EFFORT NOTES

CLEAR NEXT STEPS

RATE

R525/hour

+ Add-on: Video Analysis available — technique broken down on film with your coach.

ONE PHILOSOPHY, EVERY STAGE

STAGE 1

Beginner

Safety, fun & confidence — building a player who wants to come back.

STAGE 2

Developing

Consistency, structured drills & simple decision-making.

STAGE 3

Competent

Game-specific skill, tactical awareness & early specialisation.

STAGE 4

Advanced

Performing under pressure & a pathway toward our High Performance Academy.

Limited slots — **register now** to secure your spot

WhatsApp 074 975 4643 · underthesuncoaching.capetown@gmail.com
[@utscricketacademy](https://www.utsacademy.co.za) · [utsacademy.co.za](https://www.utsacademy.co.za)

ONE-ON-ONE COACHING · PRE-SEASON 2026

INFORMATION FOR PARENTS

This sheet covers everything you need to know about our one-on-one coaching programme — what it is, what it costs, and how to book. Keep it handy — we'll update you directly if anything changes.

ABOUT THE PROGRAMME

Our one-on-one programme is premium, individual development with senior coaches — coaching the whole player, not just the scoreboard. It relaunches for a **two-month pre-season block from the second week of August**, at both **Greenpoint CC** and **Jan van Riebeeck**, for cricket and hockey players of every age, from complete beginners through to representative-level athletes.

WHY FAMILIES CHOOSE US

- **Coaches you can trust** — every coach is personally vetted through our interview process.
- **Clear, honest pricing** — one flat rate, invoiced simply once a month.
- **The whole player** — attitude, focus and effort coached alongside technique.
- **Easy to reach** — a direct WhatsApp line to your child's coach, Patrick overseeing every session.

LIVE POST-SESSION FEEDBACK

After every session, your coach sends **live written feedback** straight to you — what was covered, how your child performed, and exactly what to work on next. No guessing how training is going.

SENT SAME DAY

SKILL & EFFORT NOTES

CLEAR NEXT STEPS

RATE

R525/hour

+ **Add-on:** Video Analysis available — technique broken down on film with your coach.

Good to know: if four players of a similar age and level book the same slot, we may offer to convert it into a group session — always with parent consent first. Slots are first-confirmed, so book early.

ONE PHILOSOPHY, EVERY STAGE

STAGE 1

Beginner

Safety, fun & confidence — building a player who wants to come back.

STAGE 2

Developing

Consistency, structured drills & simple decision-making.

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Competent

Game-specific skill, tactical awareness & early specialisation.

STAGE 4

Advanced

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COMMON QUESTIONS

How do I book?

WhatsApp 074 975 4643 — we'll match a coach and time to your child's age & level.

What if four friends want to train together?

If they're a similar age and level, we may offer to convert the slot into a group session.

Who's coaching?

Every coach is vetted for skill and how they work with young people. Patrick oversees every session.

Minimum commitment?

None set, but slots are limited and first-confirmed — regular bookings secure your time.

QUESTIONS? GET IN TOUCH

WhatsApp 074 975 4643 (fastest) · underthesuncoaching.capetown@gmail.com
Instagram @utscricketacademy · Patrick van Niekerk, Head Coach