

A photograph of Darren Lehmann, a bald man with a serious expression, sitting in a stadium. He is wearing a dark green and grey cricket jersey with bright green accents. The jersey features the 'asics' logo on the left chest, the 'Bupa' logo on the right chest, and the 'CRICKET AUSTRALIA' crest on the left chest. He is sitting in a row of white and grey stadium seats, which are mostly empty. The background is a blurred view of the stadium seating.

DARREN LEHMANN CRICKET ACADEMY HIGH PERFORMANCE PROGRAM 2017-18



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The DLCA is not just about improving your cricket – it's about participation and competition, individuals and teams, working hard and celebrating success, constant improvement on and off the park. To become the best you can be in cricket and life is a challenging journey. It should be fun, testing and diverse. Our program places equal importance in

”

all of these elements - our students leave better players, people and teammates

Darren Lehmann, 2017

DARREN LEHMANN CRICKET ACADEMY – INTRODUCTION

The Darren Lehmann Cricket Academy (DLCA) was started by Australian Cricket Coach Darren Lehmann in 2005 and is based in Adelaide, South Australia. The DLCA provides individuals and groups, from junior cricketers to elite international players, from around the world with tailored programs addressing all areas of the game of Cricket, both on and off the field.

The DLCA aims to prepare and empower individuals and teams to succeed at their highest level. The DLCA provides [guidance and teaching] designed to improve each player, allowing them to maximise their potential in all facets of the game of Cricket. The benefits of the various DLCA programs extend well beyond the field of play.

Since opening in 2005, the DLCA has hosted players from all over the world. Nineteen international players and 100+ first class players, including Joe Root, Monty Panesar, Jason Roy and Alex Hales have attended the DLCA. The DLCA's world class coaches include [Darren Lehmann, Shaun Tait, Jason Gillespie, Johan Botha and others].

At the junior end of the game, the DLCA has welcomed thousands of children through its 'nets' whether as part of day long coaching clinics in the USA and Canada, 10 week intensive programs for aspiring Indian cricketers in Adelaide or young indigenous cricketers in regional Australia. We continue to develop and deliver Cricket programs the world over, including in India, the UK, Hong Kong, Ireland and the USA.

The DLCA is a globally renowned and highly respected cricket brand and training institution, called on by leading national Cricket bodies to prepare them for international cricket, and the parents of enthusiastic young cricketers who wish to give their children an experience learning cricket in a challenging but supportive environment away from home.

DLCA – ALUMNI

19 INTERNATIONAL & 100+ FIRST CLASS PLAYERS



Joe Root

England Captain

134 intentional caps

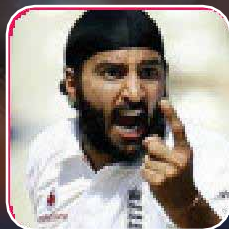
Alumni 2010

#1 ranked Test Batsman 2015/16



Jason Roy

England Batsman
54 intentional caps
Alumni 2009



Monty Panesar

Ex-England Spin Bowler
76 intentional caps
Alumni 2005



Alex Hales

England Batsman
51 intentional caps
Alumni 2007



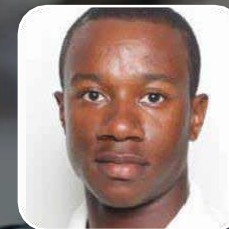
Chaturanga de Silva

Played for Sri Lanka,
Sri Lanka A
Alumni 2014



Lahiru Jayaratne

Played Sri Lanka A & Sri
Lanka U/19
Alumni 2014



Kavem Hodge

Played West Indies U/19,
CPL (St Lucia Zouks),
Alumni 2011-12

DLCA – NETWORK

| | | | |
|-------------------------------|----------------------------------|-----------------------------|--------------------------------|
| England & Wales Cricket Board | All England First Class Counties | South Australian Government | Prospect District Cricket Club |
| Netherlands National Cricket | Cricket Victoria | South Australian Cricket | Cricket Ireland |
| Melbourne Cricket Club | Sydney Thunder | ICC Americas | Cricket Scholarship (USA) |
| Rajasthan Government | Cricket Scotland | Lord Taverners | Hong Kong CC |
| Middlesex Cricket | Sri Lanka Cricket | Leading Teams | Bath CC (UK) |



**CRICKET
SCOTLAND**



DLCA – HIGH PERFORMANCE TOUR

The DLCA's High Performance Tour is underpinned by three key philosophies:

Get comfortable
being
uncomfortable

Find a way –
create problems
cricketers must
solve

Train on the
edge – be
prepared to fail
and to learn

DLCA – HIGH PERFORMANCE PROGRAM

The DLCA hosts two 10 week high performance cricket programs each year (January-March and October-December).

Students come from all over the world to participate, live in hostel-type accommodation and are provided a comprehensive curriculum of cricket and non-cricket content.

The DLCA also offers access to educational institutions and each player is connected with a South Australian Cricket Club to apply their learnings week-in, week-out in top level club cricket.

The 10 week DLCA program is unique in that it offers all of the coaching and development aspects of other world class academies as well as:

Experience living, exploring and playing overseas

Non-cricket self-improvement content and teaching

Match play against Club and other High Performance teams

World class coaches and facilities

The program covers all aspects of a cricketer's training and development including:

- Skill and technique improvement - batting, bowling, fielding incl. wicket keeping
- Strength and conditioning:
 - Speed and agility
 - Weights and core
 - Endurance
 - Low impact cardio
 - Bowler pre-habilitation
 - Yoga / pilates
- Recovery
- Injury prevention
- Nutrition
- Mental approach and visualisation
- Leadership and teamwork
- Centre wicket training
- Tactics and captaincy
- Umpiring
- Coaching certification - Players attending over a month complete the Level I Cricket Coaching Course

DLCA – HIGH PERFORMANCE PROGRAM (cont.)

The DLCA's high performance program is underpinned by three key philosophies:

Get comfortable being uncomfortable

Find a way – create problems cricketers must solve

Train on the edge – be prepared to fail and to learn

The obvious – to measure improvement in fitness

And to provide insights into a player's aptitude, attitude, focus and desire to improve as a cricketer and person.

The program is based on an intensive 3 week followed by a lighter recovery week over 3 months.

A player's weekly program involves skill sessions, fielding, strength sessions, conditioning sessions, recovery, competitive net sessions, player driven net sessions, skill extension net.

And in terms of Cricket content, we develop players for all forms of the game - the longer version, One Day and T20 formats.

Player's fitness is tested monthly, offering 2 outputs:

Players work weekly with the same coach on their skills to form a relationship to progress their game.

The program is not about 'holding players hands' – we encourage players to take ownership of their games, to be self-motivated and accountable.

Given the number of children and young adults we host from the likes of India and the UK, it is this program amongst others that we are looking to bring to the UAE.

DLCA CYCLE OF PLAYER DEVELOPMENT

TRAIN/PREPARE

COMPETE

REFLECT

DLCA – SAMPLE / PILOT PROGRAM

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|----------|---------------|-------------|---------------|----------|--------------|---------|
| 900 | Skills | Fielding | | | Fielding | Club Cricket | Day Off |
| 1100 | | Conditioning | Weights | Conditioning | Recovery | | |
| 1200 | Weights | | | | | | |
| 1300 | Recovery | Nets | Battle Zone | Nets | | | |
| 1400 | | | | | | | |
| 1500 | | | | | | | |
| 1600 | | Club Practice | | Club Practice | | | |

DLCA POINTS OF DIFFERENCE

Competitive games against current 1st class and International players

Competitive Australian club cricket

Leadership program run in the outback, facilitated by Australia's leading Leadership Program

First Class facilities to hone their skills.

High quality players from different countries that provide a dynamic learning environment to train, play and live under.

A structured program that allows the player to grow personally through everyday challenges.

Proven track record producing Elite cricketers to First Class and International standard, with 19 going on to play International and over 100 First Class.

Lehmann played role in Root's rise from Adelaide academy to Test batsman

Young England batsman Joe Root has had to grow up fast as a Test cricketer and he can thank Australian coach Darren Lehmann for broadening his education.

The 22-year-old made his Test debut in December last year in India.

Two years before that he was a grade cricketer in Adelaide, playing with Prospect District under the Darren Lehmann Cricket Academy program.

"There have been different obstacles to overcome and I just want to improve as a player."

He says his Adelaide summer included rubbing shoulders with clubmate Nathan Lyon, Australia's frontline spinner.

"It was great. I had five months here and really enjoyed my time. I worked really hard at my game at the Adelaide Oval, and the season after that I made my County debut."





Plunkett's ready to rumble for the White Rose

"I can't wait get over there," said Plunkett, who will spend the next eight weeks playing and training at the Darren Lehmann Cricket Academy in Adelaide.

"The whole programme will be vital. I didn't play much cricket last year and it will be important for me to get some overs under my belt before we head out to Barbados in March. The Academy in Adelaide has a great reputation and I know the area very well having played at Adelaide University in Grade cricket in my late teens. I will be playing for the University club during this eight-week stint and I will also get to play during the week for the Academy.

"The aim is to hit the ground running and make an impact. If I can play some good cricket and take some wickets that will help me come back to England in a positive frame of mind ready for the new campaign."