



**HEREWORTH**

**GIRLS ACADEMY - KEY ACADEMY DATES TERM 4**

TERM 4	Date	1-on-2 Skill Plan- this will adapt based on players skill sets and current ability.
Week 1	Mon 6 - Fri 10 Oct	<p style="text-align: center;"><b>Batting/Bowling - Technical Review</b></p> <p><b>Objective:</b> Assess and refine the fundamental techniques of batting and bowling.</p> <ul style="list-style-type: none"> <li>• <b>Batting:</b> Focus on grip, stance, backlift, and follow-through. Use video analysis to identify areas for improvement.</li> <li>• <b>Bowling:</b> Review bowling action, run-up, and follow-through. Emphasize consistency and accuracy.</li> </ul>
Week 2	Mon 13 July - Fri 17 Oct	<p style="text-align: center;"><b>Batting/Bowling - Decision Making</b></p> <p><b>Objective:</b> Improve decision-making skills in match scenarios.</p> <ul style="list-style-type: none"> <li>• <b>Batting:</b> Practice shot selection under pressure. Use net sessions with varied bowling styles.</li> <li>• <b>Bowling:</b> Develop strategies for different match situations. Focus on field placements and bowling plans.</li> </ul>
Week 3	Mon 20 - Fri 24 Oct	<p style="text-align: center;"><b>Batting/Bowling - Decision Making</b></p> <p><b>Objective:</b> Further enhance decision-making abilities.</p> <ul style="list-style-type: none"> <li>• <b>Batting:</b> Simulate high-pressure situations. Emphasize quick thinking and adaptability.</li> <li>• <b>Bowling:</b> Practice setting up batsmen and executing plans. Use match scenarios to test strategies.</li> </ul>

<b>Week 4</b>	Mon 27 - Fri 31 Oct	<p><b>Bowling - Drills/Batting - Sidearm</b>  <b>Objective:</b> Reinforce technical skills through repetitive practice.</p> <ul style="list-style-type: none"> <li>• <b>Bowling:</b> Conduct drills for line and length, seam position, and variations. Include target bowling exercises.</li> <li>• <b>Batting:</b> Practice against sidearm throws to improve reaction time and shot execution.</li> </ul>
<b>Week 5</b>	Mon 3 - Fri 7 Nov	<p><b>Bowling - Target Bowling/Batting - Sidearm</b>  <b>Objective:</b> Develop precision in bowling and specific batting skills.</p> <ul style="list-style-type: none"> <li>• <b>Bowling:</b> Conduct target bowling drills to improve accuracy. Use varied targets.</li> <li>• <b>Batting:</b> Practice against sidearm throws. Focus on shot selection and execution under pressure.</li> </ul>
<b>Week 6</b>	Mon 10 - Fri 14 Nov	<p><b>Bowling Tactical Sense Development/Batting - Sidearm</b>  <b>Objective:</b> Develop tactical awareness and specific batting skills.</p> <ul style="list-style-type: none"> <li>• <b>Bowling:</b> Focus on tactical variations and game plans.</li> <li>• <b>Batting:</b> Practice against sidearm throws to improve reaction time and shot execution.</li> </ul>
<b>Week 7</b>	Mon 17 - Fri 21 Nov	<p><b>Bowling Tactical Sense Development/Batting - Sidearm</b>  <b>Objective:</b> Continue tactical development and sidearm practice.</p> <ul style="list-style-type: none"> <li>• <b>Bowling:</b> Refine tactical skills with advanced drills. Emphasize adaptability and strategic thinking.</li> <li>• <b>Batting:</b> Enhance skills against sidearm throws. Focus on shot selection and execution under pressure.</li> </ul>
<b>Week 8</b>	Mon 24 - Fri 28 Nov	<p><b>Batting/Bowling - Technical Review</b>  <b>Objective:</b> Reassess and refine techniques before the end of the term.</p> <ul style="list-style-type: none"> <li>• <b>Batting:</b> Conduct a comprehensive review of batting skills.</li> <li>• <b>Bowling:</b> Review and refine bowling techniques. Emphasize consistency and accuracy.</li> </ul>
<b>Week 9</b>	Mon 1 – Wed 3 Dec	<p>CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&amp;Cs</p>