



HEREWORTH

BOYS ACADEMY - KEY ACADEMY DATES TERM 2

| TERM 2 | Date | 1-on-2 Skill Plan- this will adapt based on players skill sets and current ability. |
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| Week 1 | Mon 28 Apr - Fri 2 May | <p style="text-align: center;">Batting - Front Foot Shots</p> <p>Objective: Develop proficiency in front foot shots.</p> <ul style="list-style-type: none"> • Drills: Focus on drives, flicks, and defensive shots. Use throwdowns and bowling machines to practice timing and placement. • Techniques: Emphasize proper foot movement, balance, and follow-through. |
| Week 2 | Mon 5 - Fri 9 May | <p style="text-align: center;">Batting - Front Foot Shots</p> <p>Objective: Reinforce front foot batting skills.</p> <ul style="list-style-type: none"> • Drills: Continue with advanced drills for front foot shots. • Techniques: Focus on shot selection and execution under pressure. |
| Week 3 | Mon 12 - Fri 16 May | <p style="text-align: center;">Batting - Back Foot Shots</p> <p>Objective: Improve back foot batting skills.</p> <p>Drills: Practice cuts, pulls, and hooks. Use short-pitched deliveries to enhance reaction time and shot accuracy.</p> <p>Techniques: Emphasize balance, footwork, and timing.</p> |
| Week 4 | Mon 19 - Fri 23 May | <p style="text-align: center;">Batting - Front & Back Foot Shots</p> <p>Objective: Integrate front and back foot shots.</p> <ul style="list-style-type: none"> • Drills: Combine drills for both front and back foot shots. Use varied bowling to test adaptability. • Techniques: Focus on transitioning between front and back foot shots seamlessly. |

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| <p>Week 5</p> | <p>Mon 26 - Fri 30 May</p> | <p style="text-align: center;">Batting - Decision Making</p> <p>Objective: Enhance decision-making skills in batting.</p> <ul style="list-style-type: none"> • Drills: Simulate match scenarios to practice shot selection. Use net sessions with varied bowling styles. • Techniques: Emphasize quick thinking and adaptability. |
| <p>MID TERM BREAK- Mon 2- 6 June</p> | | |
| <p>Week 6</p> | <p>Mon 9 - Fri 13 June</p> | <p>Bowling - Development of Action/Batting - Bowling Machine Front Foot</p> <p>Objective: Develop bowling action and front foot batting skills.</p> <ul style="list-style-type: none"> • Bowling: Focus on refining bowling action, run-up, and follow-through. Use video analysis for feedback. • Batting: Practice front foot shots using a bowling machine. Emphasize timing and placement. |
| <p>Week 7</p> | <p>Mon 16 - Fri 20 June</p> | <p>Bowling - Development of Jump, Gather & Run-Up/Batting - Bowling Machine Back Foot</p> <p>Objective: Improve bowling mechanics and back foot batting skills.</p> <ul style="list-style-type: none"> • Bowling: Work on jump, gather, and run-up techniques. Use drills to enhance consistency and accuracy. • Batting: Practice back foot shots using a bowling machine. Focus on reaction time and shot execution. |
| <p>Week 8</p> | <p>Mon 23 – Fri 27 June</p> | <p>Bowling - Target Bowling/Batting - Bowling Machine Front and Back Foot</p> <p>Objective: Develop precision in bowling and versatility in batting.</p> <ul style="list-style-type: none"> • Bowling: Conduct target bowling drills to improve accuracy. Use varied targets to simulate match conditions. • Batting: Practice both front and back foot shots using a bowling machine. Emphasize adaptability and shot selection. |
| <p>Week 9</p> | <p>Will need to coordinate with Academy coordinator for any catchups.</p> | <p>CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p> |