



**HEREWORTH**

**GIRLS ACADEMY - KEY ACADEMY DATES TERM 2**

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

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