



HEREWORTH

GIRLS ACADEMY - KEY ACADEMY DATES TERM 1

TERM 1	Date	1-on-2 Skill Plan- this will adapt based on players skill sets and current ability.
Week 1	Mon 3 - Fri 7 Feb	<p>Technical Review Objective: Assess and refine the fundamental techniques of batting and bowling.</p> <ul style="list-style-type: none">• Batting: Focus on grip, stance, backlift, and follow-through.• Bowling: Review bowling action, run-up, and follow-through. Emphasize consistency and accuracy.
Week 2	Mon 10 - Fri 14 Feb	<p>Batting/Bowling - Drills Objective: Reinforce technical skills through repetitive practice.</p> <ul style="list-style-type: none">• Batting: Implement drills for footwork, shot selection, and timing. Use of throwdowns and bowling machines.• Bowling: Conduct drills for line and length, seam position/grip, and variations. Include target bowling exercises.
Week 3	Mon 17 - Fri 21 Feb	<p>Batting/Bowling - Drills Objective: Continue skill reinforcement with increased intensity.</p> <ul style="list-style-type: none">• Batting: Introduce scenario-based drills. Focus on playing spin and fast bowling.• Bowling: Enhance skills with advanced drills for swing, pace or spin. Emphasize control and adaptability.

Week 4	Mon 24 - Fri 28 Feb	<p>Batting/Bowling - Decision Making Objective: Improve decision-making skills in match scenarios.</p> <ul style="list-style-type: none"> • Batting: Practice shot selection. Use net sessions with varied bowling. • Bowling: Develop strategies for different match situations. Focus on field placements and bowling plans.
MID TERM BREAK- Mon 3- Fri 6 March		
Week 5	Mon 10 - Fri 14 March	<p>Batting/Bowling - Decision Making Objective: Further enhance decision-making abilities.</p> <ul style="list-style-type: none"> • Batting: Simulate high-pressure situations. Emphasize quick thinking and adaptability. • Bowling: Practice setting up batsmen and executing plans. Use match scenarios to test strategies.
Week 6	Mon 17 - Fri 21 March	<p>Bowling Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness and specific batting skills.</p> <ul style="list-style-type: none"> • Bowling: Focus on tactical variations and game plans. • Batting: Practice against sidearm throws to improve reaction time and shot execution.
Week 7	Mon 24 - Fri 28 March	<p>Bowling Tactical Sense Development/Batting - Sidearm Objective: Continue tactical development and sidearm practice.</p> <ul style="list-style-type: none"> • Bowling: Refine tactical skills with advanced drills. Emphasize adaptability and strategic thinking. • Batting: Enhance skills against sidearm throws. Focus on shot selection and execution under pressure.
Week 8	Mon 31 Mar- Fri 3 Apr	<p>Batting/Bowling - Technical Review Objective: Reassess and refine techniques before the end of the term.</p> <ul style="list-style-type: none"> • Batting: Conduct a comprehensive review of batting skills. • Bowling: Review and refine bowling techniques. Emphasize consistency and accuracy.
Week 9	Mon 6- Wed 8 April	CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs