



HEREWORTH

GIRLS ACADEMY - KEY ACADEMY DATES TERM 3

TERM 3	Date	1-on-2 Skill Plan- this will adapt based on players skill sets and current ability.
Week 1	Mon 21 - Fri 25 July	<p style="text-align: center;">Batting - Technical Review Objective: Assess and refine batting techniques.</p> <ul style="list-style-type: none"> • Drills: Conduct a comprehensive review of batting skills. • Techniques: Focus on grip, stance, backlift, and follow-through.
Week 2	Mon 28 July - Fri 1 Aug	<p style="text-align: center;">Batting - How to Play Spin Objective: Develop skills to play spin bowling.</p> <p>Drills: Practice against spin bowlers and use throwdowns. Focus on footwork, shot selection, and timing.</p> <p>Techniques: Emphasize using the crease and playing with soft hands.</p>
Week 3	Mon 4 - Fri 8 Aug	<p style="text-align: center;">Batting - How to Play Spin Objective: Reinforce skills to play spin bowling.</p> <ul style="list-style-type: none"> • Drills: Continue with advanced drills for playing spin. Introduce scenario-based practice. • Techniques: Focus on reading the bowler's hand and adapting to different types of spin.
Week 4	Mon 11 - Fri 15 Aug	<p style="text-align: center;">Batting - Tactical Sense Development Objective: Enhance tactical awareness in batting.</p> <ul style="list-style-type: none"> • Drills: Practice tactical decision-making. Use net sessions with varied bowling styles. • Techniques: Emphasize strategic thinking and adaptability.

MID TERM BREAK- Mon 18- Fri 22 Aug

<p align="center">Week 5</p>	<p align="center">Mon 25 - Fri 29 Aug</p>	<p align="center">Bowling - Action Review & Drills/Batting - Sidearm Objective: Review and refine bowling action and practice specific batting skills.</p> <ul style="list-style-type: none"> • Bowling: Conduct a comprehensive review of bowling action. Use drills to enhance consistency and accuracy. • Batting: Practice against sidearm throws to improve reaction time and shot execution.
<p align="center">Week 6</p>	<p align="center">Mon 1 - Fri 5 Sep</p>	<p align="center">- Target Bowling/Batting - Sidearm Objective: Develop precision in bowling and specific batting skills.</p> <ul style="list-style-type: none"> • Bowling: Conduct target bowling drills to improve accuracy. Use varied targets. • Batting: Practice against sidearm throws. Focus on shot selection and execution under pressure.
<p align="center">Week 7</p>	<p align="center">Mon 8 - Fri 12 Sep</p>	<p align="center">Bowling - Target Bowling/Batting - Sidearm Objective: Continue precision development in bowling and sidearm practice.</p> <ul style="list-style-type: none"> • Bowling: Refine target bowling skills with advanced drills. Emphasize consistency and accuracy. • Batting: Enhance skills against sidearm throws. Focus on adaptability and shot execution.
<p align="center">Week 8</p>	<p align="center">Mon 15 – Fri 19 Sep</p>	<p align="center">Bowling - Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness in bowling and specific batting skills.</p> <ul style="list-style-type: none"> • Bowling: Focus on tactical variations and game plans. • Batting: Practice against sidearm throws. Emphasize quick thinking and adaptability.
<p align="center">Week 9</p>	<p align="center">Will need to coordinate with Academy coordinator for any catchups.</p>	<p align="center">CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p>