



HEREWORTH

BOYS 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;">Batting/Bowling - Technical Review</p> <p>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. Use video analysis to identify areas for improvement. • Bowling: Review bowling action, run-up, and follow-through. Emphasize consistency and accuracy.
Week 2	Mon 13 July - Fri 17 Oct	<p style="text-align: center;">Batting/Bowling - Decision Making</p> <p>Objective: Improve decision-making skills in match scenarios.</p> <ul style="list-style-type: none"> • Batting: Practice shot selection under pressure. Use net sessions with varied bowling styles. • Bowling: Develop strategies for different match situations. Focus on field placements and bowling plans.
Week 3	Mon 20 - Fri 24 Oct	<p style="text-align: center;">Batting/Bowling - Decision Making</p> <p>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.

<p>Week 4</p>	<p>Mon 27 - Fri 31 Oct</p>	<p>Bowling - Drills/Batting - Sidearm Objective: Reinforce technical skills through repetitive practice.</p> <ul style="list-style-type: none"> • Bowling: Conduct drills for line and length, seam position, and variations. Include target bowling exercises. • Batting: Practice against sidearm throws to improve reaction time and shot execution.
<p>Week 5</p>	<p>Mon 3 - Fri 7 Nov</p>	<p>Bowling - 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>Week 6</p>	<p>Mon 10 - Fri 14 Nov</p>	<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.
<p>Week 7</p>	<p>Mon 17 - Fri 21 Nov</p>	<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.
<p>Week 8</p>	<p>Mon 24 - Fri 28 Nov</p>	<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.
<p>Week 9</p>	<p>Mon 1 – Wed 3 Dec</p>	<p>CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p>