



**HEREWORTH**

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

**MID TERM BREAK- Mon 18- Fri 22 Aug**

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