



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</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.• Bowling: Review bowling action, run-up, and follow-through. Emphasize consistency and accuracy.
Week 2	Mon 10 - Fri 14 Feb	<p>Batting/Bowling - Drills</p> <p>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</p> <p>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	Batting/Bowling - Decision Making Objective: Improve decision-making skills in match scenarios. <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	Batting/Bowling - Decision Making Objective: Further enhance decision-making abilities. <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	Bowling Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness and specific batting skills. <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	Bowling Tactical Sense Development/Batting - Sidearm Objective: Continue tactical development and sidearm practice. <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	Batting/Bowling - Technical Review Objective: Reassess and refine techniques before the end of the term. <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

GIRLS ACADEMY - KEY ACADEMY DATES TERM 2

TERM 2	Date	1-on-2 Skill Plan- this will adapt based on players skill sets and current ability.
Week 1	Mon 28 Apr - Fri 2 May	<p style="text-align: center;">Batting - Front Foot Shots</p> <p>Objective: Develop proficiency in front foot shots.</p> <ul style="list-style-type: none"> • Drills: Focus on drives, flicks, and defensive shots. Use throwdowns and bowling machines to practice timing and placement. • Techniques: Emphasize proper foot movement, balance, and follow-through.
Week 2	Mon 5 - Fri 9 May	<p style="text-align: center;">Batting - Front Foot Shots</p> <p>Objective: Reinforce front foot batting skills.</p> <ul style="list-style-type: none"> • Drills: Continue with advanced drills for front foot shots. • Techniques: Focus on shot selection and execution under pressure.
Week 3	Mon 12 - Fri 16 May	<p style="text-align: center;">Batting - Back Foot Shots</p> <p>Objective: Improve back foot batting skills.</p> <p>Drills: Practice cuts, pulls, and hooks. Use short-pitched deliveries to enhance reaction time and shot accuracy.</p> <p>Techniques: Emphasize balance, footwork, and timing.</p>
Week 4	Mon 19 - Fri 23 May	<p style="text-align: center;">Batting - Front & Back Foot Shots</p> <p>Objective: Integrate front and back foot shots.</p> <ul style="list-style-type: none"> • Drills: Combine drills for both front and back foot shots. Use varied bowling to test adaptability. • Techniques: Focus on transitioning between front and back foot shots seamlessly.
Week 5	Mon 26 - Fri 30 May	<p style="text-align: center;">Batting - Decision Making</p> <p>Objective: Enhance decision-making skills in batting.</p> <ul style="list-style-type: none"> • Drills: Simulate match scenarios to practice shot selection. Use net sessions with varied bowling styles. • Techniques: Emphasize quick thinking and adaptability.

MID TERM BREAK- Mon 2- 6 June

Week 6	Mon 9 - Fri 13 June	<p>Bowling - Development of Action/Batting - Bowling Machine Front Foot</p> <p>Objective: Develop bowling action and front foot batting skills.</p> <ul style="list-style-type: none"> • Bowling: Focus on refining bowling action, run-up, and follow-through. Use video analysis for feedback. • Batting: Practice front foot shots using a bowling machine. Emphasize timing and placement.
Week 7	Mon 16 - Fri 20 June	<p>Bowling - Development of Jump, Gather & Run-Up/Batting - Bowling Machine Back Foot</p> <p>Objective: Improve bowling mechanics and back foot batting skills.</p> <ul style="list-style-type: none"> • Bowling: Work on jump, gather, and run-up techniques. Use drills to enhance consistency and accuracy. • Batting: Practice back foot shots using a bowling machine. Focus on reaction time and shot execution.
Week 8	Mon 23 – Fri 27 June	<p>Bowling - Target Bowling/Batting - Bowling Machine Front and Back Foot</p> <p>Objective: Develop precision in bowling and versatility in batting.</p> <ul style="list-style-type: none"> • Bowling: Conduct target bowling drills to improve accuracy. Use varied targets to simulate match conditions. • Batting: Practice both front and back foot shots using a bowling machine. Emphasize adaptability and shot selection.
Week 9	Will need to coordinate with Academy coordinator for any catchups.	<p>CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p>

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</p> <p>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</p> <p>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</p> <p>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</p> <p>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		
Week 5	Mon 25 - Fri 29 Aug	<p style="text-align: center;">Bowling - Action Review & Drills/Batting - Sidearm</p> <p>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.

Week 6	Mon 1 - Fri 5 Sep	<p align="center">- Target Bowling/Batting - Sidearm</p> <p>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.
Week 7	Mon 8 - Fri 12 Sep	<p align="center">Bowling - Target Bowling/Batting - Sidearm</p> <p>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.
Week 8	Mon 15 – Fri 19 Sep	<p align="center">Bowling - Tactical Sense Development/Batting - Sidearm</p> <p>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.
Week 9	Will need to coordinate with Academy coordinator for any catchups.	<p align="center">CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p>

GIRLS 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.
Week 4	Mon 27 - Fri 31 Oct	<p style="text-align: center;">Bowling - Drills/Batting - Sidearm</p> <p>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.

Week 5	Mon 3 - Fri 7 Nov	<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.
Week 6	Mon 10 - Fri 14 Nov	<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 17 - Fri 21 Nov	<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 24 - Fri 28 Nov	<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 1 – Wed 3 Dec	<p>CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p>