



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	Technical Review Objective: Assess and refine the fundamental techniques of batting and bowling. • 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	Batting/Bowling - Drills Objective: Reinforce technical skills through repetitive practice. • 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	Batting/Bowling - Drills Objective: Continue skill reinforcement with increased intensity. • 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. • Batting: Practice shot selection. Use net sessions with varied bowling. • Bowling: Develop strategies for different match situations. Focus on field placements and bowling plans.
Week 5	Mon 3 - Fri 7 March	Batting/Bowling - Decision Making Objective: Further enhance decision-making abilities. • 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 10 - Fri 14 March	Bowling Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness and specific batting skills. • 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 March	Bowling Tactical Sense Development/Batting - Sidearm Objective: Continue tactical development and sidearm practice. • 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 March	Batting/Bowling - Technical Review Objective: Reassess and refine techniques before the end of the term. • Batting: Conduct a comprehensive review of batting skills. • Bowling: Review and refine bowling techniques. Emphasize consistency and accuracy.
Week 9	Mon 31 March - Wed 2 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	Batting - Front Foot Shots Objective: Develop proficiency in front foot shots. • 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	Batting - Front Foot Shots Objective: Reinforce front foot batting skills. • 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	Batting - Back Foot Shots Objective: Improve back foot batting skills. Drills: Practice cuts, pulls, and hooks. Use short-pitched deliveries to enhance reaction time and shot accuracy. Techniques: Emphasize balance, footwork, and timing.
Week 4	Mon 19 - Fri 23 May	Batting - Front & Back Foot Shots Objective: Integrate front and back foot shots. • 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	Batting - Decision Making Objective: Enhance decision-making skills in batting. • Drills: Simulate match scenarios to practice shot selection. Use net sessions with varied bowling styles. • Techniques: Emphasize quick thinking and adaptability.

Week 6	Mon 2 - Fri 6 June	Bowling - Development of Action/Batting - Bowling Machine Front Foot Objective: Develop bowling action and front foot batting skills. • 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 9 - Fri 13 June	Bowling - Development of Jump, Gather & Run-Up/Batting - Bowling Machine Back Foot Objective: Improve bowling mechanics and back foot batting skills. • 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 16 - Fri 20 June	Bowling - Target Bowling/Batting - Bowling Machine Front and Back Foot Objective: Develop precision in bowling and versatility in batting. • 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	Mon 23 - Wed 25 June	CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs

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	Batting - Technical Review Objective: Assess and refine batting techniques. • 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	Batting - How to Play Spin Objective: Develop skills to play spin bowling. Drills: Practice against spin bowlers and use throwdowns. Focus on footwork, shot selection, and timing. Techniques: Emphasize using the crease and playing with soft hands.
Week 3	Mon 4 - Fri 8 Aug	Batting - How to Play Spin Objective: Reinforce skills to play spin bowling. • 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	Batting - Tactical Sense Development Objective: Enhance tactical awareness in batting. • Drills: Practice tactical decision-making. Use net sessions with varied bowling styles. • Techniques: Emphasize strategic thinking and adaptability.
Week 5	Mon 18 - Fri 22 Aug	Bowling - Action Review & Drills/Batting - Sidearm Objective: Review and refine bowling action and practice specific batting skills. • 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 25 - Fri 29 Aug	- Target Bowling/Batting - Sidearm Objective: Develop precision in bowling and specific batting skills. • 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 1 - Fri 5 Sep	Bowling - Target Bowling/Batting - Sidearm Objective: Continue precision development in bowling and sidearm practice. • 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 8 - Fri 12 Sep	Bowling - Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness in bowling and specific batting skills. • Bowling: Focus on tactical variations and game plans. • Batting: Practice against sidearm throws. Emphasize quick thinking and adaptability.
Week 9	Mon 15 – Wed 17 Sep	CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs

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	Batting/Bowling - Technical Review Objective: Assess and refine the fundamental techniques of batting and bowling. • 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	Batting/Bowling - Decision Making Objective: Improve decision-making skills in match scenarios. • 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	Batting/Bowling - Decision Making Objective: Further enhance decision-making abilities. • 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	Bowling - Drills/Batting - Sidearm Objective: Reinforce technical skills through repetitive practice. • 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	Bowling - Target Bowling/Batting - Sidearm Objective: Develop precision in bowling and specific batting skills. • 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	Bowling Tactical Sense Development/Batting - Sidearm Objective: Develop tactical awareness and specific batting skills. • 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	Bowling Tactical Sense Development/Batting - Sidearm Objective: Continue tactical development and sidearm practice. • 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	Batting/Bowling - Technical Review Objective: Reassess and refine techniques before the end of the term. • 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	CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs