



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. |
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| Week 1 | Mon 3 - Fri 7 Feb | <p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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. |

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| Week 4 | Mon 24 - Fri 28 Feb | <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. 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 | <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 6 | Mon 10 - Fri 14 March | <p style="text-align: center;">Bowling Tactical Sense Development/Batting - Sidearm</p> <p>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 March | <p style="text-align: center;">Bowling Tactical Sense Development/Batting - Sidearm</p> <p>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 March | <p style="text-align: center;">Batting/Bowling - Technical Review</p> <p>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 31 March - Wed 2 April | <p style="text-align: center;">CATCH-UPS FOR ANY PUBLIC HOLIDAYS or FOR ANY MISSED SESSIONS IN ACCORDANCE WITH T&Cs</p> |