

Under 13 Dates	Session 1	Under 13 Dates	Session 2	Session	Activites/Drills
Sundays	2019	Sundays	2019	Scheduled	Description
31st March	4-5pm	31st March	4-5pm	Academy Intro - Goals & Expectations	Player Expectations/Gillespie Expectations/watch Motivational video
7th April	2-4pm	7th April	3.30-5.30pm	Net Session to identify major weaknesses in techniques of each batter/bowler	This session will help us to identify what it is that makes your game tick and what is holding you back.
14th April	2-4pm	14th April	3.30-5.30pm	Net session to fine tune your technique	Bowling machines and net session to help us to keep chipping away at your technique.
5th May	2-4pm	5th May	3.30-5.30pm	Net session to fine tune your technique	Bowling machines and net session to help us to keep chipping away at your technique.
19th May	4-5pm	19th May	4-5pm	Strength & Conditioning	Must be strong!
2nd June	4-5pm	2nd June	4-5pm	Fielding/Keeping	Catches win matches!
16th June	2-4pm	16th June	3.30-5.30pm	Net session to fine tune your technique	Bowling machines and net session to help us to keep chipping away at your technique.
30th June	2-4pm	30th June	3.30-5.30pm	Net session to fine tune your technique	Bowling machines and net session to help us to keep chipping away at your technique.
7th July	4-5pm	7th July	4-5pm	Surprise	A real treat!
28th July	2-3.30pm	28th July	3.30-5pm	A net session to test your fitness!	Only if you push yourself!
11th August	2-4pm	11th August	3.30-5.30pm	Net session to fine tune your technique	Bowling machines and net session to help us to keep chipping away at your technique.
25th August	2-3.30pm	25th August	3.30-5pm	T20 fun	Any new shots?
8th September	2-4pm	8th September	3.30-5.30pm	Concentration is the key!	Will you be able to handle this?