

Under 13 Dates	Session 1	Under 13 Dates	Session 2	Session	Activites/Drills
Sundays	2020	Sundays	2020	Scheduled	Description
22nd March	4-5pm	31st March	4-5pm	Academy Intro - Goals & Expectations	Player Expectations/Gillespie Expectations/watch Motivational video
29th March	4-5pm	29th March	4-5pm	Strength & Conditioning	Must be strong! Bowling machines and net session to help us to keep chipping away at your technique.
19th April	2-4pm	19th April	3.30-5.30pm	Net session to fine tune your technique	
3rd May	2-4pm	3rd May	3.30-5.30pm	Net session to fine tune your technique	
17th May	2-4pm	17th 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.
31st May	3-4pm	31st May	4-5pm	Fielding/Keeping	Catches win matches!
21st June	2-4pm	21st 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.
5th July	2-4pm	5th July	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.
12th July	4-5pm	12th July	4-5pm	Surprise	A real treat!
2nd August	2-3.30pm	2nd August	3.30-5pm	A net session to test your fitness!	Only if you push yourself!
16th August	2-4pm	16th 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.
30th August	2-3.30pm	30th August	3.30-5pm	T20 fun	Any new shots?
13th September	2-4pm	13th September	3.30-5.30pm	Concentration is the key!	Will you be able to handle this?