

## Skills Clinics - Day-by-Day Description

Day	Cricket Focus	Overview
One	<b>Nailing the Fundamentals</b> <i>(Batting, Bowling &amp; Fielding)</i>	<b>Morning (9.00 - 11.45)</b> <ul style="list-style-type: none"> <li>● <b>Fielding</b> drills that incorporate the fundamentals of throwing &amp; catching technique</li> <li>● <b>Batting</b> drills that focus on head position, footwork, contact point and balance</li> <li>● <b>Bowling</b> drills that focus on grip, run up, release point and follow through</li> </ul>
		<b>Afternoon (12.15 - 3.00)</b> <ul style="list-style-type: none"> <li>● Introduction to <b>facing spin</b> and <b>pace bowling</b>, including batters facing bowlers</li> <li>● Batting and <b>bowling routines</b> and <b>mental preparation</b></li> <li>● <b>One-on-one</b> coaching opportunities for players</li> </ul>
Two	<b>Longer Form Cricket</b> <i>(One-Day and Test Cricket)</i>	<b>Morning (9.00 - 11.45)</b> <ul style="list-style-type: none"> <li>● <b>In-field catching &amp; throwing</b> practice</li> <li>● Batting against <b>swing bowling</b> and <b>short ball</b> practice</li> <li>● Learning to <b>swing &amp; spin</b> the ball</li> </ul>
		<b>Afternoon (12.15 - 3.00)</b> <ul style="list-style-type: none"> <li>● Batting and bowling <b>under fatigue</b>, including batters facing bowlers</li> <li>● Introduction to a variety of <b>match scenarios</b> (specific to 50 over and test cricket)</li> <li>● <b>One-on-one</b> coaching opportunities for players</li> </ul>
Three	<b>Short Form Cricket</b> <i>(T20)</i>	<b>Morning (9.00 - 11.45)</b> <ul style="list-style-type: none"> <li>● <b>Outfield catching &amp; throwing</b> practice, including competition based fielding</li> <li>● <b>Batting</b> drills that work on the sweep shot, ramp shot, power hitting and reverse sweep</li> <li>● <b>Bowling</b> drills that focus on variations and death bowling</li> </ul>
		<b>Afternoon (12.15 - 3.00)</b> <ul style="list-style-type: none"> <li>● Introduction to a variety of <b>match scenarios</b> (specific to T20 cricket)</li> <li>● <b>One-on-one</b> coaching opportunities for players</li> </ul>