

Week	Batting Skill, Drill and Game 15 mins	Fielding Skill, Drill and Game 15 mins	Bowling Drill and Game 15 mins	Game (incl Game Awareness Skill) 40 mins
	<ul style="list-style-type: none"> • Hit ball under eyes with straight bat • Top hand controls shot with front elbow high • Follow through 	<p>knee i.e left for right handed thrower</p> <ul style="list-style-type: none"> • Body behind and head over ball • Fingers pointing down 		