

Centre of Excellence

Session Overview 16-17

Autumn 1- Cricket

- Work on batting
- Bowling
- Footwork

Autumn 2- Hockey/Dodgeball (Weather Permitting)

- Passing & movement without the ball
- Footwork/ Body positioning
- Game play

Spring 1- Basketball

- Passing & Movement
- Shooting
- Game Play

Spring 2- Netball

- Passing & Movement
- Shooting
- Game Play

Summer 1- Tennis

- Net work
- Footwork
- Matches

Summer 2- Athletics

Practising for the tournament at Thames Valley Stadium:

Vortex, Long jump, Track work.