

Long Term Plan 2025-2026

Year	September/October	November/December	January/Feb	March	April/May	June/July
7	<p>Cricket</p> <p>Warm up & fitness Basic stretches, agility, drills, short sprints.</p> <p>Batting Grip, stance, focus on front foot defence & straight drive. Back swing Defensive shot</p> <p>Bowling Basic seam grip, Straight arm action smooth run up bowling</p> <p>Fielding Catching basic (underarm throws, underhand catches, high ball catches) basic ground fielding, throwing techniques</p> <p>Wicket keeping Basic stance, receiving the ball, standing back.</p> <p>Tactics Simple rules, fielding positions,</p>	<p>Touch Rugby</p> <p>Tackle Catch and pass Body contact Try Turnover Knock over Speed Agility Core Strength Endurance Concentration Dealing with Stress Motivation Tactical Awareness</p> <p>Warm up & fitness Basic stretches, agility, drills, short sprints.</p> <p>Warm up Warm down</p>	<p>Netball</p> <p>Technical</p> <p>Basic passing (chest pass, bounce pass, overhead pass)</p> <p>Catching techniques (with both hands, on the move)</p> <p>Footwork and pivoting</p> <p>Basic shooting (shooting from a stationary position)</p> <p>Basic defensive positioning (marking, intercepting, blocking)</p> <p>Understanding of different playing positions (GS, GA, WA, C, WD, GD, GK)</p>	<p>Netball</p> <p>Technical</p> <p>Basic passing (chest pass, bounce pass, overhead pass)</p> <p>Catching techniques (with both hands, on the move)</p> <p>Footwork and pivoting</p> <p>Basic shooting (shooting from a stationary position)</p> <p>Basic defensive positioning (marking, intercepting, blocking)</p> <p>Understanding of different playing positions (GS, GA, WA, C, WD, GD, GK)</p>	<p>Swimming</p> <p>Safety in water Entering and exiting the school safely</p> <p>Front Crawl and Backstroke: Focus on rhythmic breathing, body position and continuous flutter kick.</p> <p>Breaststroke: Simultaneous out down up kick and pull breathe glide technique.</p> <p>Butterfly kick: Teaching the dolphin leg kick and simple touch turns for each primary stroke.</p>	<p>Football</p> <p>Technical</p> <p>Passing (short and long)</p> <p>Dribbling and ball control</p> <p>Shooting (both feet)</p> <p>Basic defending techniques</p> <p>Basic positioning and movement off the ball</p> <p>Introduce heading in a controlled environment</p> <p>Physical</p> <p>General fitness (agility, speed, balance)</p> <p>Strength training (age-appropriate bodyweight exercises)</p> <p>Endurance training (basic cardiovascular fitness)</p>

	<p>understanding run scoring and dismissals.</p> <p>Fitness General coordination, agility, speed over short distances.</p> <p>Matches Pairs cricket, small sided games to maximise participation.</p>		<p>Physical</p> <p>General fitness (agility, speed, balance)</p> <p>Core stability and strength (age-appropriate exercises)</p> <p>Endurance (basic cardiovascular fitness through running and circuit training)</p> <p>Flexibility (stretching and mobility work to prevent injuries)</p> <p>Tactical</p> <p>Awareness of court zones and positional responsibilities</p> <p>Simple attacking strategies (give-and-go, passing and moving)</p> <p>Simple defending principles (staying between the player and the post, marking space)</p> <p>Basic understanding of timing and movement off the ball</p>	<p>Physical</p> <p>General fitness (agility, speed, balance)</p> <p>Core stability and strength (age-appropriate exercises)</p> <p>Endurance (basic cardiovascular fitness through running and circuit training)</p> <p>Flexibility (stretching and mobility work to prevent injuries)</p> <p>Tactical</p> <p>Awareness of court zones and positional responsibilities</p> <p>Simple attacking strategies (give-and-go, passing and moving)</p> <p>Simple defending principles (staying between the player and the post, marking space)</p>		<p>Tactical</p> <p>Introduction to formations (4-4-2, 4-3-3)</p> <p>Basic understanding of roles (defender, midfielder, forward)</p> <p>Understanding of space and positioning</p> <p>Psychological</p> <p>Confidence-building exercises</p> <p>Encouraging communication on the field</p> <p>Developing a strong work ethic and discipline</p>
--	---	--	--	---	--	---

			<p>Psychological</p> <p>Confidence-building and positive reinforcement</p> <p>Encouraging teamwork and communication on the court</p> <p>Developing a growth mindset (learning from mistakes)</p> <p>Fun and enjoyment to build a lifelong passion for the sport</p>	<p>Basic understanding of timing and movement off the ball</p> <p>Psychological</p> <p>Confidence-building and positive reinforcement</p> <p>Encouraging teamwork and communication on the court</p> <p>Developing a growth mindset (learning from mistakes)</p> <p>Fun and enjoyment to build a lifelong passion for the sport</p>		
--	--	--	---	--	--	--

8	<p>Cricket</p> <p>Warm up & fitness Basic stretches, agility, drills, short sprints.</p> <p>Batting Grip, stance, focus on front foot defence & straight drive. Back swing Defensive shot Expand stroke play. Running between wickets.</p> <p>Bowling Basic seam grip, Straight arm action smooth run up Bowling. Line and length consistency, swing basic. Introduction to spin bowling</p> <p>Fielding Catching basic (underarm throws, underhand catches, high ball catches) basic ground fielding, throwing Techniques. Underarm/overarm throws</p> <p>Wicket keeping Basic stance, receiving the ball, standing back.</p>	<p>Football</p> <p>Focus Fun, enjoyment and core skills, building confidence and applying skills in games.</p> <p>Technical Ball mastery dribbling with both feet, turns, close control) Passing- short passes, receiving under pressure Shooting basics. Inside foot Basic defending, body position, tackling technique.</p> <p>Tactical Introduction to positions, defence, midfield, attack. Small sided games. Understanding space, teamwork and support play</p> <p>Physical Speed endurance Core stability and balance movement with or without the ball.</p> <p>Psychological Handling mistakes positively</p>	<p>Netball</p> <p>Technical</p> <p>Basic passing (chest pass, bounce pass, overhead pass)</p> <p>Catching techniques (with both hands, on the move)</p> <p>Footwork and pivoting</p> <p>Basic shooting (shooting from a stationary position)</p> <p>Basic defensive positioning (marking, intercepting, blocking)</p> <p>Understanding of different playing positions (GS, GA, WA, C, WD, GD, GK)</p> <p>Physical</p> <p>General fitness (agility, speed, balance)</p> <p>Core stability and strength (age-appropriate exercises)</p> <p>Endurance (basic cardiovascular fitness)</p>	<p>Netball</p> <p>Technical</p> <p>Basic passing (chest pass, bounce pass, overhead pass)</p> <p>Catching techniques (with both hands, on the move)</p> <p>Footwork and pivoting</p> <p>Basic shooting (shooting from a stationary position)</p> <p>Basic defensive positioning (marking, intercepting, blocking)</p> <p>Understanding of different playing positions (GS, GA, WA, C, WD, GD, GK)</p> <p>Physical</p> <p>General fitness (agility, speed, balance)</p> <p>Core stability and strength (age-</p>	<p>Rounders</p> <p>Year 8 Skill Development & Team Play</p> <p>Technical Focus</p> <p>Overarm bowling Directional batting Throwing for accuracy Two-handed catch</p> <p>Tactical Focus</p> <p>Understanding field placement Choosing when to run Working as a fielding unit.</p> <p>Physical & Mental Focus</p> <p>Speed & reaction time Basic fitness Positive mindset</p> <p>Assessment Focus</p>	<p>Volleyball</p> <p>Building Core Skills</p> <p>Focus Areas Technique refinement Understanding game flow</p> <p>Key Skills & Concepts Overarm serve Set technique Continue developing dig Basic attack hit (spike approach intro)</p> <p>Tactical Development 2 vs 2 or 3 vs 3 small games Simple offensive/defensive positioning</p> <p>Physical & Mental Speed & agility Mental focus drills</p> <p>Assessment Focus Consistency in serve and pass Communication and movement</p>
---	--	---	--	--	--	--

<p>Standing up to the stumps</p> <p>Fitness General coordination, agility, speed over short distances. Speed endurance, balance, core and stability.</p> <p>Tactics batting partnerships, bowling in pairs, basic field placements,</p> <p>Matches Playing in a bigger team, focus on roles and positions</p>	<p>Awareness of role in team Encouraging creativity and risk taking.</p>	<p>through running and circuit training)</p> <p>Flexibility (stretching and mobility work to prevent injuries)</p> <p>Tactical</p> <p>Awareness of court zones and positional responsibilities</p> <p>Simple attacking strategies (give-and-go, passing and moving)</p> <p>Simple defending principles (staying between the player and the post, marking space)</p> <p>Basic understanding of timing and movement off the ball</p> <p>Psychological</p> <p>Confidence-building and positive reinforcement</p> <p>Encouraging teamwork and communication on the court</p>	<p>appropriate exercises)</p> <p>Endurance (basic cardiovascular fitness through running and circuit training)</p> <p>Flexibility (stretching and mobility work to prevent injuries)</p> <p>Tactical</p> <p>Awareness of court zones and positional responsibilities</p> <p>Simple attacking strategies (give-and-go, passing and moving)</p> <p>Simple defending principles (staying between the player and the post, marking space)</p> <p>Basic understanding of timing and movement off the ball</p>	<p>Skill refinement checklists Positional awareness Contribution to team</p>	
--	--	--	---	--	--

			<p>Developing a growth mindset (learning from mistakes)</p> <p>Fun and enjoyment to build a lifelong passion for the sport</p>	<p>Psychological</p> <p>Confidence-building and positive reinforcement</p> <p>Encouraging teamwork and communication on the court</p> <p>Developing a growth mindset (learning from mistakes)</p> <p>Fun and enjoyment to build a lifelong passion for the sport</p>		
9	<p>Cricket</p> <p>Warm up & fitness stretches, agility, drills, short sprints.</p> <p>Batting Grip, stance, focus on front foot defence & straight drive. Back swing Defensive shot Expand stroke play. Running between wickets. Building on innings, shot selections, playing spins, improvisation.</p>	<p>Football</p> <p>Focus Consistency, decision making, and positional awareness.</p> <p>Technical Passing under pressure Advance dribbling Combination play Shooting from different ranges and angles</p> <p>Tactical Playing out from the back</p>	<p>Netball</p> <p>Technical</p> <p>More advanced passing (overhead pass, lob pass, and fast passes under pressure)</p> <p>Advanced shooting (shooting under pressure, shooting from different angles)</p> <p>Footwork under pressure (quick</p>	<p>Netball</p> <p>Technical</p> <p>More advanced passing (overhead pass, lob pass, and fast passes under pressure)</p> <p>Advanced shooting (shooting under pressure, shooting from different angles)</p>	<p>Rounders</p> <p>Year 9 Tactical Awareness & Decision-Making</p> <p>Technical Focus</p> <p>Consistent bowling action</p> <p>Hit placement & power control</p>	<p>Volleyball</p> <p>Team Tactics & Competitive Play</p> <p>Focus Areas Game strategies Role-specific training</p> <p>Technical Skills Jump serve (intro) Blocking (intro) Spiking approach & timing</p>

	<p>Bowling Basic seam grip, Straight arm action smooth run up Bowling. Line and length consistency, swing basic. Introduction to spin bowling Introduction to bowling plans</p> <p>Fielding Catching basic (underarm throws, underhand catches, high ball catches) basic ground fielding, throwing Techniques. Underarm/overarm throws Relays, boundary fielding, anticipating drills.</p> <p>Wicket keeping Basic stance, receiving the ball, standing back. Standing up to the stumps, stumpings.</p> <p>Fitness General coordination, agility, speed over short distances. Speed endurance, balance, core and stability.</p>	<p>Understanding defensive lines Midfield rotation and movement Roles in attacking/defending set pieces</p> <p>Physical Acceleration and sprint Injury prevention (warm up and cool down routines)</p> <p>Psychological Resilliance under pressure Taking responsibility for performance Focus and concentration in matches.</p>	<p>pivots, change of direction, sidestepping)</p> <p>Advanced defending (one-on-one marking, intercepting passes, deflecting shots)</p> <p>Developing court awareness and the ability to read the game</p> <p>Physical</p> <p>Speed and agility training (sprinting, lateral movement)</p> <p>Strength training</p> <p>Warm up</p> <p>stretches</p> <p>Advanced endurance (interval training, short sprints, shuttle runs)</p> <p>cooling down)</p> <p>Tactical</p>	<p>Footwork under pressure (quick pivots, change of direction, sidestepping)</p> <p>Advanced defending (one-on-one marking, intercepting passes, deflecting shots)</p> <p>Developing court awareness and the ability to read the game</p> <p>Physical</p> <p>Speed and agility training (sprinting, lateral movement)</p> <p>Warm up</p> <p>stretches</p> <p>Advanced endurance (interval training, short sprints, shuttle runs)</p> <p>cooling down)</p>	<p>Long & short barrier fielding</p> <p>Tactical Focus</p> <p>Game strategy: When to take risks Field adjustments Tactical substitutions</p> <p>Physical & Mental Focus</p> <p>Strengthening core muscles Reaction drills Decision-making under pressure</p> <p>Assessment Focus</p> <p>Positional understanding Tactical application Game impact</p>	<p>Tactical Skills Offensive/defensive systems Serve-receive formations</p> <p>Assessment Focus Application of skills in games Team tactics Role awareness</p> <p>Physical & Mental Strengthening (bodyweight) Resilience & teamwork</p>
--	---	--	---	--	---	---

	<p>Strength circuits, sprint training.</p> <p>Tactics batting partnerships, bowling in pairs, basic field placements, game situations, setting fields, chasing/defending targets.</p> <p>Matches Playing in a bigger team, focus on roles and positions</p>		<p>Understanding advanced team formations and court positioning</p> <p>Working on advanced attacking plays (timing, creating space, setting up shooting opportunities)</p> <p>Defensive strategies (double marking, creating turnovers, reading passes)</p> <p>Game strategies (fast breaks, slowing down the play, controlling the tempo)</p> <p>Communication and collaboration on court (working as a unit)</p> <p>Psychological</p> <p>Mental toughness and resilience (staying focused under pressure, dealing with mistakes)</p> <p>Building leadership qualities (team captains, being a role model)</p>	<p>Tactical</p> <p>Understanding advanced team formations and court positioning</p> <p>Working on advanced attacking plays (timing, creating space, setting up shooting opportunities)</p> <p>Defensive strategies (double marking, creating turnovers, reading passes)</p> <p>Game strategies (fast breaks, slowing down the play, controlling the tempo)</p> <p>Communication and collaboration on court (working as a unit)</p> <p>Psychological</p> <p>Mental toughness and resilience (staying focused under pressure, dealing with mistakes)</p>		
--	---	--	--	--	--	--

			<p>Visualization techniques and positive self-talk</p> <p>Encouraging accountability and self-reflection</p>	<p>Building leadership qualities (team captains, being a role model)</p> <p>Visualization techniques and positive self-talk</p> <p>Encouraging accountability and self-reflection</p>		
10	<p>Cricket</p> <p>Warm up & fitness stretches, agility, drills, short sprints.</p> <p>Batting Grip, stance, focus on front foot defence & straight drive. Back swing Defensive shot Expand stroke play. Running between wickets. Building on innings, short selections, playing spins, improvisation. Playing to match situations and leadership, switch hitting, batting under pressure.</p> <p>Bowling Basic seam grip, Straight arm action smooth run up</p>	<p>Football</p> <p>Technical</p> <p>More advanced passing (through balls, chip passes, one-touch passing)</p> <p>Enhanced dribbling skills (change of direction, feints)</p> <p>Advanced shooting (placement, volleys, headers)</p> <p>Defensive skills (tackling, blocking intercepting)</p> <p>Goalkeeping</p> <p>Physical</p> <p>Focus on speed, strength, and stamina</p>	<p>Netball</p> <p>Technical</p> <p>More advanced passing (overhead pass, lob pass, and fast passes under pressure)</p> <p>Advanced shooting (shooting under pressure, shooting from different angles)</p> <p>Footwork under pressure (quick pivots, change of direction, sidestepping)</p> <p>Advanced defending (one-on-one marking, intercepting passes, deflecting shots)</p>	<p>Netball</p> <p>Technical</p> <p>More advanced passing (overhead pass, lob pass, and fast passes under pressure)</p> <p>Advanced shooting (shooting under pressure, shooting from different angles)</p> <p>Footwork under pressure (quick pivots, change of direction, sidestepping)</p> <p>Advanced defending (one-on-one marking, intercepting)</p>	<p>Rounders</p> <p>Year 10 Advanced Play & Specialisation</p> <p>Technical Focus</p> <p>Refining batting techniques</p> <p>Bowling variation (spin, speed)</p> <p>High-pressure catching</p> <p>Tactical Focus</p> <p>Advanced tactics: Pressurising batters</p> <p>Communication in field</p> <p>Batting order strategy</p>	<p>Volleyball</p> <p>Advanced Tactics & Physical Training</p> <p>Focus Areas</p> <p>Match intensity</p> <p>Specialization (setter, libero, etc.)</p> <p>Technical Skills</p> <p>Fast setting</p> <p>Jump float serves</p> <p>One-on-one blocking</p> <p>Tactical Skills</p> <p>Quick transitions</p> <p>Strategic timeouts</p> <p>Reading opponents</p> <p>Physical & Mental</p> <p>Strength & conditioning</p> <p>Mental toughness</p> <p>Injury prevention</p>

<p>Bowling. Line and length consistency, swing basic. Introduction to spin bowling Introduction to bowling plans. Developing accuracy advance variations.</p> <p>Fielding Catching basic (underarm throws, underhand catches, high ball catches) basic ground fielding, throwing Techniques. Underarm/overarm throws Relays, boundary fielding, anticipating drills.</p> <p>Wicket keeping Basic stance, receiving the ball, standing back. Standing up to the stumps, stumpings. Anticipation, communication, working with bowlers.</p> <p>Fitness General coordination, agility, speed over short distances. Speed endurance, balance, core and stability.</p>	<p>(interval training, sprints, plyometrics)</p> <p>Functional strength (targeting specific muscle groups for football)</p> <p>Flexibility and injury prevention routines.</p> <p>Tactical</p> <p>Understanding advanced formations (4-3-3, 4-2-3-1) and positional play</p> <p>Improving decision-making in both attacking and defending situations</p> <p>Positional responsibilities and team shape (defensive and offensive transitions)</p> <p>Psychological</p> <p>Mental resilience under pressure (dealing with setbacks, managing frustration)</p> <p>Focus on leadership and role models within the team</p>	<p>Developing court awareness and the ability to read the game</p> <p>Physical</p> <p>Speed and agility training (sprinting, lateral movement)</p> <p>Strength training</p> <p>Warm up</p> <p>stretches</p> <p>Advanced endurance (interval training, short sprints, shuttle runs)</p> <p>cooling down)</p> <p>Tactical</p> <p>Understanding advanced team formations and court positioning</p> <p>Working on advanced attacking plays (timing, creating space, setting up shooting opportunities)</p> <p>Defensive strategies (double marking,</p>	<p>passes, deflecting shots)</p> <p>Developing court awareness and the ability to read the game</p> <p>Physical</p> <p>Speed and agility training (sprinting, lateral movement)</p> <p>Strength training</p> <p>Warm up</p> <p>stretches</p> <p>Advanced endurance (interval training, short sprints, shuttle runs)</p> <p>cooling down)</p> <p>Tactical</p> <p>Understanding advanced team formations and court positioning</p> <p>Working on advanced attacking plays (timing, creating space, setting up</p>	<p>Physical & Mental Focus</p> <p>Fitness for performance</p> <p>Leadership in team settings</p> <p>Pre-match mental prep</p> <p>Assessment Focus</p> <p>Consistency in play</p> <p>Positional leadership</p> <p>Decision-making assessment</p>	<p>Assessment Focus</p> <p>Advanced skills under pressure</p> <p>Strategic thinking</p> <p>Positional play</p>
---	--	---	---	---	--

	<p>Strength circuits, sprint training. Recovery strategies.</p> <p>Tactics batting partnerships, bowling in pairs, basic field placements, game situations, setting fields, chasing/defending targets. Match management, captaincy skilly, bowling changes reading opposition weaknesses</p> <p>Matches Playing in a bigger team, focus on roles and positions. Captaincy, team management during matches.</p>	<p>Coping with competition and individual goals (personal and team)</p>	<p>creating turnovers, reading passes)</p> <p>Game strategies (fast breaks, slowing down the play, controlling the tempo)</p> <p>Communication and collaboration on court (working as a unit)</p> <p>Psychological</p> <p>Mental toughness and resilience (staying focused under pressure, dealing with mistakes)</p> <p>Building leadership qualities (team captains, being a role model)</p> <p>Visualization techniques and positive self-talk</p> <p>Encouraging accountability and self-reflection</p>	<p>shooting opportunities)</p> <p>Defensive strategies (double marking, creating turnovers, reading passes)</p> <p>Game strategies (fast breaks, slowing down the play, controlling the tempo)</p> <p>Communication and collaboration on court (working as a unit)</p> <p>Psychological</p> <p>Mental toughness and resilience (staying focused under pressure, dealing with mistakes)</p> <p>Building leadership qualities (team captains, being a role model)</p> <p>Visualization techniques and positive self-talk</p>		
--	--	---	--	---	--	--

				Encouraging accountability and self-reflection		
11	<p>Cricket</p> <p>Warm up & fitness stretches, agility, drills, short sprints.</p> <p>Batting Grip, stance, focus on front foot defence & straight drive. Back swing Defensive shot Expand stroke play. Running between wickets. Building on innings, shot selections, playing spins, improvisation. Playing to match situations and leadership, switch hitting, batting under pressure. Advance shots, pacing innings, finishing game.</p>	<p>Football</p> <p>Technical</p> <p>Mastery of all passing techniques (long, short, driven, chip, etc.)</p> <p>Advanced dribbling (combining skills with game situations)</p> <p>Shooting in various situations (on the move, under pressure, set pieces)</p> <p>Defensive awareness (reading the game, intercepting passes, positioning)</p> <p>Position-specific skills (e.g., defenders focus)</p>	<p>Netball</p> <p>Technical</p> <p>Mastery of all passing techniques (quick passes, high passes, long passes)</p> <p>Shooting under pressure (consistency, shooting while moving, positioning under pressure)</p> <p>Advanced defending (anticipating passes, intercepting, working with teammates in defence)</p> <p>Position-specific skills (e.g., shooting techniques for GS and GA, defensive)</p>	<p>Netball</p> <p>Technical</p> <p>Mastery of all passing techniques (quick passes, high passes, long passes)</p> <p>Shooting under pressure (consistency, shooting while moving, positioning under pressure)</p> <p>Advanced defending (anticipating passes, intercepting, working with</p>	<p>Rounders</p> <p>Year 11 Performance & Leadership</p> <p>Technical Focus Mastery of position-specific skills Complex attack combinations Consistent high-level serve</p> <p>Tactical Focus leadership in play (captaincy) Real-time game adjustments Analysing opponent systems</p> <p>Physical/Mental Focus Peak conditioning Stress & game pressure management</p>	

	<p>Bowling Basic seam grip, Straight arm action smooth run up Bowling. Line and length consistency, swing basic. Introduction to spin bowling Introduction to bowling plans. Developing accuracy advance variations. Mental resilience in long spells.</p> <p>Fielding Catching basic (underarm throws, underhand catches, high ball catches) basic ground fielding, throwing Techniques. Underarm/overarm throws Relays, boundary fielding, anticipating drills. Match intensity drills, adapting strategy mid-game</p> <p>Wicket keeping Basic stance, receiving the ball, standing back. Standing up to the stumps, stumpings. Anticipation, communication,</p>	<p>on marking, attackers on finishing)</p> <p>Physical</p> <p>Tailored fitness plans (strength training, high-intensity interval training, sport-specific drills)</p> <p>Injury prevention and recovery strategies (rest, physiotherapy)</p> <p>Mental conditioning (focusing on peak performance, breathing exercises)</p> <p>Tactical</p> <p>In-depth understanding of tactical systems (4-3-3, 3-5-2, 4-4-2 diamond)</p> <p>Advanced match intelligence (anticipating opponents' moves, creating space)</p> <p>Set-piece strategies (attacking and</p>	<p>strategies for GD and GK</p> <p>Physical</p> <p>Tailored fitness programs focusing on explosiveness, stamina, and injury prevention</p> <p>Core strength and flexibility (focused on stability and injury reduction)</p> <p>Recovery and conditioning routines (sports massage, physiotherapy, proper nutrition)</p> <p>Maintaining peak physical performance throughout the season (sports psychology integration)</p> <p>Tactical</p> <p>Mastering complex attacking strategies (screening, cutting to the post, creating space)</p>	<p>teammates in defence)</p> <p>Position-specific skills (e.g., shooting techniques for GS and GA, defensive strategies for GD and GK</p> <p>Physical</p> <p>Tailored fitness programs focusing on explosiveness, stamina, and injury prevention</p> <p>Core strength and flexibility (focused on stability and injury reduction)</p> <p>Recovery and conditioning routines (sports massage, physiotherapy, proper nutrition)</p> <p>Maintaining peak physical performance throughout the season (sports psychology integration)</p>	<p>Coaching/umpiring (intro)</p> <p>Assessment Focus Full match evaluation Leadership & communication Coaching/junior mentoring</p>	
--	---	---	---	---	--	--

	<p>working with bowlers. Leadership rolls, tactical input</p> <p>Fitness General coordination, agility, speed over short distances. Speed endurance, balance, core and stability. Strength circuits, sprint training. Recovery strategies.</p> <p>Tactics batting partnerships, bowling in pairs, basic field placements, game situations, setting fields, chasing/defending targets. Match management, captaincy skilly, bowling changes reading opposition weaknesses. Strength & conditioning, sprint repeatability</p> <p>Matches Playing in a bigger team, focus on roles and positions. Captaincy, team management during matches.</p>	<p>defending corners, free kicks)</p> <p>Player roles in high-pressure situations (penalties, defending a lead)</p> <p>Psychological</p> <p>Enhancing mental toughness (confidence in high-stakes moments)</p> <p>Goal setting for individual and team achievements</p>	<p>Advanced defensive techniques (predicting plays, intercepting, pressuring attackers)</p> <p>In-depth understanding of team formations and set plays</p> <p>Match analysis skills (being able to read the opposition and adapt to changing conditions)</p> <p>Preparing for high-pressure game situations (finals, tough opponents)</p> <p>Psychological</p> <p>Confidence-building for high-stakes matches (finals, championship games)</p> <p>Enhance focus techniques (breathing exercises, staying calm under pressure)</p> <p>Leadership and team dynamics (mentoring younger players, handling criticism)</p> <p>Goal-setting for the individual and team (setting realistic short-</p>	<p>Tactical</p> <p>Mastering complex attacking strategies (screening, cutting to the post, creating space)</p> <p>Advanced defensive techniques (predicting plays, intercepting, pressuring attackers)</p> <p>In-depth understanding of team formations and set plays</p> <p>Match analysis skills (being able to read the opposition and adapt to changing conditions)</p> <p>Preparing for high-pressure game situations (finals, tough opponents)</p> <p>Psychological</p> <p>Confidence-building for high-stakes matches (finals,</p>		
--	---	--	--	---	--	--

	Competitive full format cricket.		term and long-term goals)	championship games) Enhance focus techniques (breathing exercises, staying calm under pressure) Leadership and team dynamics (mentoring younger players, handling criticism) Goal-setting for the individual and team (setting realistic short-term and long-term goals)		
--	----------------------------------	--	---------------------------	---	--	--