

### Practice Session Plan (Example)

<b>Date:</b> 8/09/23	<b>Session Number:</b> 2
<b>Time:</b> 3:30-4:30	<b>Venue:</b> Mitre 10 nets
<b>Objective Of the Session:</b> Value wicket when batting Decrease wides	
<b>Equipment:</b> Balls, net	
<b>Introduction:</b> Ask players how they think last game went. Identify we got ourselves out, all 10 wickets bowled or caught. Also bowled 20 wides Time: 2-3 mins	
<b>Warm Up:</b> Zone ball. Get players thinking about what they're doing, working as a team to win the game Time: 5mins	
<b>Activity 1:</b> Consequence net session Time: 50 mins Have 2 batters batting together with a third padded up as an umpire. If the umpire calls a batter out the batter must come out of the net and take all their batting gear off then put it back on then goes to be the umpire. The umpire takes the batters spot in the net At the same time if a bowler bowls a wide, they must do 5 press-ups (outside of the net)	
<b>Activity 2:</b> Time:	
<b>Activity 3:</b> Time:	
<b>Conclusion:</b> Recap of session. What was the objective, how did the players think they went throughout the session regarding the objective. How can this practice help us improve in our next game. Time: 2-3 mins	
<b>Evaluation:</b> Overall the session went well. Batters realized the importance of looking after their wicket and started to bat for a longer time without getting out. Sometimes made it difficult to give everyone a fair turn batting. So next time give batters a maximum number of balls to face. The bowlers improved on their wides, although got more tired at the end. Come up with another punishment for bowling wides, press-ups keep adding up and do them at the end?	