

# A Typical Day on

**Freddie Juniors**

**Freddie Seniors**

8.30am-9.30am	BrainBox Extra Time Club	
9.30am-10.00am	<b>Activate yourself - warm up</b>	
SESSION 1	<b>Catching</b>	<b>Front foot drive</b>
SESSION 2	<b>Hitting it straight</b>	<b>Bowling target games</b>
SESSION 3	<b>Beginning to bowl</b>	<b>Close catching</b>
LUNCH	<b>LUNCH AND QUIZ</b>	
FREDDIE CHALLENGE	<b>crazycatch challenge</b>	
SESSION 4	<b>Cricket golf</b>	<b>Scenario nets</b>
SESSION 5	<b>Dodgeball</b>	<b>Six hitting</b>
SESSION 6	<b>Continuous cricket</b>	<b>Game scenarios</b>
END OF PLAY	<b>Tidy up and end of day reflection</b>	
4.30pm-5.30pm	BrainBox Extra Time Club	