

HP  
PROGRAM

WEEK 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
<b>MORNING</b> Preparation of Facilities	<b>MORNING</b> National Squad Venue: BRG Time: 07h00 – 09h00 Strength & Conditioning National Squad Time: 12h00 -14h00 Squad Fielding  <b>AFTERNOON</b> U16 Venue: Wanderers Time: 15h00 – 17h00	<b>MORNING</b> National Squad Venue: Wanderers Time: 11h00 -14h00 Online – Nets  <b>AFTERNOON</b> National Squad Venue: Wanderers Time: 15h00 – 17h00 Nets – Own Time U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	<b>MORNING</b> National Squad Venue: BRG Time: 07h30 – 08h30 Strength & Conditioning Time: 11h00 – 13h00 Online Nets  <b>AFTERNOON</b> National Squad Venue: Wanderers Time: 14h00 -15h00 Nets – Own Time U16 Venue: Wanderers Time: 15h00 – 17h00	<b>MORNING</b> National Squad Venue: Wanderers Time: 11h00 -14h00 Online – Nets  <b>AFTERNOON</b> National Squad Venue: Wanderers Time: 15h00 -17h00 Nets – Own Time U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	<b>MORNING</b> Time: 10h00 -11h30 Zoom Squad Meeting  <b>AFTERNOON</b> National Squad Venue: Wanderers Time: 13h00 -15h00 U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	<b>MORNING</b> National Women Venue: Wanderers Time :08h00 – 10h00
	<b>Nat Men's Focus</b>	<b>Academy Focus</b>	<b>U19 Focus</b>	<b>U16 Focus</b>		<b>Women Focus</b>
	Online Nets <ul style="list-style-type: none"> <li>T20 Skills (Under Pressure)</li> </ul> Own Time <ul style="list-style-type: none"> <li>Detox (Tec Checkpoints)</li> <li>Maintenance Drills/Circuit</li> <li>Spin (Sweep/Adv)</li> </ul> Fielding <ul style="list-style-type: none"> <li>Volume (Reflex/Agility)</li> <li>Throwing</li> <li>Angles/Approach</li> </ul> PRESENTATIONS <ul style="list-style-type: none"> <li>Discussions</li> </ul>	Live Net <ul style="list-style-type: none"> <li>T20 Mindset</li> </ul> Batting & Bowling Skills  Live Net <ul style="list-style-type: none"> <li>T20 Mindset</li> <li>Power Play 1</li> <li>Window of Opportunity PP 2</li> <li>Graveyard Death</li> </ul>	50 Overs <ul style="list-style-type: none"> <li>Batting</li> <li>Skills</li> <li>Bowling</li> <li>Maintenance</li> <li>Groove Net</li> </ul>	Back to Basics  Base Work <ul style="list-style-type: none"> <li>Batting</li> <li>Technical Check points</li> <li>Bowling Machine</li> </ul> Fielding <ul style="list-style-type: none"> <li>Maintenance Volume</li> </ul> Strength & Conditioning <ul style="list-style-type: none"> <li>Cardio</li> </ul>		Batting <ul style="list-style-type: none"> <li>Playing Spin (High Risk Options)</li> <li>Technical Check points</li> <li>Bowling</li> <li>Maintenance</li> <li>Line &amp; Length</li> <li>Fielding</li> <li>Volume &amp; Maintenance</li> </ul>