

HP
PROGRAM

WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
<p>MORNING Preparation of Facilities</p>	<p>MORNING National Squad Venue: Wanderers Time: 07h30 – 08h30 Strength & Conditioning Time: 10h30 -11h00 Zoom Meeting – Squad</p> <p>AFTERNOON National Squad Venue: Wanderers Time: 12h00 – 14h00 Nets – Own Time U16 Venue: Wanderers Time: 15h00 – 17h00</p>	<p>MORNING National Squad Venue: Wanderers Time: 11h00 – 12h30 Strength & Conditioning Time: 11h00 -12h30 Online – Nets</p> <p>AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30</p>	<p>MORNING National Squad Venue: Wanderers Time: 07h30 – 08h30 Strength & Conditioning Time: 11h00 – 13h00 Online - Nets / Skills</p> <p>AFTERNOON National Squad Venue: Wanderers Time: 14h00 -17h00 Nets – Own Time U16 Venue: Wanderers Time: 15h00 – 17h00</p>	<p>MORNING National Squad Venue: Wanderers Time: 07h30-08h30 Strength & Conditioning Time: 11h00 -12h30 Online – Nets</p> <p>AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30</p>	<p>MORNING National Squad Venue: Wanderers Time: 07h30-08h30 Strength & Conditioning Time: 10h00 -11h30 Zoom Squad Meeting</p> <p>AFTERNOON National Squad Venue: Wanderers Time: 12h00 – 14h00 Nets – Own Time U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30</p>	<p>MORNING National Women Venue: Wanderers Time :08h00 – 11h00</p>
	Nat Men's Focus	Academy Focus	U19 Focus	U16 Focus		Women Focus
	<p>Batting & Bowling</p> <ul style="list-style-type: none"> • Detox – Volume • Maintenance • Learn a NEW skill <p>Live Net</p> <ul style="list-style-type: none"> - T20 Mindset - Match (Scenarios) - T20 Targets / Battles <p>Fielding</p> <ul style="list-style-type: none"> - Maintenance (10% Catching & Skilling) <p>EAGLE ACTION PLAN/ LEADERS STRUCTURE</p>	<p>Live Net</p> <ul style="list-style-type: none"> • T20 Mindset - Spin Specialist: Merwe Erasmus <p>Sweeps & Reverse & Laps</p> <p>Live Net</p> <p>Specialist Batsman: Stephen Baard</p> <ul style="list-style-type: none"> • Power Play 1 & Window of Opportunity • Graveyard & Death 	<p>Back to Basics</p> <p>Base Work</p> <ul style="list-style-type: none"> • Batting <p>- Technical Check points</p> <p>Base Work</p> <ul style="list-style-type: none"> • Bowling - Maintenance Line & Length 	<p>Back to Basics</p> <p>Base Work</p> <ul style="list-style-type: none"> • Batting <p>- Technical Check points</p> <p>Base Work</p> <ul style="list-style-type: none"> • Fielding - Maintenance Volume 		<p>Batting</p> <ul style="list-style-type: none"> • Playing Spin (High Risk Options) - Technical Check points <ul style="list-style-type: none"> • Bowling - Maintenance - Line & Length <ul style="list-style-type: none"> • Fielding - Volume & Maintenance