

HP
PROGRAM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
MORNING Preparation of Facilities	MORNING National Squad Venue: BRG Time: 07h00 – 08h30 Strength & Conditioning National Squad Time: 11h30 -13h00 AFTERNOON U16 Venue: Wanderers Time: 15h00 – 17h00	MORNING National Squad Venue: BRG Time: Own Time Strength & Conditioning National Squad Venue: Wanderers Time: 11h00 -13h00 Online – Nets AFTERNOON National Squad OFF U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Squad Venue: BRG Time: Own Time Strength & Conditioning National Squad Time: 11h00 – 13h00 Online Nets AFTERNOON National Squad Venue: Wanderers Time: 14h30 -17h00 Nets – Own Time U16 Venue: Wanderers Time: 15h00 – 17h00	MORNING National Squad Venue: BRG Time: Own Time Strength & Conditioning National Squad Venue: Wanderers Time: 11h00 -13h00 Online – Nets AFTERNOON National Squad Venue: Wanderers Time: 15h00 -17h00 Nets – Own Work U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Squad Venue: BRG Time: 07h00 – 08h30 Strength & Conditioning National Squad Zoom Squad Meeting Time: 10h00 -11h00 AFTERNOON National Squad Venue: Wanderers Time: 12h00 -13h00 Fielding U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Women Venue: Wanderers Time :08h00 – 10h00
	Nat Men's Focus	Academy Focus	U19 Focus	U16 Focus		Women Focus
	1. Load Management 2. Activations 3. Traffic Lights 4. 3 Areas that stretch you in a match <ul style="list-style-type: none"> • Intensity • Clarity • Execution of Skills Own Time - Buddies Own Time Online Nets – T20 Mindset <ul style="list-style-type: none"> • Batting • Bowling • Fielding PRESENTATIONS - Wrap for the Week	T20 Mindset Batting Skills <ul style="list-style-type: none"> • Short Balls • Advance Drives (Ground & Aerial) Bowling Skills <ul style="list-style-type: none"> • Stock • Bouncer • Yorker Nets will be Individual Focus	50 Overs Individual Focus <ul style="list-style-type: none"> • Batting - Skills <ul style="list-style-type: none"> • Bowling - Skills 	Base Work Batting <ul style="list-style-type: none"> • Drills • Skills • Fielding • Fitness 		Batting <ul style="list-style-type: none"> • Playing Spin (High Risk Options) - Technical Check points <ul style="list-style-type: none"> • Fielding - Volume & Maintenance

