

HP
PROGRAM

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<p>MORNING Preparation of Facilities</p> <p>AFTERNOON U16 Venue: Wanderers Time: 15h00 – 17h00</p>	<p>MORNING National Squad Venue: Wanderers Time:07h00-09h00 Time: 11h00 -14h00</p> <p>AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30</p>	<p>MORNING National Squad Venue: Wanderers Time:07h00-09h00 Time: 11h00 -14h00</p> <p>AFTERNOON U16 Venue: Wanderers Time: 15h00 – 17h00</p>	<p>MORNING National Squad Venue: Wanderers Time:07h00-09h00 Time: 11h00 -14h00</p> <p>AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30</p>	<p>MORNING National Squad Venue: Wanderers Time:07h00-09h00 Time: 11h00 -14h00</p> <p>AFTERNOON 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
	<ul style="list-style-type: none"> • Detox Drills • Grooving Drills 	<ul style="list-style-type: none"> • T20 – Live Nets 	<ul style="list-style-type: none"> • Base Work -Back to Basics 	<ul style="list-style-type: none"> • Base Work -Back to Basics 		<ul style="list-style-type: none"> • Observation