

HP
PROGRAM
WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
		MORNING National Squad Venue: Wanderers Time: 07h00-09h00 Time: 11h00 -14h00 AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Squad Venue: Wanderers Time: 07h00-09h00 Time: 11h00 -14h00 AFTERNOON U16 Venue: Wanderers Time: 15h00 – 17h00	MORNING National Squad Venue: Wanderers Time: 07h00-09h00 Time: 11h00 -14h00 AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Squad Venue: Wanderers Time: 07h00-09h00 Time: 11h00 -14h00 AFTERNOON U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Women Venue: Wanderers Time :08h00 – 11h00
	Nat Men's Focus	Academy Focus	U19 Focus	U16 Focus		Women Focus
	Batting <ul style="list-style-type: none"> • Detox – Volume • Grooving Drills- Perfect your skill • Sweeps- High risk release Bowling <ul style="list-style-type: none"> • Maintenance Line & Length Live Net <ul style="list-style-type: none"> • T20 Mindset EAGLE CULTURE / ACTION PLAN 2020	Live Nets <ul style="list-style-type: none"> • T20 Mindset Net 1 <ul style="list-style-type: none"> • Power Play 1 & Window of Opportunity Net 2 <ul style="list-style-type: none"> • Graveyard & Death Batting – Sweeps & Reverse & Laps Bowling - Maintenance	Back to Basics Base Work <ul style="list-style-type: none"> • Batting Technical Check points Base Work <ul style="list-style-type: none"> • Bowling Maintenance Line & Length 	Back to Basics Base Work <ul style="list-style-type: none"> • Batting Technical Check points Base Work <ul style="list-style-type: none"> • Bowling Maintenance Line & Length 		Back to Basics Base Work <ul style="list-style-type: none"> • Batting Technical Check points Base Work <ul style="list-style-type: none"> • Bowling Maintenance Line & Length