

HP
PROGRAM

WEEK 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	8	9	10	11	12	13
MORNING Preparation of Facilities	MORNING National Squad Venue: Wanderers Time: 07h30 – 08h30 Strength & Conditioning Time: 12h30 -14h30 Squad Fielding AFTERNOON U16 Venue: Wanderers Time: 15h00 – 17h00	MORNING National Squad Venue: Wanderers Time: 11h00 -14h00 Online – Nets AFTERNOON National Squad Venue: Wanderers Time: 15h00 – 17h00 Nets – Own Time U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING National Squad Venue: Wanderers Time: 07h30 – 08h30 Strength & Conditioning Time: 11h00 – 12h00 Nets / Fielding AFTERNOON National Squad Venue: Wanderers Time: 15h00 -17h00 Nets – Own Time U16 Venue: Wanderers Time: 15h00 – 17h00	MORNING National Squad Venue: Wanderers Time: 11h00 -12h30 Online – Nets AFTERNOON National Squad Venue: Wanderers Time: 15h00 -17h00 Nets – Own Time U19 Venue: Wanderers Time: 15h00 – 16h45 National Academy Venue: Wanderers Time: 17h00 – 18h30	MORNING Time: 10h00 -11h30 Zoom Squad Meeting 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 & Bowling <ul style="list-style-type: none"> T20 Skills Specific Live Net <ul style="list-style-type: none"> T20 Mindset ONE Time – Nets <ul style="list-style-type: none"> Polishing Skill Fielding <ul style="list-style-type: none"> Maintenance (15% Catching & Skilling) PRESENTATIONS <ul style="list-style-type: none"> Team Discussions 	Live Net <ul style="list-style-type: none"> T20 Mindset Playing Spin <ul style="list-style-type: none"> Back Foot / Front Foot Sweeps & Reverse Laps Live Net <ul style="list-style-type: none"> T20 Mindset Power Play 1 Window of Opportunity Graveyard Death 	Back to Basics Base Work <ul style="list-style-type: none"> Batting Technical Check points Base Work <ul style="list-style-type: none"> Bowling T20 Skills Specific 	Back to Basics Base Work <ul style="list-style-type: none"> Batting Technical Check points Bowling Machine Fielding <ul style="list-style-type: none"> Maintenance Volume Strength & Conditioning <ul style="list-style-type: none"> Cardio 		Batting <ul style="list-style-type: none"> Playing Spin (High Risk Options) Technical Check points Bowling Maintenance Line & Length Fielding Volume & Maintenance