

GKC High Performance Academy (PRO)

2019 Weekly Timetable

WEEK 2

21 January to 25 January 2019



HIGH
PERFORMANCE
GARY KIRSTEN CRICKET

Details	Monday		Tuesday		Wednesday		Thursday		Friday	
Activity	One on One	One on One	Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		Middle Session 09h00 - 12h00 Match Scenario All Players Coaches: Gary Kirsten, Adi Birrell, Ryan Cook		Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		One on One	One on One
Time	09h00 - 10h00	09h00 - 10h00							09h00 - 10h00	09h00 - 10h00
Player	John Simpson	Arun Harinath							Nic Browne	Michael Pepper
Activity	One on One	One on One	Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		Middle Session 09h00 - 12h00 Match Scenario All Players Coaches: Gary Kirsten, Adi Birrell, Ryan Cook		Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		One on One	One on One
Time	10h00 - 11h00	10h00 - 11h00							10h00 - 11h00	10h00 - 11h00
Player	Mike Richardson	Gareth Harte							Dawid Malan	Tom Curran
Activity	One on One	One on One	Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		Middle Session 09h00 - 12h00 Match Scenario All Players Coaches: Gary Kirsten, Adi Birrell, Ryan Cook		Nets and Fielding 09h00 - 11h30 All Players Coaches : Gary Kirsten, Adi Birrell, Ryan Cook		One on One	One on One
Time	11h00 - 12h00	11h00 - 12h00							11h00 - 12h00	11h00 - 12h00
Player	Chris Nash	Saf Imtiaz							Tom Westley	David Lloyd
Activity	Lunch		Lunch		Lunch		Lunch		Lunch	
Time	12h00 - 13h00		12h00 - 13h00		12h00 - 13h00		12h00 - 13h00		12h00 - 13h00	
Player										
Activity			One on One	One on One			One on One	One on One		
Time			13h00 - 14h00	13h00 - 14h00			13h00 - 14h00	13h00 - 14h00		
Player			Nic Browne	Michael Pepper			Arun Harinath	John Simpson		
Activity			One on One	One on One			One on One	One on One		
Time			14h00 - 15h00	14h00 - 15h00			14h00 - 15h00	14h00 - 15h00		
Player			Dawid Malan	Tom Curran			Gareth Harte	Mike Richardson		
Activity			One on One	One on One			One on One	One on One		
Time			15h00 - 16h00	15h00 - 16h00			15h00 - 16h00	15h00 - 16h00		
Player			Tom Westley	David Lloyd			Saf Imtiaz	Chris Nash		

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www.garykirsten.com