

# GKC High Performance Mini Camps

## Weekly Schedule



Details	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Welcome and net session – assessing technique and skill level	Game Scenarios – Learning to handle pressure	Physical Screening at Sports Science Institute South Africa	Fielding and Masterclass Session	Skill execution session
Afternoon	Skill Acquisition Session – Batting and Bowling	Video Analysis Session 1	Upskill in batting and bowling (Spin Masterclass)	Game plan session and managing pressure workshop	Video Analysis Session 2

IN PARTNERSHIP WITH  
**FAIRTREE**



f @garykirsten    t @GK\_CA    i @garykirstencricketacademy

[www.garykirsten.com](http://www.garykirsten.com)