



DAY 1 : UNDERSTANDING PERFORMANCE

10:30-11:00 Introduction
11:00-11:30 Performance Pathway
11:00-13:00 Training (1)
13:00-14:00 Lunch
14:00-16:00 Core Skills
16:00-16:20 Drinks
16:20-17:30 GKC Dice Challenge

DAY 3 : ONE DAY CRICKET

10:30-12:30 Match Scenario (1)
12:30-13:30 Lunch
13:30-15:30 Match Scenario (2)
15:30-16:00 Drinks
16:00-17:00 GKC Fielding Challenge
17:00-17:30 Match Review

DAY 4 : ONE DAY CRICKET

10:30-11:00 Stakeholders in Performance
11:00-13:00 Repetition of Core Skills
13:00-14:00 Lunch
14:00-16:00 Skill Acquisition/Upgrade
16:00-16:20 Drinks
16:20-17:30 Opposition Analysis and Game Plans

DAY 2 : ONE DAY CRICKET

10:30-11:00 Managing Pressure
11:00-12:30 Powerplay – Tactics and Skills
12:30-13:30 Lunch
13:30-15:30 Middle Overs – Tactics and Skills
15:30-16:00 Drinks
16:00-17:30 Death Overs – Tactics and Skills

DAY 5 : ONE DAY CRICKET

10:30-11:00 Goal Setting
11:00-13:00 Setting Targets
13:00-14:00 Lunch
14:00-16:00 Chasing Targets
16:00-16:20 Drinks
16:20-17:00 Skills and Drills
15:30-16:00 Camp DebriefPlans

HIGH PERFORMANCE CAMP SCHEDULE



IN PARTNERSHIP WITH

FAIRTREE