

# GKC High Performance Mini Camps Weekly Schedule



Details	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	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
<b>Afternoon</b>	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



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