



HIGH PERFORMANCE

GARY KIRSTEN CRICKET



INTERNATIONAL HIGH
PERFORMANCE CAMP



IN PARTNERSHIP WITH

FAIRTREE



Welcome to the GKC High Performance program run by Gary Kirsten. This High Performance Camp includes a deeper look into preparing for the new season and the processes involved in contributing to a successful term of cricket.

During the course of the program, our GKC team will explore focus points for individuals and teams to start creating consistency. Theory and practical sessions will allow our team to share knowledge and create a better understanding about going out and making performances.

Gary Kirsten Cricket (GKC) is a renowned cricket academy that provides private cricket coaching for individual cricketers, teams and coaches of various ages and experience levels. Created by the iconic cricketing legend Gary Kirsten, this institution is one of the finest academies both locally and abroad. Gary had a vision to develop an internationally recognized cricket academy that would be based at a of the art facility. This vision became a reality when the academy was launched, providing high performance cricket coaching that not only caters for South African cricketers, but also for cricketers from around the world. Many international cricketers join the GKC during their off season to ensure that they sharpen their game and continually get access to the top coaches.

GKC has conducted over 30 High Performance camps in the past 11 years. These camps include High Performance training for both teams and individuals, as well as a Coach Education component. Gary and the High Performance Coaching team share their expertise through unique interventions that provide all-round learning and the opportunity for each player to advance and upskill their game.



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The GKC High Performance camp will assist players in reaching their next level.

Players will get every chance to enhance and improve their skills as well as share their experiences with fellow cricketers through intense practices. We look forward to sharing a unique cricket experience with ambitious players seeking to raise their game.

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- Gary Kirsten -



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DAY 1 : UNDERSTANDING PERFORMANCE

10:30-11:00 Introduction
11:00-11:30 Performance Pathway
11:00-13:00 Training
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



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COACHES ROLES

- Description
- Responsibilities
- Characteristics
- Behaviours
- Skill Sets

CONDUCTING PURPOSEFUL TRAINING Specialist skills

- Batting
- Bowling
- Fielding
- Wicket-Keeping

PLAYER PERFORMANCE MANAGEMENT

- Internal Influences
- External Influences
- Ready for Performance

TEAM CULTURE

- Managing Expectation
- Managing Parents
- Managing Performance

COACH THE COACHES

With CoachED Cricket



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GARY KIRSTEN

Allcoaches workclosely with Gary Kirsten and are kept informed of the latest cricket updates, information and coaching techniques. The experience and insight gained throughout his tenure as coach of powerful test playing nations has included far more than cricket itself. It is his skill for getting the best out of his players whilst maintaining their respect both on and off the field that has made him an inspirational leader.

Derek Mitchell

Derek has coaching experience at all levels of the game at both senior and junior provincial and international levels and understands the step ups required at each stage to perform. With technical excellence and an eye for detail, his holistic view to performance is paramount to the success of the Academy and his commitment to excellence is reflected by the growth of the players he works with.

Jordan Gregory

Jordan has a holistic view of player development, with an outstanding ability to connect with players of all levels , he aims to optimize their collective strength. Utilizing his experience in international coaching, India, Netherlands & South Africa, Jordan is integral to the running of our flagship high performance program, aimed at developing the needs of players in order to level up their game.

GKC COACHING TEAM



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JIMMY COOK

Ex South African and County batsman with 50 years coaching experience at all the different age groups. Jimmy has run his Academy for the past 20 years in Johannesburg based at King Edward VII School. Jimmy has coaching experience with the Lions (SA), Somerset, Hampshire and Glamorgan and has done previous camps with GKC in Holland, Kenya, Dubai and Abu Dhabi.

RYAN VAN NIEKERK

Ryan has a definitive passion for cricket. Having spent the early part of his career looking to pursue the game at a playing level, his passion was always to stay in the game. Ryan has over 15 years of coaching experience gained through South Africa as well as United Kingdom, India, Holland and the UAE. He embraces challenges and has a proven ability to operate with professionalism and integrity. He is driven by the pursuit for excellence and balance in all facets of his life.

Ryan's coaching philosophy stems from his ability to connect with individuals from all walks of life. Everyone has something to offer in anything they do, you just have to unlock that ability through creating the trust and connection over time.

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