



TRAINING SCHEDULE FOR CRICKET KIDS + KIDS ADVANCED PLAYERS

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	GENERAL WARM UP	ADVANCE KIDS NETS PRACTICE KIDS CATCHING PRACTICE	BOX MATCH DRILLS BASED	WARM DOWN
TUESDAY	FITNESS BASED GAME	ATTACK FIELDING PRACTICE	TENNIS BALL MATCH	WARM DOWN
WEDNESDAY	GENERAL WARM UP	FITNESS BASED GAME,	LADDER, HURDLES, BASED FITNESS	WARM DOWN
THURSDAY	GENERAL WARM UP	BATTING GRIPING, STANDS DRILLS	DRILLS BASED MATCH	WARM DOWN
FRIDAY	GENERAL WARMUP	ADVANCE KIDS BOWLING DRILLS	KIDS FRONT FOOT DRILLS	WARM DOWN
SATURDAY	GENERAL WARM UP	FUN GAME	THEORY CLASS FOR ALL CIRCUIT RULES & BOX MATCH	WARM DOWN



TRAINING SCHEDULE FOR CRICKET PLAYERS FOR INTERMEDIATE

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
Monday	GENERAL CONDITIONING	COREWORKOUT, NETS=>BATTING=OFF DRIVE, ON DRIVE	BOWLING=>IN SWING->OUTSWING	WARM DOWN
Tuesday	GENERAL CONDITIONING	FITNESS	FITNESS	WARM DOWN
Wednesday	GENERAL CONDITIONING	NETS=BATTING-PULLSHOT	BOWLING-OFFSPIN-LEGSPIN	WARM DOWN
Thursday	GENERAL CONDITIONING	RUNNING BETWEEN WICKETS	FIELDING	WARM DOWN
Friday	GENERAL CONDITIONING	NETS=BATTING-BACKFOOT DEFENCE AND DRIVE	BOWLING-RUNUP-TARGET BOWL	WARM DOWN
Saturday	GENERAL CONDITIONING	PRACTICE MATCH	GAME DAY	WARM DOWN



TRAINING SCHEDULE FOR ADVANCE CRICKET PLAYERS

DAY	INTRODUCTORY PART	FORMAL PART	SPECIAL PART	ASSEMBLY & DISMISSAL
MONDAY	GENERAL CONDITIONING	MORNING=> CORE WORKOUT EVENING=>FIELDING HIGH CATCH FLAT CATCH	GROUND FIELDING UNDER ARM PICK AND THROW	WARM DOWN
TUESDAY	GENERAL CONDITIONING	MORNING=NETS EVENING=BATTING DRILL BOWLING DRILL	VARAIATION DEPENDS ON BOWLER BOWLING RUNUP DRILL	WARM DOWN
WEDNESDAY	GENERAL CONDITIONING	MORNING=NETS BATTING DRILL BOWLING DRILL EVENING=FITNESS SHUTTLE RUN SHUFFLE RUN LADDER WORKOUTS	VARAIATION DEPENDS ON BOWLER	WARM DOWN
THURSDAY	GENERAL CONDITIONING	MORNING=NETS BATTING DRILL BOWLING DRILL	VARAIATION DEPENDS ON BOWLER	WARM DOWN



FRIDAY	GENERAL CONDITIONING	MORNING=NETS BATTING DRILL BOWLING DRILL EVENING=GAMEDAY PLAYING UNDER CONDITION	VARAIATION DEPENDS ON BOWLER	WARM DOWN
SATURDAY	GENERAL CONDITIONING	MORNING=NETS BATTING DRILL BOWLING DRILL	VARAIATION DEPENDS ON BOWLER	WARM DOWN
SUNDAY	GENERAL CONDITIONING	MORNING=NETS BATTING DRILL BOWLING DRILL	VARAIATION DEPENDS ON BOWLER PRACTICE MATCH OR GAME DAY	WARM DOWN