

WEEK AT A GLANCE

Month : August | Week : #2

August 07 (Thursday)

CRICKET - ALL LEVELS

FUNCTIONAL MOVEMENT

Staff : N/A

Time : 12:52 - 13:52

Venue : Cricket Complex

Session No. : 2

Contents :

Technical-Solo Practice in Backhand and Drills

Warm-up 15 min

- The court runs 10 min
- Squats and Jump(1 min on & 30 sec off) 3 sets
- Basic Full Body Exercise

Main Activities

- Shadow practice 5 sets 10 corners with timing(1 min on & 45 secs off)
- 200 Backhand drive from the service box 10 min
- 200 Backhand volley drive from the middle 10 min
- Frontcourt Boast 7 min
- Backhand Boast from the middle or back 5 min
- Backhand trickle Boast 5 min
- Backhand volley drop from the middle 7 min
- Backcourt 11 point game 3 sets

Cool down 10 min

- Stretching