

# MAMS CRICKET ACADEMY

## WEEKLY FITNESS SCHEDULE

TIMINGS: 6AM-7AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY	<b>LIGHT JOGGING YOGA SESSION</b>  (Yoga Aasans, Meditation, Mobility)  Cool Down	<b>ENDURANCE WORKOUT</b>  (40 min. Running, 10x 60M Sprint)  Cool Down	<b>SPEED &amp; AGILITY TRAINING</b>  (Cones Training, Shuttle Runs, Ladder drills)  Cool Down	<b>INTERVAL TRAINING &amp; CORE WORKOUT</b>  (Interval Training: 400m Run X 8 sets, Core Workout Specialized program)  Cool Down	<b>UPPER BODY STRENGTH WORKOUT</b>  (Shoulder Press, Medicine Ball Slam, Chest Press etc.)  Cool Down	<b>INDIVIDUAL GYM SESSION/LEG DAY</b>  Specialised Gym Session plan follow under the Coach/Leg press, Skipping/Squats, Lunges, etc.)

# MAMS CRICKET ACADEMY

## EVENING SESSION SCHEDULE

TIMINGS: 3:30PM-6PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REST DAY/RECREATION ACTIVITY	<p>Front Foot drills with the underarm ball,</p> <p>1 step jump and Bowl,</p> <p>Net session in indoor,</p> <p>Fielding session</p>	<p>Front Foot defence drill with picking the ball</p> <p>Spot bowling on grass,</p> <p>Net session in indoor,</p> <p>Fielding session</p>	<p>Back foot punch drill,</p> <p>1,3,5 step jump and bowl drill,</p> <p>Net session in indoor,</p> <p>Match Simulation,</p> <p>Fielding session</p>	<p>Front Foot drive with loop ball and overarm ball,</p> <p>Loading Drills &amp; Basics Run-up Drills</p> <p>Net session in indoor,</p> <p>Fielding session</p>	<p>Match simulation for grounded short,</p> <p>3-step jump and bowl drill</p> <p>Net session in indoor,</p> <p>Fielding session</p>	<p>Match day/ Individual Batsman/Bowler Game Analysis/ Bowling Machine Practise session</p>

# MAMS CRICKET ACADEMY

## MORNING SESSION SCHEDULE

TIMINGS: 9AM-11AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>REST DAY/RECREATION ACTIVITY</b></p>	<p>Warm-up, Judgemental Drills for Line and Length 1,3,5 steps bowling Short catches Outdoor Net Session Cool Down</p>	<p>Jogging and mobility, Self-front foot drive overarm throw practice with a plastic ball, Net session with side arm, Spot bowling, Grounded Fielding Cool Down</p>	<p>Mobility warm-up and stretching Back foot drills with plastic balls, Loading drills, Tennis racket catching, Crouch and get up Drills, Cool Down</p>	<p>General warm-up and stretching, Net session by Coach, Non-bowling arm drills, High Catching with high intensity, GW drills with mixed balls, Cool Down</p>	<p>Full Body Warm-up, Match simulation Drills, Single-wicket spot bowling, Non-bowling arm extension drill, Flat catches, Cool Down</p>	<p>Match Day, Outdoor Net Sessions, Net session with the side arm, Cool Down/Football Match</p>