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MICHAEL CLARKE, AUSTRALIAN TEST  
& ONE-DAY INTERNATIONAL CAPTAIN

# TRAINING PLAN "THE CLARKEY WAY"

MICHAEL CLARKE CRICKET ACADEMY



# MICHAEL CLARKE CRICKET ACADEMY TRAINING PLAN “THE CLARKEY WAY”

## MONDAY

TIME	EVENT	WHERE	PLAN	COACHING STAFF
9:00am	Introduction to The Week	Iles Theatre	- Outline the plan for the week - Introduce the coaching staff - General house keeping - Video intro from MC	Ben Sawyer Les Clarke
9:30am	Physical Testing	Soloman Gym Carlisle HPC Main Oval	- Height/Sitting Height - Weight - Bod Pod - Run of 3 - 2km time trial	Tenzing Tsewang Ben Sawyer
11:45am	Lunch	Dining Hall		
12:30pm	Throwing Technique	Main Oval	- Basics of safe/effective throwing technique - Throwing to be individually filmed as well	Graham Casell (Syd Blue Sox)
2:00pm	Video Actions	Fairfax Oval	- Batting (front and back foot) - Bowling (front, side, top - spin & quicks) - Keeping	Ben Sawyer Michael Maclellann Lisa Sthalekar
4:30pm	Recovery Session	Pool	- Swim/Stretch	Ben Sawyer
6:00pm	Dinner	Dining Hall		
7:00pm	Tactical Session	Iles Theatre	- Presentation on a tactical issues during a game	Ben Sawyer

KEY: ■ SSC ■ SKILLS ■ RECOVERY ■ EDUCATION



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## TUESDAY

TIME	EVENT	WHERE	PLAN	COACHING STAFF
6:00am	Conditioning Session	Altitude room	- Off legs session (cross trainer/bikes)	Ben Sawyer Trent Yee
7:00am	Gym Session	Soloman Gym	- Body strength routine	Ben Sawyer Trent Yee
7:00am	Potential Fast Bowling Screenings	Soloman Gym	- Danny to do screenings for quicks	Danny Redrup
8:00am	Breakfast	Dining Hall		
9:00am	Video Analysis Session	Isles Theatre Soloman HPC Sci Room next to Isles	- Go through individual player videos - Quicks, Spinners, Batters and Keepers	Ben Sawyer Mick MacLennan Lisa Sthalekar Beau Casson
10:00am  Session One 10:00am to 11:30am  Session Two 11:30am to 1:00pm	Skills Session	Fairfax Oval Main Oval	- MC Video to intro session - Half group involved in a net session - 2 x bowling machines - “TimeWarp” software running - 2 x live nets - Half group fielding session - Throwing routine - Pick up and throw (under and overarm) - Target throwing - Low catch - High catch	Ben Sawyer Mick MacLennan Lisa Sthalekar Beau Casson Les Clarke
1:00pm	Lunch	Dining Hall		
2:00pm	Recovery	Bondi Beach	- Beach recovery and free time on beach	Ben Sawyer Les Clarke
6:00pm	Dinner	Dining Hall		
7:00pm	Mental Skills Session	Isles Theatre	- Routines - Visualisation	Troy Baker

KEY: S&C SKILLS RECOVERY EDUCATION



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## WEDNESDAY

TIME	EVENT	WHERE	PLAN	COACHING STAFF
6:00am	Conditioning Session	Main Oval	- Speed session	Ben Sawyer
7:00am	Pre-Hab Exercises	Soloman Gym	- Patty Farhart	Patty Farhart
7:00am	Potential Fast Bowling Screenings	Soloman Gym	- Danny to do screenings for quicks	Danny Redrup
9:00am	Breakfast	Dining Hall		
10:00am	<b>Skills Session 1</b> Specialist Session <i>Centre Wicket Scenarios</i>	Fairfax Oval Main Oval	- Session to focus on individual player needs from video analysis - Centre Wicket Scenarios	Ben Sawyer Mick MacLennan Lisa Sthalekar
12:30pm	Lunch	Dining Hall		
1:30pm	<b>Skills Session 2 (Swap)</b> Specialist Session <i>Centre Wicket Scenarios</i>	Fairfax Oval Main Oval	- Session to focus on individual player needs from video analysis - Centre Wicket Scenarios	Ben Sawyer Mick MacLennan Lisa Sthalekar
4:00pm	Recovery	Change Rooms	- Ice Baths	
6:00pm	Dinner	Dining Hall		
7:00pm	Media Interview Technique	Iles Theatre	- Video from MC on importance of good media skills	Jim Kelly Ross Thornton Guest Speaker

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## THURSDAY

TIME	EVENT	WHERE	PLAN	COACHING STAFF
6:00am	Gym Session	Soloman Gym	- Core + foam roller, shoulder strength (therabands) - Off legs conditioning session	Ben Sawyer Trent Yee
8:00am	Breakfast	Dining Hall		
9:00am	SCG Tour	SCG	- Guided tour of the SCG - Guest speaker in change rooms	Duncan Kerr Guest Speaker
11:30am	Fielding Session	Main Oval	- Fielding session with a catching focus	Ben Sawyer Mick MacLennan Lisa Sthalekar
1:30pm	Lunch	Dining Hall		
2:00pm	Net Session	Fairfax Oval Turf Wickets	- Live net practice	
4:00pm	Recovery	Pool/Gym	- Swim/stretch	Ben Sawyer
6:00pm	Dinner	Dining Hall		
7:00pm	Nutrition/Hydration Presentation	Isles Theatre	- Hydration/nutrition for performance	Erin Michael Ben Sawyer

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## FRIDAY

TIME	EVENT	WHERE	PLAN	COACHING STAFF
7:30am	Clean up and Breakfast			Ben Sawyer
10:00am	50 Over Match	Main Oval	Match to be coded by Ben Sawyer MacLennan and Sthalekar to coach teams	Umpires Ben Sawyer Mick MacLennan Lisa Sthalekar
5:00pm	BBQ Dinner Presentations	Main Oval		Ben Sawyer Les Clarke
6:30pm	Depart Scots			

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