

Sehwag happy with mental conditioning session

Virender Sehwag Monday had his first interaction with newly appointed mental conditioning trainer Paddy Upton and found his session with the South African useful.

'The first thing Paddy told me was that the conversation between the two should be kept confidential. It is a relationship based on trust. So, I trust him to keep it that way. I found it quite useful to discuss a few aspects about my batting,' said Sehwag.

Sehwag admitted that having a mental conditioning trainer helps a lot to cope with the pressure of international cricket.

'In the past, we have had such trainers and I found it useful. As an international cricketer with a hectic schedule, one tends to forget the small things about the game that eventually matter. So, a mental conditioning trainer helps in that aspect,' Sehwag said in a media conference here today.

Regarding coach Gary Kirsten, Sehwag said he was surprised at the amount of homework put in by the South African.

'We had meetings with Gary in the past couple of days. And honestly, we did not expect him to have done so much of homework. The sessions with him were very fruitful,' he said.

'Kirsten is very good at man and time management and there is some order in our training. The intensity level has gone up since we started working with him,' Sehwag said.

Sehwag said that the loss of his own form was more due to his mindset.

'It was my mindset that had let me down. But now, I have realised that in Tests, if I can survive the first hour, then I can play my natural game. I will back myself to perform and if I fail, then I will work harder at my game,' he said.

Sehwag admitted that the home series against South Africa would provide him an excellent opportunity to work his way back into top form.

'We learnt our cricket on these pitches and we have played so much at home. So, we are aware of the conditions and all these factors does gives you the confidence to do well,' he said.

Asked to assess the South African team, Sehwag said: 'They have a good side, but we have played virtually the same bowlers when we toured their country last year. So, we know what their bowlers are capable of. As regards their spinner (Paul Harris), we are good against spin. So I am not worried about their bowlers.'

He also asserted that there was no 'senior-junior issues' within the team as is being speculated in some sections of the media.

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