

Fundamental Strength and Conditioning Training For Cricket: **Starting (Basic) Program**

The following series of exercises are recommended to form the physical framework around which skill development in cricket can take place. They form the primary needs of strength, stability, flexibility & basic running technique. This resource has been developed as a starting program for cricketers that is basic with key prioritise (highlighted in bold font) and easily integrated into cricket and warm ups with limited equipment.

Some extension activities have been included but cricketers must "earn the right" before they progress to harder levels by mastering the foundation of correct technique (sets and reps are a guide but technique is the focus at this starting (basic) level).

Strength/Stability Training

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
* Body weight squat	<ul style="list-style-type: none"> - Hands on hips - Feet slightly wider than shoulder width - Weight evenly distributed between ball of foot & heel 	<ul style="list-style-type: none"> - Simultaneously flex at the hips/ knees/ ankles - Lower to a position where thighs are parallel to the ground - Ascend to starting position 	<ul style="list-style-type: none"> - Maintain neutral spine - "Stable" pelvis - Whole foot remains in contact with ground throughout 	<ul style="list-style-type: none"> - 3 sets x 8-12 reps 	<ul style="list-style-type: none"> - Hands above head - Increase depth of squat - Incorporate a pause at the bottom of the squat



BODY WEIGHT SQUAT

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
Push up	<ul style="list-style-type: none"> - Hands under shoulders - Feet shoulder width apart - Resting on toes 	<ul style="list-style-type: none"> - Bend elbows close to body at 45 degrees & lower to a point where the chest is 2 inches from the ground - Slowly ascend 	<ul style="list-style-type: none"> - Neutral spine throughout - Pelvis remains level 	<ul style="list-style-type: none"> - 3 sets x 8-12 reps 	<ul style="list-style-type: none"> - 1 leg in air - Feet on box - Close grip



PUSH UP



EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
* Walking lunge	<ul style="list-style-type: none"> - Hands on hips - Feet narrower than shoulder width - Weight evenly distributed between ball of foot & heel 	<ul style="list-style-type: none"> - Take a long stride forward - Bend rear knee until almost touching the ground, allowing back heel to lift (restricted by pelvic tilt) - Return to starting position 	<ul style="list-style-type: none"> - Torso remains upright throughout - "Stable" pelvis - Neutral spine - "Slow & stable" 	- 3 sets x 6 reps (each leg)	<ul style="list-style-type: none"> - Hands above head - Pause at top of stride with 1 leg off the ground



WALKING LUNGE



EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
* Pull up	<ul style="list-style-type: none"> - Lie on back & grip a horizontal bar with hands slightly wider than shoulder width - Eyes under bar - Heels flexed & close to backside 	<ul style="list-style-type: none"> - Driving with the hips & arms pull up until chest touches bar - Lower under control to starting position & repeat 	<ul style="list-style-type: none"> - Pelvis elevated & level throughout - Minimal forward-back movement of body 	- 3 sets x 8-12 reps	<ul style="list-style-type: none"> - Higher bar - Resistance on chest - Increase speed of execution



PULL UP

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
Skipping	<ul style="list-style-type: none"> - Rope behind legs 	<ul style="list-style-type: none"> - Weight is transferred from heel to toe before leaving the ground - Both feet move together 	<ul style="list-style-type: none"> - Stable landings - Controlled power - "Rhythmic" even when fatigued - "Quick feet" 	- 3 x 30-60 secs	<ul style="list-style-type: none"> - Increase duration/ speed - Alternate single-leg skips



SKIPPING

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
Partner tug of war	<ul style="list-style-type: none"> - Face partner with a stable base (knees & hips bent) - 1 person grips the ball on sides while the other grips top & bottom 	<ul style="list-style-type: none"> - Each partner attempts to get the ball of their partner 	<ul style="list-style-type: none"> - Keep a stable base - Avoid excessive trunk flexion 	<ul style="list-style-type: none"> - 3 x 20-40 secs 	<ul style="list-style-type: none"> - Try different partners (contrast) - Single-leg



PARTNER TUG OF WAR

Stability Training

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
* Neutral Spine	<ul style="list-style-type: none"> - Hands under lumbar spine - Knees bent - Head on ground 	<ul style="list-style-type: none"> - Tilt pelvis to reduce lumbar arch - Should feel pressure on hands 	<ul style="list-style-type: none"> - Co-contraction of deep abs & glutes 	<ul style="list-style-type: none"> - 2 x 10 (5 sec contraction on hold) 	<ul style="list-style-type: none"> - When competent move to front bridge



NEUTRAL SPINE

EXERCISE	START/FINISH POSITION	EXECUTION	COACHING CUES	SETS/ REPS	PROGRESSIONS
Side bridge	<ul style="list-style-type: none"> - Weight on 1 elbow & 1 foot - Neutral spine - Shoulders & pelvis square 	<ul style="list-style-type: none"> - Hold start position 	<ul style="list-style-type: none"> - Avoid shoulders & hips rolling forward - Keep hips high 	<ul style="list-style-type: none"> - Up to 1 min 	<ul style="list-style-type: none"> - Raise 1 arm/leg in the air



SIDE BRIDGE

Flexibility

Rules:

- Warm up prior to stretching
- Stretch to the point of tension or discomfort, never pain.

i) Standing leg swings (forward-back)



ii) Standing leg swings (side-side)



iii) Arm swings across body



iv) Standing side bends



v) Lying scorpion



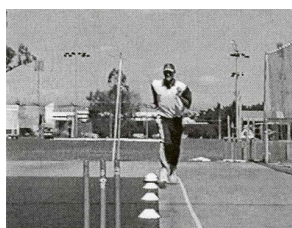
vi) Achilles Stretch



Running Technique

Technique tips:

- Tilt forward at start, with first step forward.
- Arms, feet, knees move down target line.
- Torso, hips, head tall & still.
- Elbows locked at 90 degrees & pulling straight back.



Run throughs (6 X 20m) repeat twice.

Testing Protocol

- Subjective assessment of the aforementioned exercises.
- Duration of stability holds.