

## Strength and Conditioning Introduction

Sport Specific strength development required for cricket – Throwing Power & Acceleration Power.

- Requirement of short, forceful contraction combining with high speed and power.

Strength and conditioning is fundamental for preparing athletes to their full potential regarding the physical demands of county cricket.

This includes individual strength, endurance, speed and agility.

Many areas of cricket require movements of an explosive nature whilst maintaining control and balance. Further to this certain movements are unnatural and are performed under increased level of physical stress.

To improve an individual's ability to perform movements correctly and to their full potential these fundamental S&C demands are required.

This will result in a reduction of the physical stressors whilst improving a player's ability to maintain control and balance during weight transfer and power production.

Areas that we are interested in include-

Core

Legs

Chest

Flexibility

Cardiovascular endurance

Core - The core muscles provide 2 essential muscular requirements that are important to cricket. The first of these be Absorption of the physical stressor during bowling, running and jumping. The second and most important to cricket is its role of force transition through the body, a strong developed core provides a strong support to the limbs allowing the performance of movement to be performed at an individual's maximal potential.

Exercises;

Plank

Side Plank

Russian Twist

Bodyweight leg raises (straight legged, knees to chest, single leg)

Body weight hip extension

Chest-

Exercises;

Press ups (wide stance, diamond stance)

T press up

Single arm press up

Legs- poor leg strength reduces the level of power that an individual can produce, stronger legs enables the bases that are required to be set to be done so in the most beneficial ways. Ie Straight legs during the bowling action increasing momentum through the action.

Exercises;

Squats (jumping squats, single leg squats)

Lunges

Iron chair

Burpees

Calf raises

Flexibility- increasing the range of movement around a joint will subsequently reducing the risk of injury. Cricket consists of some un-natural positions to be obtained therefor increased flexibility is beneficial.

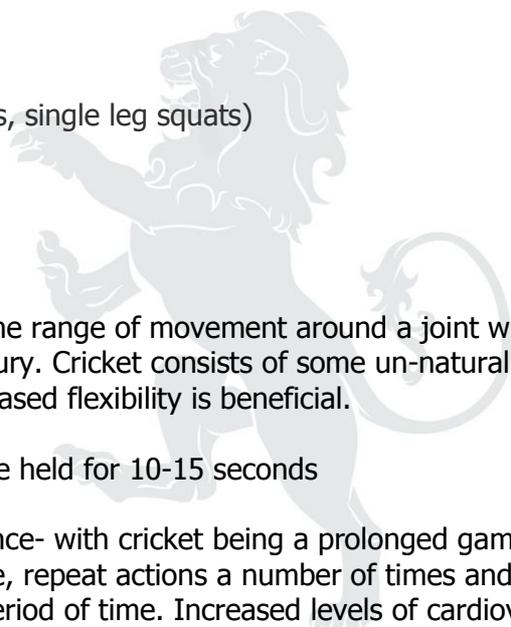
Static stretches that are held for 10-15 seconds

Cardiovascular endurance- with cricket being a prolonged game a individual is required to concentrate, repeat actions a number of times and be able to recover effectively in a short period of time. Increased levels of cardiovascular endurance have been proven to be beneficial to these elements.

Endurance running

Repeated sprints

Fartlek training



SUFFOLK  
CRICKET  
YOUTH