

Summer Training 2010

Contributed by blackcaps
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To prevent, injury, and to enable a full season to hopefully be completed, its essential that a correct warm up and stretching routine be implemented prior to the start of each match, along with dynamic movements to enable bowlers and bats man to stay in optimum performance during long matches. In order to strengthen fitness and endurance within team, we have designed an unique Cricket Training Program. See current schedule for further info.

Schedule effective from 25th April 2010 :

Thursday 6.30 pm :Cricket Training

Sunday 1.00 pm. :Training (provided no league games)

There might be change in practice schedule due to weather condition or other reasons. Please be kind to write a mail or call us before visiting us.

Like any athlete, cricket players also need to follow a strength and conditioning program that aims towards them peaking at certain stages of the year. With "Cricket Training Program" here is what we want to achieve.... **BATSMAN**Batsman aim to stay at the crease for as long as possible, sometimes for periods of over 4 hours. In order to occupy this position, a good bats man most be able to stay focused, have good ball / eye skills, and have the strengths and fitness to make each shot played count.

The power will come from having a strong core, abdominal mid-section and the ability to generate explosive upper body actions, however with that said, using the kinetic energy of the ball as it speeds towards you, only requires a slight change in direction in order to score 4 runs **FIELDING**Fielders need the ability to sustain a concentrated effort for a 6 hour plus period without fatigue, in sometimes very warm conditions. Their bodies must be capable of explosive bursts at any given time - such as racing for a ball, jumping for a catch.

Aim to keep your body moving whilst on the pitch, walking and stretching the muscles whenever possible. Keep your mind busy by visualizing exactly what you will do when the ball comes towards you.

Bowlers require both explosive strength and speed, combined with good muscular endurance, in order to be able to maintain a high number of over's. Poor fitness and muscular strength will result in inaccurate bowling, and greater risk of injury, especially for high speed bowlers. **AEROBIC TRAINING**You should aim to spend at least two sessions a week performing some form of aerobic training over a period of 45 to 60 minutes plus. This exercise does not need to be at a high intensity (Heart Rate at about 65-75%). You should be able to hold a little conversation, however finish with a good level of sweat. Good forms of aerobic exercise are cycling, rowing, and running.

If you have a poor fitness level work on spending 15 minutes on each of these three exercises, aiming to build up to 45 minutes plus on one of the disciplines. The aim here is not only to get fit whilst working for 45 minutes plus, but to also keep your mind busy and focused whilst performing a simple exercise, it may become lonely out on the boundaries.