

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 51: Weight Training for Cricketers

Hello everyone. Today we will talk about a very important topic in cricket. That is weight training for cricketers or strength training for cricketers. It's a very vital part, because cricket players should develop their strength. It's very essential for fast bowlers, fielders, batters, wicketkeepers, spinners—everyone. So, let's talk about strength training for cricket players. Now, keeping fit on the pitch. It's a very important term: keeping fit on the pitch. Whenever you are on the pitch, you have to keep fit. How. A cricket player's fitness and stamina on the pitch are determined by what they do off the pitch. As a sport based on powerful first movements, it is essential to incorporate strength training into your fitness routine to improve your game. It's very vital. Now, we'll talk about strength training for the batters. How should batters approach strength training. What is strength training for batters. So, there are physical demands on a cricketer's body that require the right strengthening and conditioning. As a batter, you are using your whole body to perform a fluid movement. Mobility, strength, and aerobic fitness make up the repertoire of a batter. You should also consider how your batter's strength is affected by your gear, such as the pads or the bags they use. Because of this, as a coach, you should focus on each of these in the gym for a training program. Now, for batting, as a coach, you must rely on the muscles of the back, shoulders, and biceps of the batters. As a coach, you should also engage your batter's core muscles to help turn the body as you swing the bat. Because of this, the batter's strength training should focus on compound movements. It is essential that whenever the batter swings the bat, the associated muscles involved in swinging are developed. To develop these muscles, different kinds of exercises are recommended, such as biceps curls, hammer rows, close-grip pull-ups, overhead press, also known as military press. Hitting the triceps with dips and triceps extensions will help develop the explosiveness needed to bring the bat forward. Round out your routine with core exercises such as planks and variations of crunches. If we talk about strengthening for the pace bowlers, bowling is another full-body movement, but with a core focus on the dominant bowling arm. Bowlers generally notice their bowling arm has more strength and muscle tone due to the repetitive movements. The abdominal oblique and back muscles also benefit from a strengthening program since they are primarily used to twist the body as a bowler sprints and releases the ball. It is advised to

focus on rotator cuff strengthening, rotator strength, and explosive movements. The rotator cuff contains ligaments that support the arm at the shoulder. In fast bowling, the shoulder internally and externally rotates as the hip and core muscles stabilize and power the movements. Specific exercises can include dumbbell flyers, cable internal and external rotations. Aim for a 10 to 15 repetition range, focusing on proper form. For abs, try medicine ball slams to help strengthen the stabilizing muscles. Now, we'll talk about strengthening for fielders, as fielders expend a lot of energy in the field. One of which may be on the boundary line or within the circle. They are fielding. So, during that time, they have to hold the ball and throw it hard to the wicketkeeper or sometimes directly at the stumps. It requires minimal muscle strength. So, fielders perform a lot of stopping and explosive strength. Speed while out on the pitch. Because of this, focusing on lower body strength for speed and agility, and chest and shoulder exercises for throwing the ball, could benefit the fielder's on-pitch performance. To improve, perform box jumps as part of your strength training and workout. The benefit of a box jump is that it increases your explosiveness. Start by performing 3–5 repetitions at a challenging height. Squats, walking lunges, and single-leg deadlifts with a jump activate those muscles required for speed, power, and performance. For shoulder and chest strength, incorporate shoulder presses and let pulldowns into the training program. Another great exercise for fielding cricketers is frog squats, as these movements can help with fielding ground balls. Two to four sessions a week will help strengthen and condition your whole body. As fielders spend long periods on their feet, alternating between standing still and sprinting, be sure to round off your strength program with aerobic training such as running, rowing, or cycling. Now, I'll talk about three essential stretches for cricketers. Batting, bowling, and fielding all carry a risk of injury. So, as a coach, you are putting a lot of stress on the cricketers' bodies with repetitive movements and long periods of play. Stretching may seem like a small part of your strength training program, but it plays a vital role. Try these stretches in your training program as a coach to prevent injuries and maintain on-field performance. What are they. Hip adductor stretches. In a kneeling position, bring the right leg out in front and push your hip forward until you feel a stretch in the left hip. Repeat this on the other side. Pectoral stretch. Stand sideways against a wall with one foot in front of the other. Bring your back arm against the wall behind you and gently press the arms against the wall by rotating slightly toward the left. Side stretch. Stand with feet shoulder-width apart. Bring your arms up to the ceiling, clasping your hands together. Slowly bend to one side, feeling the stretch on the other side as well. Repeat on the other side. No matter what level you are at as a cricket player, strength training will improve your game and overall performance by increasing agility and fitness. Cricket is a technique-driven sport where strength and conditioning should be tailored to your specific role in the game. Get stronger to prevent injury, build explosive strength, and increase optimal performance with our stretching program. So that's all about the weight training program for cricketers. Thank you, everyone.

