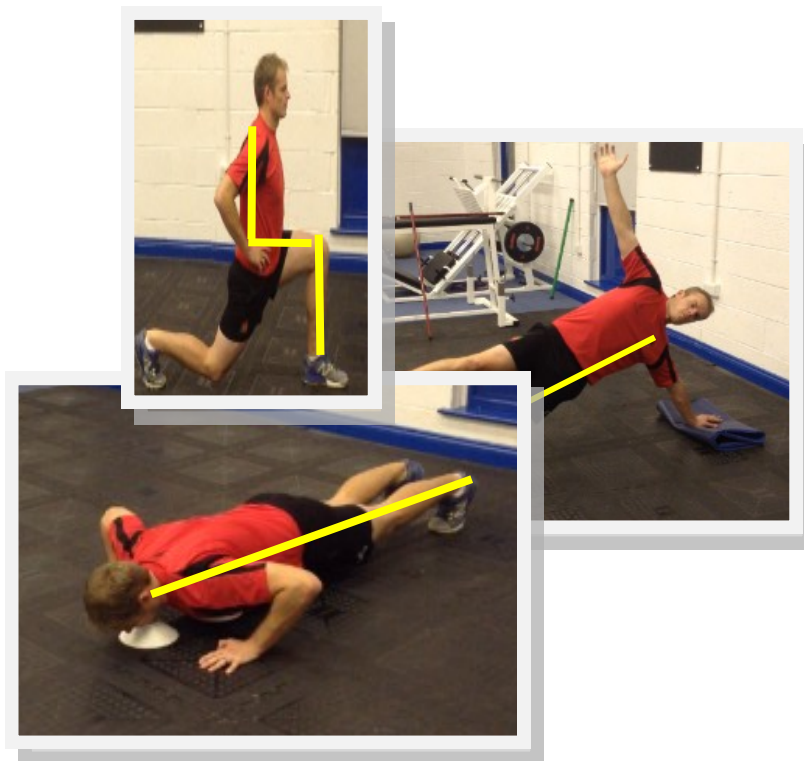




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Fit 4 Cricket





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Fit 4 Cricket

Introduction

Isle of Man cricket place a huge focus on trying to develop the whole player and as such recognise the importance of all performance factors - Technical, Tactical, Physical, Mental and Lifestyle.

Athleticism is a key pillar to develop as a cricket player to help you become faster, fitter, more powerful and to keep you on the pitch.

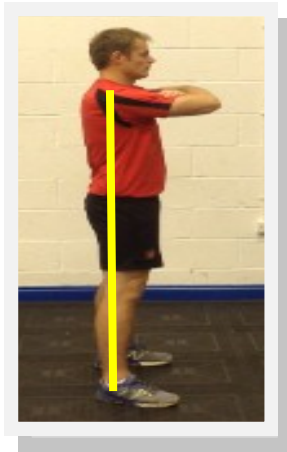
This resource has been designed to help you to engage in some fundamental exercises to develop your athleticism in your own time all of which can be related to cricket specific skills or movements. The resource will explain how to perform the exercises with good technique and will give some examples of how you can fit it into a programme.

All of the exercises are performed with bodyweight as the resistance and have examples of progressions so that you can increase the difficulty as you become stronger and more competent. It is crucial that you only progress the difficulty of an exercise once you have mastered the stage you are at with good technique throughout.

Please ensure that you warm up as per the IOM Cricket squad protocol before performing the exercises and stretch of your muscles afterwards.



The Squat



Start

Stand up tall with arms folded and raised to shoulder height with a straight back.

Feet shoulder width apart. With body weight acting through the heel. The toes can point straight forwards. Alternatively you may prefer to point the toes slightly outward at five to one or ten to two.

Brace the abdomen and take in a deep breath in preparation for the descent.



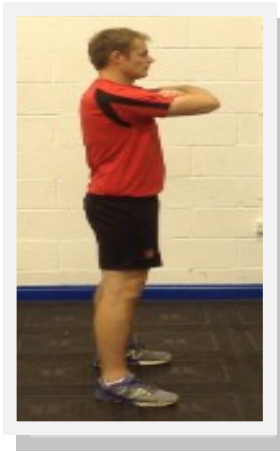
Descent

Lower the body by bending at the hips and knees simultaneously.

Keep the back straight and the abdomen braced throughout the whole movement.

Ensure the knees track in line with the toes and keep the feet flat on the floor at all times.

Lower to the point where the thighs are parallel to the floor. Stop lowering if your heels lift or your back starts to bend.



Ascent

Push through the floor vigorously ensuring the knees continue to track in line with the toes.

Extend your hips and knees simultaneously and begin to breathe out as you pass through the sticking point of the lift until you return to the start position.



The Overhead Squat

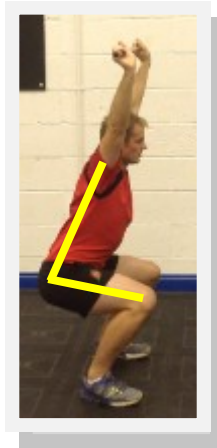


Start

Stand up tall holding the broomstick above the crown of the head keeping a straight back.

Feet shoulder width apart. With body weight acting through the heel. The toes can point straight forwards. Alternatively you may prefer to point the toes slightly outward at five to one or ten to two.

Brace the abdomen and take in a deep breath in preparation for the descent.



Descent

Lower the body by bending at the hips and knees simultaneously.

Keep the back straight and the abdomen braced throughout the whole movement.

Ensure the knees track in line with the toes and keep the feet flat on the floor at all times.

Lower to the point where the thighs are parallel to the floor. The broomstick should remain above the crown of the head



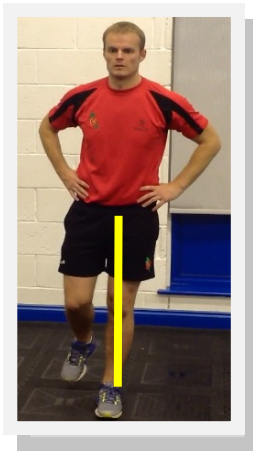
Ascent

Push through the floor vigorously ensuring the knees continue to track in line with the toes.

Extend your hips and knees simultaneously and begin to breath out as you pass through the sticking point of the lift until you return to the start position.



The Single Leg Squat



Start

Stand up tall holding the hands on hips while keeping a straight back.

Keep the foot flat and straight with the hip directly above the knee and the knee directly above the ankle.

Brace the abdomen and take in a deep breath in preparation for the descent.



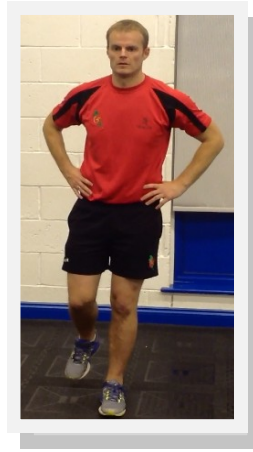
Descent

Lower the body by bending at the hips and knees simultaneously.

Keep the back straight and the abdomen braced throughout the whole movement.

Ensure the knee tracks in line with the toe, keeping the foot flat on the floor at all times.

Lower to the point where the thigh is parallel to the floor. Stop lowering if your heels lift or your back starts to bend.



Ascent

Push through the floor vigorously ensuring the knee continues to track in line with the toe.

Extend your hip and knee simultaneously and begin to breath out as you pass through the sticking point of the lift until you return to the start position.

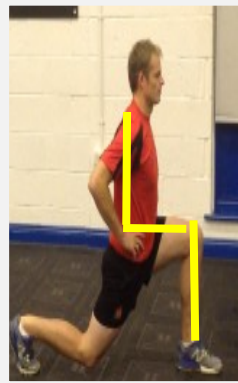


The Split Squat



Start

Stand up tall in a split stance, holding the hands on hips. Keep a straight back and breathe in while bracing the abdomen. The feet should be hip width apart.



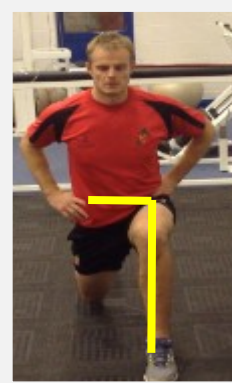
Descent

Lower the body keeping the back straight with shoulders above the hips.

Ensure the knee tracks in line with the toe, keeping the foot flat on the floor at all times.

Lower to the point where the rear knee is just above the floor. The front thigh should be parallel to the floor with the knee above the ankle or mid-foot.

The pelvis should remain level at all times.

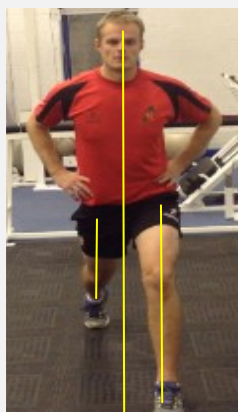


Ascent

Push through the floor vigorously ensuring the hips, knees and ankles remain aligned.

Ensure the body remains balanced throughout without wobbling in any direction.

Breathe out as you pass through the sticking point of the lift until you return to the starting position.



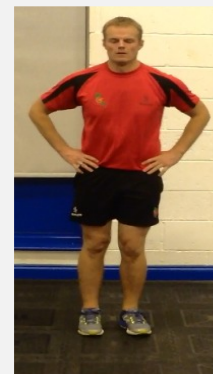
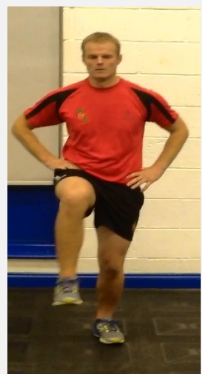
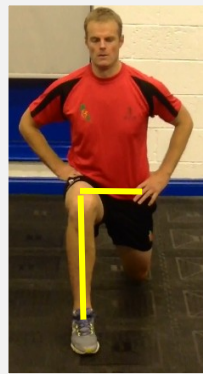


The Lunge



Step and Land

Stand up tall in a split stance, holding the hands on hips. Keep a straight back and breathe in while bracing the abdomen. The feet should be hip width apart. Step forwards lifting the foot with toes pointing forwards & not down. Keep the hips, knees and ankles in line at all times. Land with a level pelvis, front foot flat, knee above the ankle ensuring the shoulders remain directly above the hips at all times.

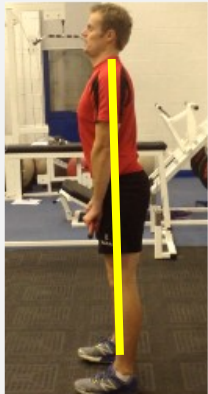


Descent

Push explosively off the front foot sending the body backwards and upwards. Ensure the front foot lifts up off the floor and does not drag along the ground. Breathe out when returning to the start position. Keep the shoulders above the hips at all times.



The Hip Hinge



Start

Stand tall with a straight back, the feet hip width apart and toes pointing straight forwards.

Hold the broomstick at the hips with a shoulder width grip.

Squeeze the shoulder blades together, breathe in and brace the abdomen ready for the descent.

You should feel your body weight acting through the mid foot.



The Descent

Keeping the back straight at all times begin the descent by pushing the hips backwards behind the line of the ankles. Allow the knees to bend slightly.

The broomstick should move down the thigh towards the knees.

Stop lowering when the hamstrings feel tight or when the shoulders approach hip height.

Your bodyweight should now be felt more towards the heel.



The Ascent

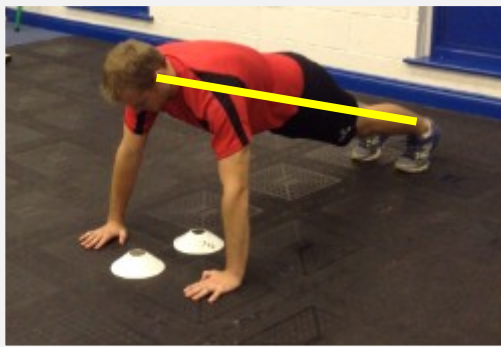
Maintaining a straight back, return to the start position by pushing the hips forwards and upwards.

Keep the broomstick close to the body at all times during the lift.

Keep the abdomen braced and breathe out as you pass the sticking point of the lift.



The Press Up



Start

When setting up place a cone or object under your chin and chest. Place hands just wider than shoulder width on the floor. The body should be straight from the ear through the shoulder, hip, knee and to the ankle. Breathe in and brace the abdomen ready to descend.

The Descent

Keeping the body straight at all times, descend by bending at the elbows and shoulders ensuring the chin and chest touch the cones at the same time. The hips and stomach should be just above the ground and not touching it.



The Ascent

Still maintaining a straight body, push upwards returning to the start position and breathe out as you pass the sticking point.



The Prone Plank

On the Forearms



Lying on your front, place your elbows underneath your shoulders with your forearms flat on the floor. Lift your hips off the ground so you are balancing on your forearms and toes. Your body should be in a straight line through your

ear, shoulder, hip, knee and ankle. Ensure your lower and upper back do not arch. Keep your abdomen braced and breathe continuously during the exercise.

On the Hands

A progression from the prone plank on the forearms where the hands are directly underneath the shoulders. The broom stick is used to help maintain a straight back.



With hands in Front of the Head

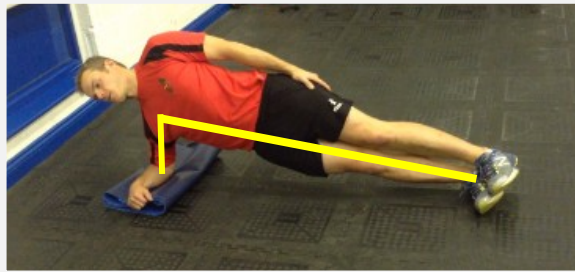


A further progression here with the shoulder angle moving from 90 degrees in the normal hand plank, to around 45 degrees when placed forward of the head.



The Side Plank

Lying on your side, place the elbow under the shoulder and lift the hips off the floor so as to balance on the forearm and foot. Keep your body straight from ear to ankle and brace the abdomen. Ensure you breath continuously during the exercise.



Side Plank on the Hand

A progression from the sided plank on the forearm where the hand is placed underneath the shoulder. All other coaching points remain the same.





The Side Plank

Star Side Plank

Get into the “side plank on the hand” position as on the previous page. When you are happy you have good posture and a stable base gently lift the hand, followed by the foot.

Lift your foot as high as your mobility will allow





The Supine Plank

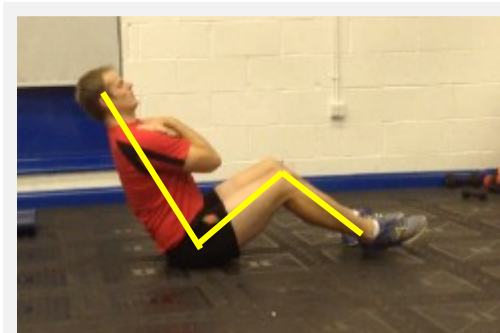
On the Forearms



Lying on your back, place your elbows underneath your shoulders with your hands flat on the floor. Lift your hips off the ground so you are balancing on your forearms and heels. Your body should be in a straight line through your ear, shoulder, hip, knee and ankle. Ensure your hips

and head do not drop. Keep your abdomen and glutes (butt) braced and breathe continuously during the exercise.

The 60° Sit Up Hold



Sitting on the floor roll your bottom forwards and off your tail bone. Elevate your chest to really stretch your stomach muscles which will cause your back to straighten, Lean back gradually to approx. 60° as shown in the picture, keeping your abdomen braced. Ensure you breathe continuously throughout the exercise.



Programming

Programming can be very individual but here are some principles to use to help you get the most out of your training.

1. Ensure you leave 48 hours between your strength training sessions to allow your body to recover and adapt.
2. Start with the easiest version of an exercise first and only progress once you have gained technical mastery for the durations advised. For example progress from a forearm plank to a hand plank once you can hold the forearm plank with good technique for 90 seconds.

A typical programme

Exercise	Sets	Reps	Tempo	Recovery
Squatting Movement	3	12	201	90s
Lunging Movement	2 el	12	101	90s
Hip Hinge	3	12	201	90s
Press Up	3	12	201	90s
Side Plank Variation	2es	90s	Static	90s
60 Degree Sit Up Hold	2	90s	Static	90s
Supine Plank	2	90s	Static	90s
Prone Plank Variation	2	90s	Static	90s

Tempo Key

1st Number = Speed of 1st movement

2nd Number = Duration of Hold

3rd Number = Speed of 2nd movement

Sets & Reps

1. Rep = The number of times you perform an exercise

2. Set = The number of times you repeat the exercise

for a set number of reps