

ELITE CRICKET PERFORMANCE

S&C PLAYBOOK

The Purpose of Strength and Conditioning (S&C)

- **Performance Edge:** At higher levels, many players have similar skills; fitness is the factor that sets players apart.
- **Injury Prevention:** As players age and the game's intensity increases, a structured S&C programme is essential for staying injury-free and developing proper training habits for the future.

The Five Essentials of the Programme

The playbook focuses on five core areas: **Warm-up, Conditioning, Strength, Skills, and Winter Sport.**

1. Effective Warm-Ups

- **Preparation:** The goal is to prepare both the body and mind for performance while lowering injury risk.
- **Methods:** Stick to **dynamic movements** rather than static stretching or foam rolling.
- **The Routine:** Follow a specific order: start with slow running, move to bodyweight/band exercises, progress to mobility and short sprints, and finish with cricket-specific skills like fielding, throwing, batting or bowling.

2. Conditioning: The "Hybrid Engine"

- **Energy Systems:** the body works like a hybrid engine with three energy modes.
- **Short effort:** 1–10 seconds (sprints).
- **Medium effort:** 10–120 seconds (400m runs).
- **Long effort:** Over 2 minutes (low-moderate intensity running).
- **Cricket Specificity:** For cricket, the focus should be on **short sprints** (40–50m) and **long, steady work**.
- **Drills:** Recommend 40-50m sprints, T-drills for change of direction every 7–10 days and Fartlek sessions (mixing fast and slow running) 1–2 times a week for endurance.

3. Building Strength

- **Five Basic Movements:** Strength training should revolve around mastering the **Squat, Hinge, Push, Pull, and Carry**.
- **Progression:** Emphasise mastering these movements before adding weight.
- **Frequency:** For those new to training, **1–2 sessions a week** during the season is enough to see improvement.

4. Integrating Skills and Weekly Scheduling

- **Match-Speed Practice:** Use regular cricket practice to build specific fitness, such as running between wickets at match speed during batting drills.
- **Balanced Schedule:** A typical week should balance practice, speed work, strength, and conditioning while ensuring at least **two rest days** (usually Friday and Sunday) around a Saturday match.

5. The Importance of the Off-Season

- **Multi-Sport Participation:** Players are encouraged to play a winter sport, such as tennis, hockey, rugby, or football, that involves running and a change of direction.
- **Avoid Early Specialisation:** Playing different sports helps develop diverse skills and fitness, and minimises overuse injuries caused by focusing solely on cricket year-round.

FOR HELP WITH YOUR CRICKET S&C GO TO:

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<https://www.elitecricketperformance.com/>