

ECP YEAR 9 PLAYBOOK

CRICKET STRENGTH & CONDITIONING

A strategic guide to athletic development, performance, and longevity.

SEASON 2025/26 PREPARATION GUIDE



THE COMPETITIVE EDGE



PERFORMANCE Boost Your Game

At higher levels, skill is the baseline. Fitness is the differentiator. Good fitness isn't just about running laps; it allows you to play better for longer and recover faster between intense bouts of action.

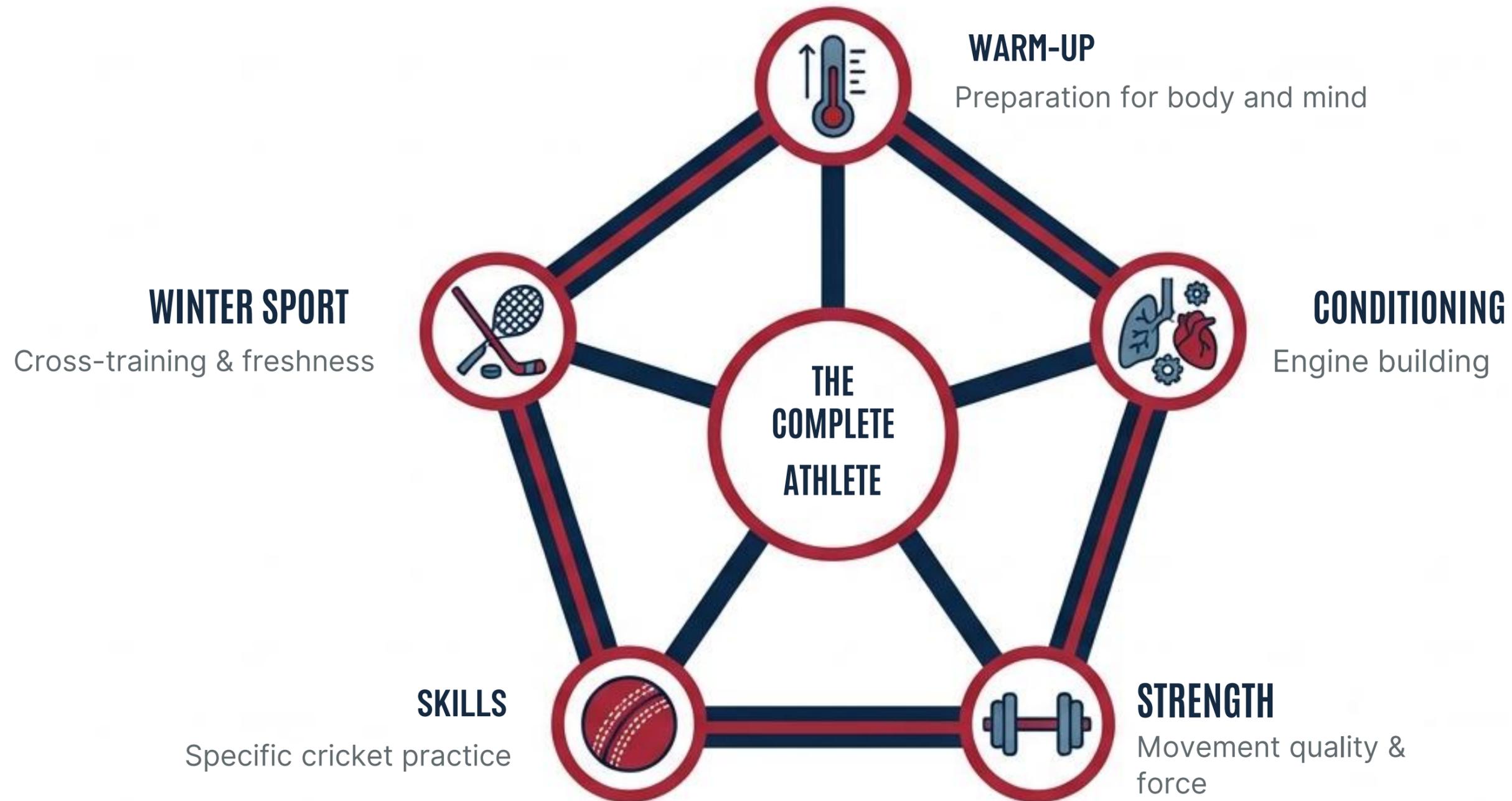


LONGEVITY Stay Injury-Free

As match intensity and frequency increase with age, injury risk rises. A smart S&C programme builds the chassis required to withstand these forces. Learning to train properly now secures your future in the sport.

THE GOAL: PERFORMANCE ENHANCEMENT + INJURY PREVENTION

THE FRAMEWORK: FIVE ESSENTIALS OF PERFORMANCE



Building a 'Performance Ready' athlete through simple, repeatable standards.

PROTOCOL 1: THE PERFORMANCE WARM-UP

Philosophy: Start slow, finish fast. This is preparation, not a workout.

RAMP PROGRESSION



START SLOW

Raise body temperature



ACTIVATE

Bodyweight & Band Exercises



MOBILIZE

Dynamic movements, not Static stretching



POTENTIATE

Faster running & short sprints



SPECIFICITY

Throwing, fielding, batting & bowling



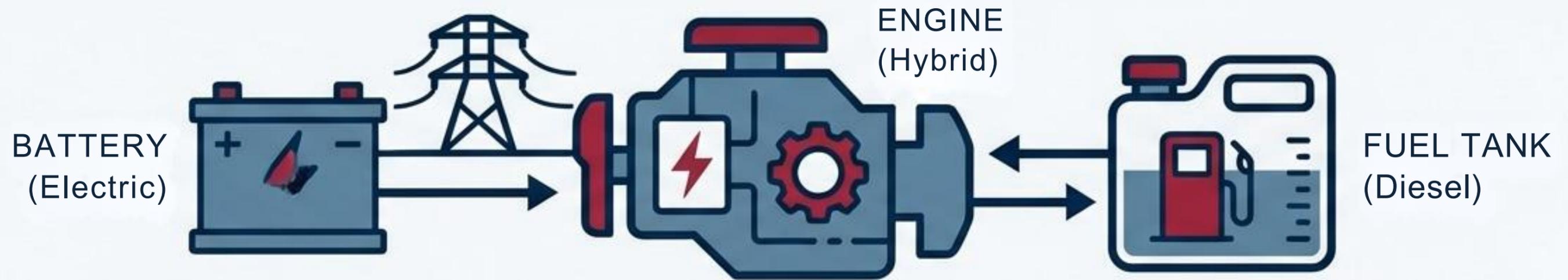
PLAY

Practice or Match

AVOID

Static stretching, excessive foam rolling before playing.

PROTOCOL 2: THE HYBRID ENGINE THEORY



SYSTEM	EFFORT & DURATION	EXAMPLE ACTIVITY	CRICKET PRIORITY
SYSTEM 1 (Electric)	Short, Max Effort (1-10 sec)	Example: 5-80m Sprints	CRICKET PRIORITY: HIGH
SYSTEM 2 (Hybrid)	Medium, Hard Effort (10-120 sec)	Example: 400m Runs	CRICKET PRIORITY: LOW
SYSTEM 3 (Diesel)	Long Duration, Low Effort (Over 2 min)	Example: Walking & slow jogging	CRICKET PRIORITY: HIGH

“Cricket is unique. It relies on explosive bursts (System 1) and long, low-intensity effort (System 3). We perform medium-duration hard effort very infrequently”

CONDITIONING MENU & DRILLS

Best Method: Running

SPEED & POWER

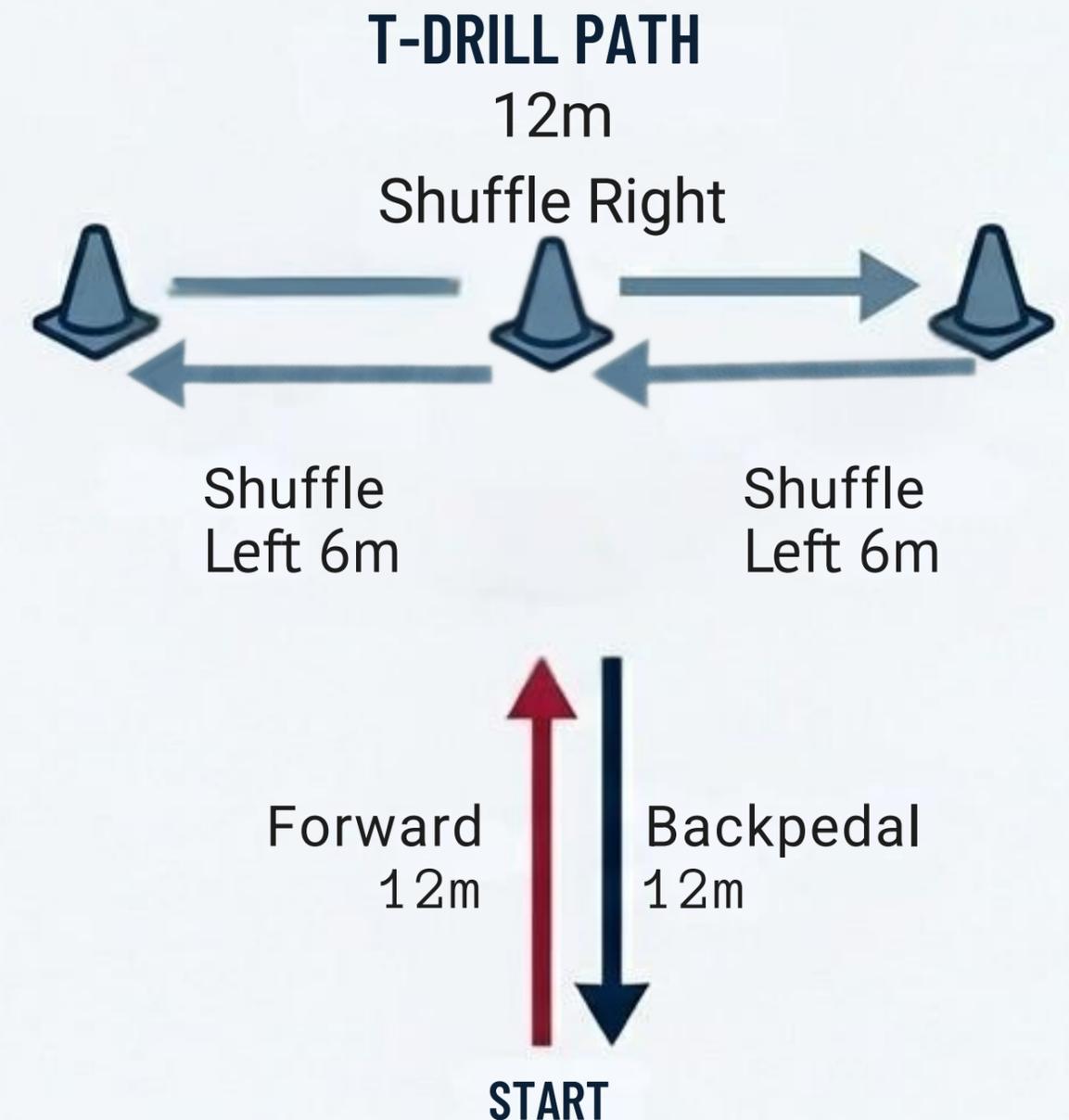
- Sprints: 40-50m distance. 4-5 repetitions. Critical:
- **Take long rests to ensure quality.**
- Change of Direction (COD): T-Drills. 2-4 repetitions
- 1 min Rest
- Frequency: Once every 7-10 days

ENDURANCE

- Longer effort to build Endurance: Fartlek sessions (mixing fast and slow running). 15-25 minutes duration.
- Frequency: 1-2 times a week.

GAME FITNESS

- Game Speed: Running 2s, relays & competitive games



PROTOCOL 3: STRENGTH PHILOSOPHY

"STRENGTH = MOVEMENT QUALITY"

Golden Rules

START SIMPLE



Master the movement patterns before adding external weight. Technique is the priority.

Golden Rules

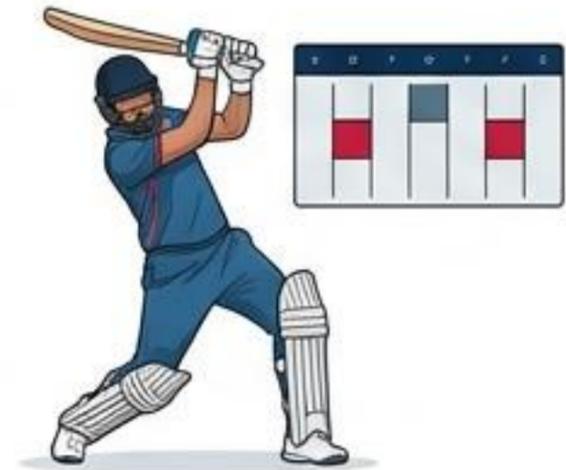
PROGRESS SLOWLY



Add load bit by bit. Let the body adapt naturally over time.

Golden Rules

IN-SEASON VOLUME



1-2 sessions per week is sufficient for improvement. Consistency beats intensity.

Strength helps you move better, play harder, and build resilience against injury.

THE BIG 5 MOVEMENTS

The foundation of every cricket action.



SQUAT

Knee-dominant
lower-body strength.



HINGE

Hip-dominant
movement.



PUSH

Upper body
pushing.



PULL

Upper body
Pulling.



CARRY

Dynamic
Core stability.

PROTOCOL 4: SKILL INTEGRATION

Concept: Hidden Fitness

Turning technical practice into metabolic conditioning.



FIELDING

Increase density. Do more running and catching without breaks to spike heart rate.



BATTING

Practice running between the wickets at actual match speed.



BOWLING

Focus on intensity. Volume usually manages itself.



Outcome: Use your usual practice time to gain conditioning benefits.

PROTOCOL 5: THE OFF-SEASON STRATEGY



THE DIRECTIVE: PLAY A WINTER SPORT.

- **Skill Transfer:** Different sports develop different motor skills.
- **Burnout Prevention:** Keeps the mind fresh and prevents overuse injuries from repetitive cricket motions.



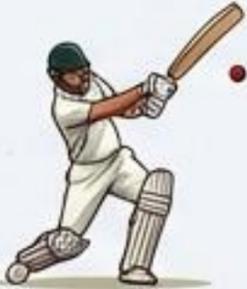
RECOMMENDATION

Choose sports with running and change of direction: TENNIS, HOCKEY, FOOTBALL, RUGBY, etc.

WARNING

Do not specialize in just one sport too early.

WEEKLY SCHEDULE A (TUE/THU PRACTICE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	HIGH OUTPUT		HIGH OUTPUT			
Speed & COD (Session 1)	Cricket Practice (Session 1)		Cricket Practice (Session 1)			
Strength (Session 2)	Fartlek (Session 2)	Strength	Specific Conditioning (Session 2)	REST	MATCH DAY	REST
						

Balances high-output days with necessary recovery.

WEEKLY SCHEDULE B (MON/WED PRACTICE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIGH OUTPUT		HIGH OUTPUT				
Cricket Practice (Session 1)	Strength (Session 1)	Cricket Practice (Session 1)				
Speed & COD (Session 2)	Fartlek (Session 2)	Specific Conditioning (Session 2)	Strength	REST	MATCH DAY	REST
						

Adjust sessions based on how the body feels, but maintain the rhythm.

THE YEAR 9 FOCUS

CONSISTENCY: Regular inputs yield better results than sporadic intense efforts.

PATIENCE: Strength and endurance take time to build.

BASICS: Master the movements, then add the weight.

**START SIMPLE. PROGRESS SLOWLY.
STAY IN THE GAME.**

FOR HELP WITH YOUR CRICKET S&C GO TO:

[elitecricketperformance \(Instagram\)](#)

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