

## CRICKET STRENGTH DYSFUNCTION PROTOCOLS



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## INTRO

Dysfunction is ridiculously common amongst fast bowlers

The art of bowling is massively unilateral, and the number of repetitions builds up body asymmetry

This asymmetry leads to compensation patterns, which can lead to injury

The bane of all fast bowlers life!

So we are bringing you a selection of exercises which can act kind of like a check in point for the body to see where you are

Id use it as a starting point

If you are a coach and are unsure about what sort of strength work to do with your players, then use this as a good guideline

It will be much more beneficial than the normal press ups, sit ups and laps of the pitch

One of the most important is the first exercises, the diaphragm breathing

This can act as a re-set tool for the whole body, ingraining proper mechanics

With all of them its massively important to do them with control, not rush and get all the movements as clean as possible

Split it in 2, rotate through them every other day for 4 weeks and see how you feel and move after

Enjoy!

Dewsy



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## Cricket Strength Dysfunction protocols

1- Diaphragm breathing- 20 breaths, or balloon breathing

<https://youtu.be/M3EUuTFb3X8>

2- Prone neck extensions with diaphragm breathing- 12 extensions, out breaths on ext

<https://youtu.be/vX9KpgJF030>

3- Prone thoracic extension with diaphragm breathing – 12

[https://youtu.be/Q\\_KCqSUB9oo](https://youtu.be/Q_KCqSUB9oo)

3- Rolling patterns, 5 with leg leading each side, 5 with arm leading each side

[Leg https://youtu.be/f0wyajvCUWI](https://youtu.be/f0wyajvCUWI)

<https://youtu.be/TcWGxHyaT6s>

4- Trunk activated dead bugs 3 x 10

<https://www.instagram.com/p/0qdsK2G90C/?taken-by=cricketstrength>

5- Trunk activated straight leg raise 3 x 10

<https://www.instagram.com/p/BMZBSkFg4V8/?taken-by=cricketstrength>

6- Tall kneeling band pallof press 3 x 10 each side

[https://youtu.be/Gnquj2du\\_Bc](https://youtu.be/Gnquj2du_Bc)

7- Half kneeling pallof circles, 5 each way each leg each side x 2

[https://youtu.be/Z44YW\\_K-l40](https://youtu.be/Z44YW_K-l40)

8- Bear crawl 2 x 10 m and back

[https://www.instagram.com/p/BNv\\_KmIDFU2/?taken-by=cricketstrength](https://www.instagram.com/p/BNv_KmIDFU2/?taken-by=cricketstrength)

9 – Bottom up KB Lunge 3x8-10 each side

<https://youtu.be/CV2MKZ2pAzI>

10- Bottom up KB shoulder press 3x8 each side

<https://youtu.be/aqxkYWkH6FM>

11 – Farmers walk 20m x 4

<https://youtu.be/FwYnJVeveiQ>

12- Half Turkish- 3x8 each side

<https://youtu.be/nTHYBoO-OBA>