

SAMPLE WARM-UP ROUTINE FOR THROWING/BOWLING

Warming up is so important for injury prevention and peak performance. This is no different when it comes to throwing, and it is vital that you not only warm up your shoulder, but your whole body. This is because the majority of your power, speed and accuracy depends on a strong and stable core and lower body.

Here is a sample way to warm up to throw and should be completed at every training session and on game day.

1. Full body warm up:
 - a. This will include jogging, movement preparation and dynamic stretching. Things such as high knees, butt kicks, carioca, knee hugs and walking lunges over a 20 meter distance will warm up your body's core temperature.
2. General arm dynamic movements:
 - a. Arm Circle Circuit includes forward circles (10-20)
 - b. Backward circles (10-20)
 - c. Scissors/x-body (10)
 - d. Up/down (10)
 - e. 90 degree rotations (elbows in line with shoulders) (10-20)
 - f. Windshield wipers (starts in the same position as 90 degree rotations but you bring your elbows together in front of your face) (10-20)
3. Theraband exercises for more loading and throwing/bowling specific warm ups. Please see attached sheet.
4. Begin throwing: Players to pair up with a cricket ball between them and a baseball mitt each. Wicketkeeper to use catching gloves. Each player to complete following number of throws at set distances with suggested intensity:
 - a. 1 set of 10 flat throws at 70-75% intensity over 15-20m.
 - b. 1 set of 10 flat throws at 90% intensity over 25-30m.
 - c. 1 set of 10 flat throws at 90% intensity over 35-40m.
5. Bowling – start bowling adjacent to wicket using full length pitch. Commence at 70-75% intensity and progress towards 90% over the course of 15-20 deliveries.



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