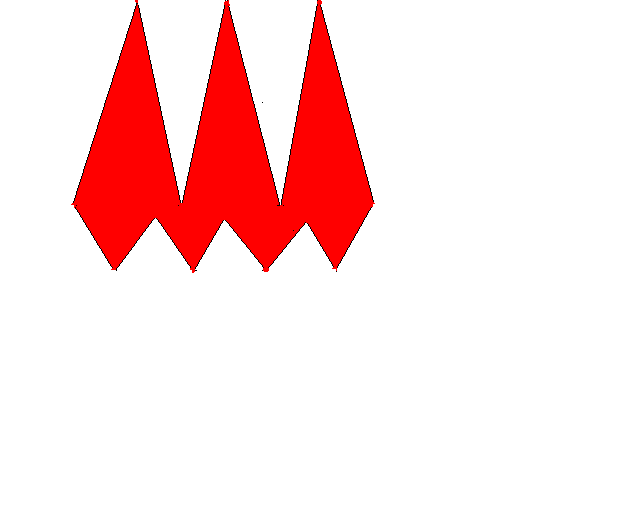
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Addingham Cricket Club

Fast Bowling Directives

These directives apply to both boys and girls.

A fast bowler is defined as a bowler to whom a wicket keeper in the same age group would, in normal circumstances stand back to take a bowl.

All coaches are urged to define these players.

There are 4 main areas to be aware of when assessing injury risk to fast bowlers:

1. **Overbowling**

Common cause of back injury. The following guidance provides sensible playing and training levels.

Directives for matches

|  |  |  |
| --- | --- | --- |
| Age | Max overs per spell | Max overs per day |
| Up to 13 | 5 | 10 |
| U14, U15 | 6 | 12 |
| U16, U17,U18, U19 | 7 | 18 |

Directives for practice sessions

|  |  |  |
| --- | --- | --- |
| Age | Max balls per session | Max sessions per week |
| Up to 13 | 30 | 2 |
| U14, U15 | 36 | 2 |
| U16, U17 | 36 | 3 |
| U18, U19 | 42 | 3 |

It is recommended that:

* In any 7 day period a fast bowler should not bowl more than 4 days in that period and for a max of 2 days in a row
* Having completed a spell the bowler cannot bowl again from either end until the equivalent number of overs to the length of their spell have been bowled from the same end.
* A bowler can change ends without ending their current spell providing they bowl the next over they legally can from the other end.
* If play is interrupted for any reason for less than 40 mins any spell in progress, at the time of interruption, can be continued after the interruption up to the max number of overs per spell for the appropriate age group.
* If the spell is not continued after the interruption, the bowler cannot bowl again, from either end, until the equivalent number of overs to the length of the spell before the interruption have been bowled from the same end.
* If the interruption is more than 40 mins, whether scheduled or not, the bowler can commence a new spell immediately.
* Once a bowler covered by these Directives has bowled in a match he cannot exceed the max number of overs per day for his age group even if he subsequently bowls spin.
* He can exceed the number of overs if bowling spin, but cannot then revert to bowling fast until an equivalent number of overs to the length of his spell have been bowled from the same end. If he bowls spin without exceeding the max number of overs in a spell the max will apply as soon as they reverts to bowling fast.

Nets:

* These Directives will encourage young fast bowlers to focus their efforts on shorter more intensive spells.
* Young fast bowlers should be made aware of warming up and warming down procedures
* Indoor practice “out of season” should be kept to a minimum for fast bowlers

1. **Technique**

It is crucial that bowlers are encouraged to adopt a safe action early in their development. Bowlers should have either a SIDE-ON, FRONT-ON or a MID-WAY NEUTRAL action but, should NEVER MIX THE ACTIONS which is a major cause of back injuries.

1. **Physical Preparation**

Fitness is essential for fast bowlers and therefore a well-structured training programme is essential.

Warm-up and Warm-down is essential.

1. **Equipment**

Well fitting, cushioned boots or shoes, or running shoes, cross trainers are all essential footwear that will help reduce any foot/leg injuries cause by impact forces

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