



TRENT BRIDGE  
EST. 1838



NOTTINGHAMSHIRE  
COUNTY CRICKET CLUB

# ATHLETIC DEVELOPMENT INFORMATION 2020-2021

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FOR AGE GROUP PLAYERS & PARENTS

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# INTRODUCTION

We have put this information booklet together to provide you, as players and parents, access to information and recommendations around player performance. In the past, this information has only been available to academy level players and above. However, as young cricketers play more and more cricket while juggling other commitments, we felt such recommendations needed to be provided at an earlier stage.

In the booklet, we cover a number of areas such as fitness and workload management. This will allow you to address certain issues around injury prevention and athlete well-being, which are very apparent among young cricketers. By no means are we guaranteeing that the information in this booklet will keep players injury free or make them into world-class players overnight, but it is a step towards improving player welfare in the “youth athlete puzzle”.

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# MINIMUM FITNESS STANDARDS

We have introduced minimum fitness standards to keep up with the increasing physical demands of the game and the physical discipline required at Nottinghamshire.

We as a club want to develop players who are athletic and physically robust enough to not only meet but also overcome the requirements of the game.

Fitness testing will be compulsory for all cricketers in the age-group system and will occur on the following three occasions across the winter:

- START OF WINTER TRAINING
- MIDDLE OF WINTER TRAINING
- END OF WINTER TRAINING

TEST	U13-14	U15-18
YO-YO IRT1	>17.0	>18.0
COUNTER-MOVEMENT JUMP	>0.25m	>0.30m
20M SPEED	<3.3s	<3.15s
SIDE PLANK R	>90s	>120s
SIDE PLANK L	>90s	>120s
SL SQUAT (FOR FAST BOWLERS)	15e/l	20e/l

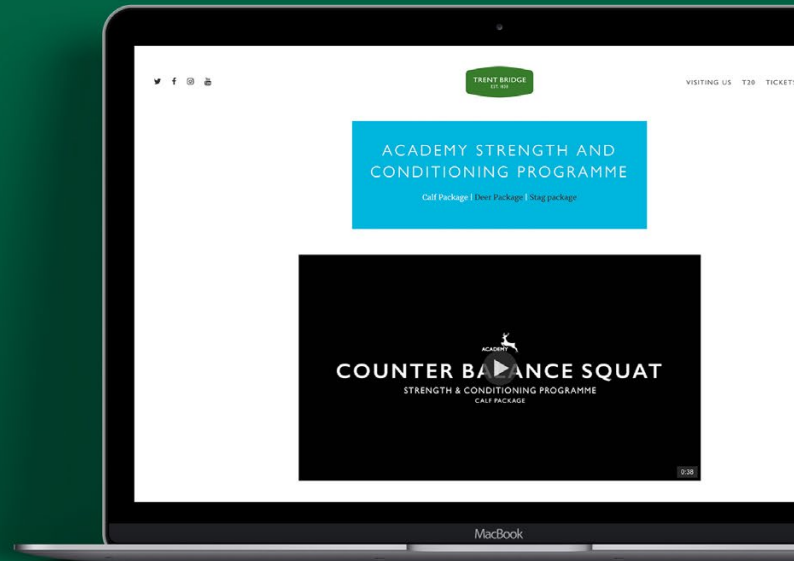
# ONLINE STRENGTH PROGRAMME

These packages have been put together to provide you/ your child with some foundational movement skills. By no means are we guaranteeing that they will become better athletes or cricketers in a matter of weeks however, adherence to the programme will provide them with some foundational movement skills to build upon.

We have put an emphasis on lower body and core strength as well as mobility around the spine, hips and ankles to reduce your child's chances of injury and improve their athletic robustness. Each package contains nine exercises and should take a maximum of 15 minutes to complete.

We recommend that you perform the programme at least three times per week. In order to progress through the packages, please complete each package during the following months:

- OCTOBER-JANUARY: **CALF PACKAGE**
- FEBRUARY-MAY: **DEER PACKAGE**
- JUNE-SEPTEMBER: **STAG PACKAGE**



[www.trentbridge.co.uk/prv/academy.html](http://www.trentbridge.co.uk/prv/academy.html)

# “THE STAG RUN”

“The stag run” is our running based conditioning tool. It is a great way to develop your aerobic energy system in a cricket-specific way due to the multiple 180° turns. Aerobic fitness is crucial for cricket due to the amount of distance covered. The fittest athletes also recover quicker between matches and have the ability to express their skills in game-defining moments.

Opposite, we have outlined how to set up the run. You will need: cones, tape measure, appropriate footwear, and a stopwatch.

Run **20** metres and back to the start

Run **40** metres and back to the start

Run **60** metres and back to the start

**REPEAT** this for **5** sets

Aim to **COMPLETE** under **5 minutes**

Total distance = **1.2km** (29 turns)

START ●

20m ●

40m ●

60m ●



# WORKLOAD GUIDELINES

We understand that you/your child will be playing cricket for a number of sides during the season (county, club, school etc).

If you/your child is also a bowler then there may be pressure to bowl from a number of teams. Bowling workloads are a big risk factor for injury in young bowlers, particularly lumbar stress fractures.

Playing workloads are also a risk factor for injury and illness therefore we recommend you keep a close eye on the following playing AND bowling recommendations.

**U10-  
U11**

<12 overs  
per week  
(<150 overs for the  
whole season)

**U12-  
U13**

<15 overs  
per week  
(<200 overs for the  
whole season)

**U14-  
U15**

<20 overs  
per week  
(<250 overs for the  
whole season)

**U18**

<25 overs  
per week  
(<300 overs for the  
whole season)

**7-4-2**

In a 7-day period,  
we recommend you  
don't **BOWL** more  
than **4 days** in a  
week and no more  
than **2 days** in a row.

**7-4-3**

In a 7-day period,  
we recommend you  
don't **PLAY** more  
than **4 days** in a  
week and no more  
than **3 days** in a row.

**2 DE-  
LOADS**

Take a complete  
**WEEK** off bowling  
**TWICE** per season  
to allow the body  
adequate time to  
rest and recover.

# FAST BOWLERS' BOWLING WARM-UP PROTOCOL

Previously, we have found that fast bowlers tend to over bowl during the warm-up on the day of a game for a variety of reasons.

A match day bowling warm up should simply be carried out to make sure the body is ready to bowl at an intensity required in the game. If it is being used as an extra practice session then you most probably haven't prepared correctly in the days leading up to the game.

All you are going to do in this situation is fatigue your body for the day ahead and the rest of the season if done repeatedly. Therefore, we have provided some recommendations below on what to do before a game.

- 12-18 BALLS FROM BFH (BACK FOOT HOLD)
- U10-U15 – UP TO 6 BALLS (MAXIMUM) WITH A RUN-UP
- U18 – UP TO 12 BALLS (MAXIMUM) WITH A RUN-UP





# INTEGRATED CONDITIONING

We strongly encourage that you/your child plays as many different sports as possible outside of cricket. These will provide you with a range of physical, psychosocial and cognitive skills, which are crucial for long term athletic development. A number of current Nottinghamshire cricketers participated in various sports when they were younger: Alex Hales - Tennis, Joey Evison - Rugby, Ben Duckett - Hockey, Peter Trego - Football. This is known as ‘integrated conditioning’ as the sports themselves allowed them to develop fitness qualities such as agility, speed, endurance, core strength, power, coordination and flexibility.

If you are interested in doing weights training or any other sort of physical training in your own time, then speak to a member of the SSM team so that you are doing this in a safe and effective way. Our aim is to improve your athleticism without causing any unnecessary stress on your body. Certain things you should avoid include road running and axial loading in the gym. We would also recommend that you have two days of complete rest from physical activity per week to provide adequate time for rest and recovery.

# GROWTH & MATURATION

YES

NO

Do you think you are going through a growth spurt?

Continue as normal

Are you currently experiencing pain/injury?

Have you noticed that you're struggling with your coordination?

Have you also noticed that you're struggling with your coordination?

Pay careful attention to your bowling workloads (page 7) and nutrition, hydration and wellness (page 11). Also ensure that you complete the online S&C packages.

Contact a medical professional

Contact a medical professional and Henry Woodward and/or Emily Welsh (Strength & Conditioning Coaches)

This is a natural aspect of your development so don't worry. Ensure that you continue with your S&C packages as this will help with your body coordination. Also continue to play plenty of sport outside of cricket to work on your hand-eye coordination.

# INJURY MANAGEMENT PROTOCOL

Any injury/illness sustained that restricts or prevents full participation in physical conditioning, cricket specific training or matches must be examined by an appropriate medical professional and reported to a member of Notts CCC age group coaching staff.

Notts CCC can advise on appropriate medical support and specific professionals to access if required.

Following physiotherapy assesment we would request that player/parents inform the coaching staff regarding injury prognosis and plan suggested.

Medical concerns to be reviewed with GP and to request that player/parents inform the coaching staff regarding injury prognosis and plan.

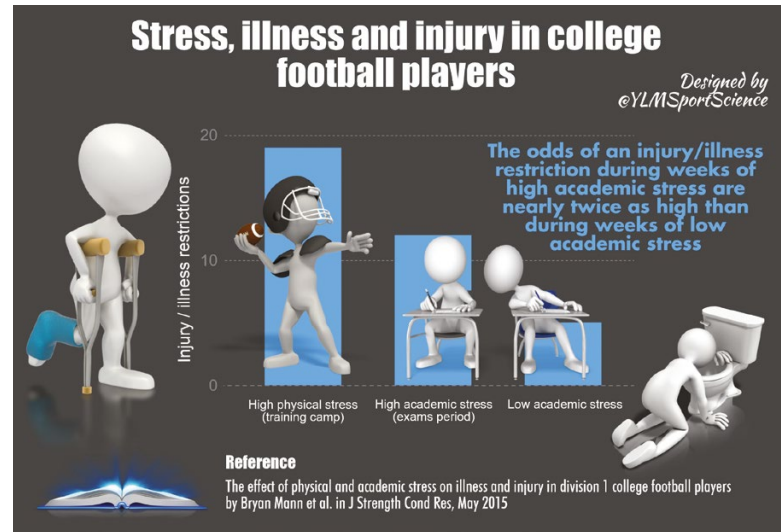
Request further medical updates at appropriate intervals with additional advice from Notts CCC Sports Science and Medicine team, as and when required, to ensure a successful return to playing as soon as possible.

# ACADEMIC STRESS

We understand that you/your child will have lots of other commitments other than cricket e.g. academics, exams, school sport, family and friend commitments.

We, as a club, want to make sure that you/your parents understand that multiple stressors can have a detrimental impact on performance and increase the likelihood of injury/illness.

This info-graphic is just a nice example of what happens when a young athlete is exposed to multiple stressors. Therefore we recommend that you bare this in mind throughout the year by considering our workload recommendations.





# LIFESTYLE FACTORS

## NUTRITION

- ✓ “If you can kill it, catch it, pick it or grow it” then you aren’t going to go too far wrong.
- ✓ “EAT THE RAINBOW” by getting lots of colours on your plate (FRUIT + VEG!!!).
- ✓ Aim to fuel your body before training or matches with your GO foods (carbohydrates).
- ✓ Aim to eat well after with your GROW foods (protein).
- ✓ Stay away from processed foods.

## HYDRATION

- ✓ Bring your own water bottle to every training session and match.
- ✓ Sip water regularly throughout the day.
- ✓ Aim to drink 2 pints of milk per day (source of calcium) to keep your bones strong and healthy

## WELLNESS

- ✓ Wash your hands regularly.
- ✓ Maintain your personal hygiene.
- ✓ Get 8-9 hours of sleep per night.
- ✓ Ensure you spend 15-20 mins per day in direct sunlight (this improves your vitamin D levels which in turn helps calcium be absorbed).

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