

DCF HOME STRENGTH AND CONDITIONING SESSIONS FOR JUNIOR PLAYERS

This document has safe and effective training sessions, to help developing cricketers maintain fitness so they are ready for their return to cricket! There are example sessions that are designed to be safe and effective for male and female players aged 12 & over.





Home Training for Cricketers Guidelines

Guidelines

- Any child having a go at these sessions must be at least 12 years old
- A thorough warm up **MUST** be completed prior to performing any exercise.
- Players partake in these sessions at their own risk and if unwell or injured must seek medical attention before choosing to follow these guidelines.
- If sessions prove too difficult, reduce work time, repetitions or speed.
- At all times, safety is your main priority and you should stop exercising immediately if you feel unwell and seek medical attention
- If you're not familiar with a particular movement or exercise, research it to ensure you're performing correctly

Difficulty

- If you have limited training experience (Been training for 0-2 years) please choose the Beginner Sessions.
- If you have more than two years training experience, please choose the Intermediate Sessions.
- Focus on getting the technique right and progress gradually
- Sprint Sessions can be done by beginners and intermediate level players
- Batting and Bowling Specific Running sessions **should only be completed** if you have more than two years training experience

Contents

- Beginner Sessions
- Intermediate Sessions
- Other Sessions
 1. Sprint Sessions
 2. Batter/ Bowler Specific Running Sessions
 3. Off Feet Conditioning Sessions



Beginner

Sessions





Strength Session 1 – Beginner; Minimal Equipment

Exercise	Cue/ Demo	Sets	Reps
Bodyweight Squat	https://workoutlabs.com/exercise-guide/air-squats/	3	12-15
Broad Jump	https://workoutlabs.com/exercise-guide/frog-jumps/	3	5
Press Ups	Keep trunk tight	3	8-12
Hands on Hips Lunge	https://workoutlabs.com/exercise-guide/alternating-bodyweight-lunges/	3	8-12 Each leg
Front plank	Keep elbows under shoulders	3	30-60s
Side plank	Keep elbows under shoulder	3	30-60s
Dead bugs	https://www.healthier.qld.gov.au/fitness/exercises/dead-bugs-2/	3	10 Each Side

Strength Session 2 – Beginner; Minimal Equipment

Exercise	Cue/ Demo	Sets	Reps
Elevated Split Squat	https://www.youtube.com/watch?v=YtzdcxjEb8s Use the bottom of the stairs	3	8-12 Each leg
Chair dips	https://workoutlabs.com/exercise-guide/chair-bench-tricep-dips/	3	12-15
1 leg Squat to chair	https://workoutlabs.com/exercise-guide/single-leg-bench-bodyweight-squats/	3	8-12
Side Lunge	https://workoutlabs.com/exercise-guide/bodyweight-side-steps-lateral-lunges/	3	8-12 Each leg
Alternate Arm/Leg Crunch	https://www.youtube.com/watch?v=lQ76ehxls3c	3	20
Side Plank	Keep elbows under shoulder	3	30 secs each side
Reverse Crunch	https://workoutlabs.com/exercise-guide/reverse-crunch/	3	10-20



Running Session 1 – Beginner; Tempo Running

Week	Distance / Durations	Sets	Reps
1	Run 60m in 12 secs: Rest for 60 secs	2	10
2	Run 60m in 12 secs: Rest for 60 secs	3	8
3	Run 70m in 14 secs: Rest for 60 secs	3	8
4	Run 70m in 14 secs: Rest for 45 secs	3	8

Running Session 2 – Beginner; Interval Running

Week	Distance / Durations	Sets	Reps
1	1 min run; 1 min walk	1	10
2	2 min run; 2 min walk	1	6-8
3	2 min run; 1 min walk	1	6-8
4	1 min run; 30 secs walk	1	10



Intermediate

Sessions





Strength Session 1 – Intermediate; Basic Equipment

Exercise	Cue/ Demo	Sets	Reps
Rear Foot Elevated Split Squat	https://www.youtube.com/watch?v=YtzdcxjEb8s Use the bottom of the stairs	4	8-10 Each leg
Press ups		3	15-20
Glute bridge	https://www.youtube.com/watch?v=WtilA9IJX1c	3	20
Side Lunge	https://workoutlabs.com/exercise-guide/bodyweight-side-steps-lateral-lunges/ Hold a Dumbbell to increase load	3	8-12 Each leg
Single Leg Calf Raise	https://www.youtube.com/watch?v=Tla2ScHQgu0	3	12-15 Each leg
Single Leg Glute bridge	https://www.youtube.com/watch?v=fDxl-0uZMJo	3	12-15 Each leg

Strength Session 2 – Intermediate; Basic Equipment

Exercise	Cue/ Demo	Sets	Reps
Single Leg Squats	https://workoutlabs.com/exercise-guide/single-leg-bench-bodyweight-squats/	3	6-8 Each leg
Repeat Countermovement Jumps	https://www.youtube.com/watch?v=MshBlueDsDk	3	5
Reverse Lunges	https://workoutlabs.com/exercise-guide/reverse-dumbbell-lunges/ Hold a Dumbbell to increase load	3	8-12 Each leg
Single Leg Hamstring Bridge on Chair	https://www.youtube.com/watch?v=7clrrtAocN0	3	8-12 Each leg
Decline Press ups	Feet elevated (e.g. on bottom of stairs)	3	12-15
Front Plank w/Leg Lift	Lift one leg up straight, and put it back down whilst in plank position	3	10 Each Side
Side Plank leg raise	Lift one leg up straight, and put it back down whilst in side-plank position	3	15 Each Side



Strength Session 3 – Intermediate; Basic Equipment

Exercise	Cue/ Demo	Sets	Reps
Heavy Bag Squat	Fill a rucksack with Dumbbell's/other objects and hold in chest during squat	3	12-15
Skater Hops	https://www.youtube.com/watch?v=BCPoHelNIEg	3	5
Split Squat	Use Dumbbell's to increase load https://www.youtube.com/watch?v=NmyiMb2XYAM	3	12-15 Each Leg
Single Leg Glute bridge	https://www.youtube.com/watch?v=fDxl-0uZMJo	3	8-12 Each leg
Side Lying Adduction Holds	https://www.youtube.com/watch?v=y4BmehZvZRE	3	10-12 Each leg
Front Plank with Reach	Reach out to an object in front of you during plank	3	30-60 secs

Running Session 1 – Intermediate; Tempo Running

Week	Distance / Durations	Sets	Reps
1	Run 100m in 16-18 secs: Go Every Minute, On the Minute	2	8-10
2	Run 100m in 16-18 secs: Go Every Minute, On the Minute	2	10-12
3	Run 100m in 14-16 secs: Go Every Minute, On the Minute	2	10
4	Run 100m in 14-16 secs: Go Every Minute, On the Minute	2	12

Running Session 1 – Intermediate; Interval Running

Week	Distance / Durations	Sets	Reps
1	2 min run; 1 min walk	1	8-10
2	1 min run; 30 sec walk	1	10-14
3	30 sec run; 15 sec walk	2	8-10



Power Session 1 – Intermediate; Basic Equipment (Medicine ball and Skipping rope needed)

Exercise	Cue	Sets	Reps
Skipping	Superset	3	1 min
Pick 3 Mobility drills or stretches e.g. Lunges/Squats		3	10 of each
2 footed Plyo Hops	Minimal time on floor... Jump from floor to step, floor to step without stopping	2-4	12-20
Clap Press Ups	Minimal time on floor... Maximum height	2-4	4-6
Lateral Hops	Hop from one foot to the other and hold. Maximum distance between hop.	2-4	6-8
Medball Squat and throw (horizontal)	Stand up post squat and push/throw ball away from you as far as possible.	2-4	6
Medball Squat and jump for height	Stand up post squat and push/throw ball as high as possible in the air	2-4	6

Power Session 2 – Intermediate; Basic Equipment (Medicine ball and Skipping rope needed)

Exercise	Cue	Sets	Reps
Skipping	Superset	3	1 min
Pick 3 Mobility drills or stretches e.g. Lunges/Squats			10 of each
Single Leg Squats (see strength session 2)	Super Set	3	6
Squat Jumps (jump as high as possible on the way back up)			6
Medball Squat Jumps (jump as high as possible on the way back up)			6
Burpees			10



Other sessions





1. Sprint Sessions

Session 1 – Beginner/ Intermediate; Sprint Session

Distance	Sets	Reps	Notes
10m	1	6-8	Full recovery between efforts
20m	1	4-6	
40m	2	2-4	

Session 2 – Intermediate; Sprint Session with turns

Distance	Sets	Reps	Notes
10m	1	6-8	Full recovery between efforts
20m	1	4-6	
Run 2's	2	6	

2. Batter/ Bowler Specific Running Sessions

Session 1 – Intermediate; BATTER Specific Sprint Session

Distance	Sets	Reps	Notes
Run 2's	3	6	Go every 30s; Rest for 3 min between sets; Hold a bat for duration of session

Session 2 – Intermediate; BOWLER Specific Sprint Session

Distance	Sets	Reps	Notes
Double the length of your run up	4	6	Run the distance you measure out; Perform 6 med ball slams at end of run up.

Easy session - (Walk back between deliveries)/ Hard Session - (Jog back between deliveries)

3. Off Feet Conditioning Sessions

Bike Sessions

Session	Details	Sets	Reps
1	1 min hard; 1 min easy	1	10-12
2	1km Intervals; 90 secs or less	1	6-8
3	20km Time Trial	1	1
4	Pyramid Session: 1k; 900m; 800m; 700m; 600m; 500m; 400m; 300m; 200m; 100m.	1	1 min rest between intervals