



Cumnor Cricket club Coaching manual:

1. Injury prevention in young fast Bowlers

Every season at least one seam bowler at Cumnor will experience back injuries sufficient to prevent them playing. Fast bowling is one of the most demanding of all physical activity and young bowlers need to be aware of the injury risk and the measure they need to take to prevent injury.

Cumnor CC is committed to providing young players with the best possible advice and help on this and from 2011 we will routinely examine by video analysis bowlers actions, and include the necessary core strength training as part of our coaching programme.

Causes of injury:

- 1] Over bowling: the ECB guidelines on this are clear and available elsewhere on this website. Bowlers playing for club, school and county need to keep track of how much bowling they are being asked to do in matches and practice, and if they feel they are over-bowling should discuss with their managers, coaches or teachers as appropriate.
- 2] Poor footwear and non absorbant surfaces: Indoor practice on hard surfaces and outdoors in nets with concrete based run ups can cause severe impact injuries. It is essential that good quality footwear is worn when practising on these surfaces. Players should only bowl very sparingly on hard surfaces such as the Cumnor nets.
- 3] Defective bowling action. This can only be detected by video analysis of the bowlers' action, but in severe cases can be the cause of lower back stress fractures which can lead to many months of recovery time. Correcting the action is easier the earlier that defects are detected , so it is advisable for all bowlers to be analysed as soon as they start to bowl at pace.
- 4] Lack of core strength: This is the main cause of lower back muscular injury. The core muscles in young bowlers are frequently insufficiently developed to support the spine adequately under the stresses of fast bowling. The remedy is for all seam bowlers to commence core strength training earlier, before injury takes place. Adequate core strength is the absolute key to bowling at pace without imposing exceptional stress on the spine..
- 5] Growth phase. Bone grows quicker than soft tissue, so during the growth spurt muscles, tendons and ligaments are under greater strain. At this stage it is more important than ever to ensure that an adequate routine of warm up and stretching is followed before each bowling session.