

Fitness/Fielding Session #1

Movement Skills and Boxing

Boxing almost completely replicates the movements and energy systems used in all aspects of cricket. This can be used as a warm up or as a full workout to develop your cricket specific fitness.

You don't need a bag, or gloves but if you have a partner and some cricket gloves that works brilliantly! If you want to invest in some gloves and focus pads, these are easily found and cheap!

Principles:

The Stance: This is similar to cricket in that you want to have a strong base that enables you to move easily forward and back, generating power towards to the target. To do this you need to have a comfortable width and as a right hander your left foot forward and slightly staggered (not side or front on) position. Ensure that your weight is distributed evenly between both legs and your hands should be up protecting you face with the elbows close to the body.

Combinations: As a right hander (LH is opposite) we will look at a basic combination which includes:

- 1) Left Jab
- 2) Right Cross
- 3) Left Hook
- 4) Right Uppercut

Each one should be performed moving towards the target and then returning to the original stance position with hands up. You should be able to keep your head and eyes level and a strong base. As with batting, bowling and fielding we need a strong, dynamic base that allows our body to generate power and accuracy through a stable head position with energy going towards the target.

Session:

Warm up as follows:

- 1) Perform each of the above on their own for understanding.
- 2) You can use combinations of the above i.e. 1-2, 1-2-3, 1-2, 1-2-3-4, 1-1-2-3 etc. As you can see, they begin with a Jab and you can use any multiple.
- 3) Incorporate movement, start to move around and ensure your base is strong

Once you are comfortable with the movements and some basic combinations, you can begin to work harder and incorporate some simple bodyweight movements such as plank and side plank. Below is an example workout – Shadow boxing and movement should be done at high intensity and good technique.

30s On/30s OFF REPEAT x 5

Plank 30s Side plank 30s each side

1min ON/1min OFF REPEAT x 5

Planks as above

30s ON/30s OFF REPEAT x 5