

# T20



## STRIKE

## BOWLERS

## 6 WEEK PROGRAM

A step-by-step program that will help you become a T20 strike weapon.

# T20 STRIKE BOWLERS 6 WEEK PROGRAM

## INTRODUCTION

Welcome!

The purpose of this 6 week training program is to gradually build your bowling work load and help you get into great condition for the season, while also working on your t20 skill development.

The biggest mistake most bowlers make in the pre-season preparation is doing too much too early, burning themselves out before the season and also not having a purpose for each training session.

Spend some time bowling with no batsmen in the nets so that you can work on things you want to work on and not worry about what the batsman wants.

An ideal pre-season is anywhere from 8-10 weeks of bowling. This 6 week program is designed to be the start of your pre-season, with the last 2-4 weeks being live nets.

The program requires you to complete the weekly session twice per week. The sessions will start off short and increase in time as your bowling workload increases. Each session will consist of a warm up, skills training and strength and conditioning with the fitness component becoming less as your bowling increases. You can do the sessions whenever suits you but it is recommended that you leave at least one rest day in between sessions.

The strength and conditioning component of this program has a heavy focus on building a strong based of cardiovascular and anaerobic fitness and strengthening the lower body and core regions. Strong legs and glutes give a fast bowler balance and power at the crease while a strong core protects the back from injury which is the most vulnerable area for young fast bowlers.



All conditioning exercises can be done with body weight and minimal equipment so they can be done anywhere. You'll need to be your own judge and customise the S&C sessions to suit based on your age and level of fitness, this is just a general guide. Test yourself but don't go too hard!

The program is not going to be a technical guide, I expect you to have completed the T20 Strike Bowlers Master Class – videos and written guides, or at least have watched the pre session learning prior to each session so that you know how to do each drill, exercise or warm up. This program is simply a road map of what to do and when to do it to for best results.

Ok let's get into it. Enjoy the 6 weeks but make sure you work hard!



# WEEK 1: STARTING THE ENGINE

The first week is going to be all about getting the cobwebs out and, starting your engine and getting your body used to moving in a foreign (bowling) way again.

Your workload in terms of bowling is going to be minimal as I'm assuming you haven't bowled for a while and the aim is just to activate the muscles you use when bowling again and not put too much stress on them as this is a time you're vulnerable to injury.

## WEEK 1 LEARNING REQUIREMENTS

Watch and read – Dynamic Warm Up Routine, Prehab Drills, Conditioning Exercise Guide

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Full dynamic warm up routine
- Prehab routine

### BOWLING FOCUS

The bowling focus is more so about getting the body moving. Work on hitting a good length (top of off stump for the first week). Technically, focus on 3 things;

- Tight gather - ball in line with shoulder and elbow in tight.
- Front arm – reach up and out, elbow above eye line and pull your front arm down tight, in line with hip.
- Release point – make sure you're releasing the ball from nice and high.

### STRENGTH & CONDITIONING

Cardio Vascular

- 1 km run (about 2.5 laps of an oval) – low intensity



## Strength

- Double Legged Hip Bridge 3 x 8
- Single leg box squat 3 x 10 each leg
- Stiff Legged Deadlift 3 x 8 each leg
- Lunges 3 x 8 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Well done on getting through week 1, you're probably a little bit sore if you haven't bowled for a while, but that's a good thing, it means you've worked hard and made some improvements.

At the end of each week I'd like you to write a few notes on how you felt, what you did well and what you think you need to work on. This part is important towards you learning your own game so make sure you get it done.

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# WEEK 2: BUILDING A FOUNDATION

This week is going to be about increasing your work load a little and working on your stock ball which is the hard length ball.

## WEEK 2 LEARNING REQUIREMENTS

- Watch and read – How To Bowl The Hard Length Ball
- Make sure you're familiar with the dynamic warm up routine, prehab routine and the conditioning exercises.

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Dynamic warm up routine
- Prehab routine
- Shadow Bowl x 6

### BOWLING FOCUS

The bowling focus this week is on getting consistency in the 'hard length ball'.

### BOWLING WORKLOAD

Bowl: 18 deliveries (all hard length) at 50%

### BOWLING SKILLS TEST

Mark out an area on the pitch with markers about 1 m long and 40cm wide on a hard length. Count how many times you pitch the ball in the area.

Score:    /18



## STRENGTH & CONDITIONING

### Cardio Vascular

1.5km run (about 3.5 laps of an oval) – low intensity.

### Strength

- Double Legged Hip Bridge 3 x 10
- Single leg box squat 3 x 10 each leg
- Stiff Legged Deadlift 3 x 8 each leg
- Lunges 3 x 10 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Write a few notes on how you felt, what you did well and what you think you need to work on. This part is important towards you learning your own game so make sure you get it done.

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# WEEK 3: ADVANCED SKILLS — SLOWER BALLS

You should be starting to loosen up a bit. Let's work on slower balls this week.

## WEEK 3 LEARNING REQUIREMENTS

- Watch and read – How To Bowl The Slower Ball
- Make sure you're familiar with the dynamic warm up routine, prehab routine and the conditioning exercises.

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Dynamic warm up routine
- Prehab routine
- Bowl x 6 @ 50%

### BOWLING FOCUS

We're going to focus on slower balls for week 3. The reason we work on slower balls earlier in the program is because it's a ball you can practice at a lower intensity as it's more about getting the technique right rather than bowling full tilt. Try a few different slower balls to find which ones suit you. Ideally you want at least two slower ball options in a game and maybe three.

### BOWLING WORKLOAD

Bowl: 24 deliveries (all slower balls) at 75%

### BOWLING SKILLS TEST

Mark out a box on the pitch with markers about 50cm x 50cm wide a little bit fuller than the hard length. Count how many times you pitch the ball in the area.

Score:    /24





## STRENGTH & CONDITIONING

### Cardio Vascular

2km run (about 4 laps of an oval) – medium intensity

### Strength

- Double Legged Hip Bridge 3 x 10
- Single leg box squat 3 x 10 each leg
- Stiff Legged Deadlift 3 x 8 each leg
- Lunges 3 x 10 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Write a few notes on how you felt, what you did well and what you think you need to work on. This part is important towards you learning your own game so make sure you get it done.

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# WEEK 4: ADVANCED SKILLS - BOUNCERS

## WEEK 4 LEARNING REQUIREMENTS

- Watch and read – How To Bowl The Bouncer
- Make sure you're familiar with the dynamic warm up routine, prehab routine and the conditioning exercises.

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Dynamic warm up routine
- Prehab routine
- Bowl x 6 @ 50%

### BOWLING FOCUS

We're going to focus on bouncers this week. The mistake a lot of bowlers make when trying to bowl a bouncer is actually trying too hard, trying to bowl too fast and losing their shape and balance. Yes you want it to be quick but the key is to work on those basic techniques I outlined in week 1, stay tall and make sure you follow through.

Because bouncers require a bit more effort they put a lot of strain on the body so break the 30 deliveries up into 5 sets of 6.

\*Note: If you're a young bowler or lack the pace to bowl a bouncer don't worry. Just work on getting the technique right and get used to the feeling of digging the ball in – don't stress too much about how high the ball bounces – it'll come as you grow and get stronger and faster.

### BOWLING WORKLOAD

Bowl: 30 deliveries (all bouncers) at 85% - 5 sets of 6 balls with 1 minute rest in between.



## BOWLING SKILLS TEST

A good bouncer is more so judged on where it passes the batsman rather than where it pitches. Set up a target on the back of the net at about the height of an average batsman in your age bracket. If you get it somewhere around that target (don't have to actually hit it) you get a point.

Score:    /30

## STRENGTH & CONDITIONING

Anaerobic

50m sprint x 8 (walk back as rest) – medium/high intensity

Strength

- Double Legged Hip Bridge 3 x 10
- Clams 3 x 12 each leg
- Single leg box squat 3 x 10 each leg
- Stiff Legged Deadlift 3 x 8 each leg
- Lunges 3 x 10 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Write a few notes on how you felt bowling the bouncer and what you think you need to work on – also how you went with the S&C component.

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# WEEK 5: ADVANCED SKILLS - YORKERS

## WEEK 5 LEARNING REQUIREMENTS

- Watch and read – How To Bowl The Yorker
- Make sure you're familiar with the dynamic warm up routine, prehab routine and the conditioning exercises.

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Dynamic warm up routine
- Prehab routine
- Bowl x 6 @ 50%

### BOWLING FOCUS

We're going to focus on Yorkers this week. Yorkers are without doubt the hardest deliver to get away for a batsman but they're also a risky ball to bowl

because a small error can turn it into an easy half volley or full toss. That being said, it's a must have delivery for a T20 strike bowler.

### BOWLING WORKLOAD

Bowl: 36 deliveries (all yorkers) at 100% (match intensity)

### BOWLING SKILLS TEST

Set out 6 markers all touching each other creating a rectangle on the crease. That's your target, see how many times you hit the markers out of 36.

Score:    /36



## STRENGTH & CONDITIONING

### Anaerobic

- 50m sprint x 8 (walk back as rest) – medium/high intensity
- 25m sprint x 6 (walk back as rest) – high intensity

### Strength

- Double Legged Hip Bridge 3 x 10
- Clams 3 x 12 each leg
- Single leg box squat 3 x 10 each leg
- Stiff Legged Deadlift 3 x 8 each leg
- Lunges 3 x 10 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Write a few notes on how you felt bowling the yorker and what you think you need to work on – also how you went with the S&C component.

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# WEEK 6: ADVANCED SKILLS SWING BOWLING

## WEEK 6 LEARNING REQUIREMENTS

- Watch and read – Swing Bowling
- Make sure you're familiar with the dynamic warm up routine, prehab routine and the conditioning exercises.

## SESSION OUTLINE

Perform in order: Warm Up, Bowling, Strength & Conditioning

### WARM UP

- Dynamic warm up routine
- Prehab routine
- Bowl x 6 @ 50%

### BOWLING FOCUS

This week is all about finishing off the program well, getting back to your stock delivery, but working on swinging the ball. Practice swinging the ball both ways, get a feel for your wrist position and release points. Ideally you will bowl

with a newer ball this week, or work on shinning one side of an old ball up and roughing the other side.

### BOWLING WORKLOAD

Bowl: 42 deliveries (all swing bowling) at 100% (match intensity)

### BOWLING SKILLS TEST

Set a stump up in the same position as in the swing bowling video in module 1. Work in sets of 6. Practice swinging the ball out for 6 balls, then swap to swinging the ball in for 6 balls. For this test we are going to change the scoring. If you swing 1 out of the 6 balls around the stump, you get a point – 7 sets in total.

Score: /7



## STRENGTH & CONDITIONING

Anaerobic

100m sprint x 10 (walk back as rest) – high intensity

Strength

- Double Legged Hip Bridge 3 x 15
- Clams 3 x 12 each leg
- Single leg box squat 3 x 12 each leg
- Stiff Legged Deadlift 3 x 10 each leg
- Lunges 3 x 15 each leg
- Core circuit 3 x 3 exercises by 10 repetitions (you choose any 3 core exercises – make sure you alternate them weekly, don't just do your favourite)

Write a few notes on how you felt swinging the ball and what you think you need to work on – also how you went with the S&C component.

Notes:

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# SUMMARY

Well done! You've shown a great commitment towards improving your cricket by completing the Strike Bowlers 6 Week Training Program. I hope it acted as a great guide in showing you how to prepare for the season as a fast bowler.

By no means is that the end. There's no limit to the amount of times you can do the program – make sure you do it every pre-season and customise it as you improve.

You're now ready to hit the net's and matches and start putting your new skills to work against batsmen and working on your tactics and game awareness.

You've set some scores to beat in the skills tests. Re test yourself every month or two and continually challenge yourself to improve.

If you'd like to keep working with me to take your game to the next level I'd like to offer you the opportunity to join the Chris Lynn Online T20 Academy...

## **\*NOTE\* WOULD YOU LIKE TO TAKE YOUR GAME TO THE NEXT LEVEL?**

The Chris Lynn T20 Online Academy is a membership website for aspiring cricket players to learn from Chris and other professional players.

CL T20 Academy contains a huge range of how to coaching videos, guest professional player and coaching staff interviews, audios, written handout guides, monthly live Q&A webinars with Chris and is updated weekly with new training. Members also get access to a private "members only" Facebook for regular interaction with Chris and his team of coaches, creating a community in which players can't help but succeed.

For more information visit [www.clt20academy.com](http://www.clt20academy.com)

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