

# Zayed Cricket Academy

## Training Schedule

### Remember when you teach cricket skills to your players.

- ❖ Arrange the player so all can see and hear.
- ❖ Introduce the skill clearly and explain its importance.
- ❖ Demonstrate the skill properly several times.
- ❖ Explain the skill simply and accurately.
- ❖ Attend closely to players practicing the skills.
- ❖ Offer positive feedback, praise after observing player's attempt at the skill.

### Training Session

**20 min.                \*Stretching/ Exercise / Running**

**30 min.                Teach and practice cricket skills**

**5 min.                                Water Break**

**60 min.                Practice under competitive conditions**

**5 min.                                Cool Down/ Stretching**

#### \*Stretching

- ❖ Back Flexion
- ❖ Hip Flexion (Hamstring)
- ❖ Hip Flexion
- ❖ Back Rotation
- ❖ Hip Abduction
- ❖ Pelvic (Spine) Rotation
- ❖ Shoulder and Triceps Stretch
- ❖ Pectoral (Chest) Stretch
- ❖ Deltoid Stretch
- ❖ + Other Exercises

#### \*Exercises

- Dynamic Warm-up
- Jogging/ Running/Sprints
- Cricket Specific Exercises

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## Training Schedule

### Training Session

<b>20 min</b>	<b>*Stretching/ Running/ Exercise</b>
<b>30 min</b>	<b>Teach and practice new skills</b>
<b>05 min</b>	<b>Water Break</b>
<b>60 min conditions</b>	<b>Practice under competitive</b>
<b>05 min</b>	<b>Cool Down/ Stretching</b>

### \*Stretching/ Exercise

- ❖ Back Flexion hear.
- ❖ Hip Flexion (Hamstring) its
- ❖ Hip Flexion
- ❖ Back Rotation several
- ❖ Hip Abduction
- ❖ Pelvic (Spine) Rotation
- ❖ Shoulder and Triceps Stretch practicing
- ❖ Pectoral (Chest) Stretch
- ❖ Deltoid Stretch praise
- ❖ + Other Exercises the

### \*Check list before you start.

- Arrange the player so all can see and
- Introduce the skill clearly and explain importance.
  - Demonstrate the skill properly times.
- Explain the skill simply and accurately.
  - Attend closely to players the skill.
- Offer corrective, positive feedback, after observing player's attempts at skill.