

PITCHVISION ACADEMY

RESISTANCE TRAINING GUIDE FOR COACHES OF YOUNG CRICKETERS BY [ROB AHMUN](#)
(GLAMORGAN CCC AND PITCHVISION ACADEMY)

Pre-Pubescent	Training Modes	Intensity	Volume, frequency
Strength Training	General bodyweight strength training exercises; physical competency exercises	8-15RM	1-3 Sets; 2-3 sessions per week on NCD
Aerobic Conditioning	X-Training, conditioning games and skill based conditioning activities	Self-regulated	Duration should be progressed before intensity
Movement Skill Training	Instruction of basic movement skills	Self-paced; low intensity	Short, high quality sessions, up to 2 sessions per week

Early Puberty	Training Modes	Intensity	Volume, frequency
Strength Training	More complex exercises; unilateral work; introduction of resistance training exercises	6-12RM	3 Sets; 2-4 sessions per week on NCD
Aerobic Conditioning	Predominantly interval based conditioning work; increased intensity of games and skill based activities	Higher intensity; largely self-regulated to allow for individual differences	2-3 sessions per week on NCD
Movement Skill Training	Progression of movement skills; single leg	Self-paced; higher intensity; full recovery	2-3 sessions per week on NCD

Adolescent Players	Training Modes	Intensity	Volume, frequency
Strength Training	Increasing sport-specific emphasis; multi-joint resistance training;	4-12RM	3-5 Sets; 3-5 Sessions per week
Aerobic Conditioning	Anaerobic interval based conditioning exercises; increased intensity of games and skill based activities	Higher intensity; short recovery to develop anaerobic capacity	2-4 sessions per week on NCD
Movement Skill Training	Higher progressions, i.e, single leg balance on unstable surface	Increased intensity; introduction of speed endurance development	2-3 sessions per week on NCD