

Cricket Training Practices Survey for Coaches

WELCOME TO THE SURVEY

As cricket coaches you are an integral component to the development of the game and we are seeking your involvement in a survey designed to learn more about the current exercise practices of coaches with respect to training of cricketers at different levels.

As an appreciation of your time towards filling this survey, we will include all the participants in a draw to win Cricket World Cup Final 2015 match tickets. The draw will be conducted after the survey is completed and the results will be announced in Dec 2014. All participants will receive an appreciation certificate from The University of Sydney and Cricket Australia for their participation.

CONFIDENTIALITY

Participant confidentiality will be strictly maintained.

Name:

Email address :

(optional)

Contact details :

(Phone number)

- 1 What is your age?
- ☐ 20-30
☐ 31-40
☐ 41-50
☐ 50+
- 2 Do you coach a team?
- ☐ Yes
☐ No
- 3 Do you run a coaching business?
- ☐ Yes
☐ No
- 4 How long have you been coaching?
- ☐ < 1yr
☐ 1-2
☐ 2-5
☐ 5+
- 5 Please indicate what level of accreditation do you have?
- ☐ Level 1
☐ Level 2
☐ Level 3
☐ Other
(Please provide details)
- Please describe your accreditation
-
- 6 What grade of cricket do you currently coach?
- ☐ Junior Club Cricket
☐ School Cricket
☐ Junior Rep Cricket
☐ State Rep Cricket
☐ Other

Please mention the level at which you coach

- 7 What is the age group of Cricketers you coach?
- ☐ < 13
☐ 13-15
☐ 16-19
☐ 19+
- 8 How many hours a week do you coach?
- ☐ < 2hrs
☐ 2-5
☐ 5-8
☐ 8+
- 9 How many training sessions do you conduct in a week?
- ☐ 1
☐ 2-3
☐ 3-4
☐ 5+
- 10 Do you engage your players in non-cricketing tasks such as strength & conditioning or warm-up exercises?
- ☐ Yes
☐ No
- 11 On average, what is the frequency and duration of sessions you engage the cricketers in S&C / Warm up exercises during the season?
- ☐ Sessions per week
☐ 1-2 sessions
☐ 3 sessions
☐ 4 sessions
☐ ≥ 5 sessions
☐ Av. Time per session in mins
☐ 10-15 mins
☐ 15-20 mins
☐ 20-30 mins
☐ 30-45 mins
☐ >45 mins
(Please indicate No of Sessions and Av. Time per session. Example: 2 session / 30 min each)
- 11 On average, what is the frequency and duration of sessions you engage the cricketers in S&C / Warm up exercises during the off-season?
- ☐ Sessions per week
☐ 1-2 sessions
☐ 3 sessions
☐ 4 sessions
☐ ≥ 5 sessions
☐ Av. Time per session in mins
☐ 10-15 mins
☐ 15-20 mins
☐ 20-30 mins
☐ 30-45 mins
☐ >45 mins
(Please indicate No of Sessions and Av. Time per session. Example: 2 session / 30 min each)

STRETCHING

13 Do you engage the cricketers in stretching exercises?

- ☐ Yes
☐ No

14a On average what is the frequency and duration of sessions during the season?

- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
(example: 2 sessions / 15 min per session)

14b On average what is the frequency and duration of sessions during off-season?

- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
☐ Not done during off season

15 What type of stretching exercises/ training do you conduct?

- ☐ Static Stretches
☐ Dynamic Stretches
☐ Stretches in Cricket Specific Positions (batting/bowling)
☐ Other

If Other please explain?

(example: static stretches / hamstrings / 3 mins pre training before going to bat)

Please comment if you have any other method of stretching or special stretching training for batsmen, bowlers, wicketkeepers etc?

Speed Development & Agility

16 Do you engage the cricketers in speed development exercises?

- ☐ Yes
☐ No
((eg: Sprints, running etc))

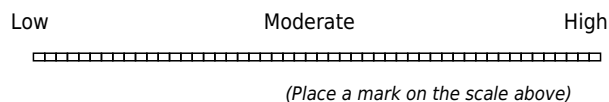
17a On average what is the frequency and duration of sessions during the season?

- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
(example: 2 session / 30 min per session)

17b On average what is the frequency and duration of sessions during off season?

- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
☐ Not done during off season

17c On average at what perceived intensity do you make the players train while conducting speed training during the season?



18 What type of speed training do you conduct?

- ☐ Running
☐ Sprint Drills
☐ Acceleration
☐ Plyometric
☐ Speed Ladders
☐ Change of direction
☐ Game based fitness
☐ Other _____

18b Please comment if you have any other method of speed development training?

((e.g: Incline sprints, other use of game based training etc.))

Resistance Training Practices

- 19 Do you engage the team in resistance training? ☐ Yes
☐ No
- 19a Do you encourage young fast bowlers to engage in resistance training outside the team training times? ☐ Yes
☐ No
- 19b If Yes, which muscle groups do you ask the Fast Bowlers to target during resistance training?
- ☐ Chest
 - ☐ Upper Back
 - ☐ Lower Back
 - ☐ Shoulders
 - ☐ Thighs
 - ☐ Hamstrings
 - ☐ Buttocks
 - ☐ Arms
 - ☐ Calves
 - ☐ Abdominals
- 19c What type of exercises you recommend in resistance training to Fast Bowlers?
-

Aerobic (Cardio) Training Practices

20 Do you engage the players in any form of aerobic exercise in your training?

- ☐ Yes
☐ No

21a What type of aerobic exercises do make the player perform?

- ☐ Walking
☐ Jogging/running
☐ Cycling
☐ Swimming
☐ Fielding drills
☐ Cross trainer
☐ Games _____
☐ Other _____

21b If Games what type?

(Soccer, Footie etc)

21c If Other please elaborate?

21d On average what is the frequency and duration of sessions during the season?

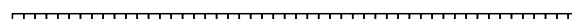
- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
(example: 2 session / 30 min per session)

21e On average what is the frequency and duration of sessions during off season?

- ☐ Sessions per week
☐ 1-2
☐ 3-4
☐ ≥ 5
☐ Av. Time per session in mins
☐ 10-20
☐ 20-30
☐ 30-45
☐ > 45
☐ Not done during off season
(example: 2 session / 30 min per session)

21f On average at what perceived intensity do you make the players train while conducting aerobic training during the season?

Low Moderate High



(Place a mark on the scale above)

21g Please comment if you have any other method of aerobic training?

(e.g: Incline sprints, other use of game based training etc.)

Fast Bowling Workload

- 22 Are you aware of bowling recommendations specific to ages?
☐ Yes
☐ No
(Bowling workload guidelines per week)
- 23 Do you recommend a number of balls to be bowled during a session by fast bowlers?
☐ Yes
☐ No
- 24 Do you capture any bowling work load data?
☐ Yes
☐ No
- 25 On average how many balls per week would a fast bowler in your team ball during the season? (training & match balls included)
☐ 60-90
☐ 90-120
☐ 120-150
☐ 150-200
☐ 200-240
☐ 240+

Cricket specific exercises \ Unique aspects of Coach's program

26 Please comment if you use any Cricket specific exercises you use in training or any other unique form of training: