

Elwood cricket club Preseason

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Dates	Time	Lanes
Tuesday 16 th August	7.00-8.30pm	3
Tuesday 23 rd August	7.00-8.30pm	3
Tuesday 30 th August	7.00-8.30pm	3
Tuesday 6 th September	7.00-8.30pm	3
Tuesday 13 th September	7.00-8.30pm	3
Tuesday 20 th September	7.00-8.30pm	3
Tuesday 27 th September	7.00-8.30pm	4

Address: 3 Haymer court braeside

Things to help you for season 2016/17

- 1. Set some goals.** A big part of success in cricket is knowing what "success" looks like, and planning how you are going to get there. You don't need to be complicated about it. [Just write down a few goals you have for the coming season.](#) Make them specific as possible, realistic challenging but still achievable. It's also important to set goals that are within your control.
- 2. Plan for quality.** Once you have your goals, plan out what you need to do to get to them. If you want to be fitter then your goal might be to do fitness training 3 times a week until the season starts. The plan would involve sitting down and working how, when and where you will do this training (and [how to motivate yourself if you are feeling lazy](#)).
- 3. Get outdoors.** When the sun shines it's good for your body and mind to get out there. [You can do speed, agility, strength and power training on any spare bit of grass outdoors.](#)
- 4. Start thinking positive.** As the season approaches, its time to focus on your successes. That means noting down the things you did right after each training session and spending a few minutes a day picturing how you will succeed this summer. [The psychologists call this visualisation and combined with practice has been proven to improve sport performance.](#)

5. **Use nets effectively.** It's easy just to turn up, have a bit of a bat and bowl and leave without achieving much. [Hopefully your net will be well run](#), but even if it is not you can still make the net better by planning it out. For example, treating your batting session like an innings or aiming to bowl a certain number of balls in the 'corridor'.
6. **Find a training buddy.** Fitness training can be hard to get motivated for sometimes. Finding someone on your team who also wants to improve can help you motivate each other.
7. **Learn to relax.** If you are too tense and worried you will not perform well. Nathan Harris puts his success down to learning to '[be in the moment](#)' and be aware of when he is tensing up. Consider [working on your own ability to relax your mind in the middle](#). This could be tension control, Doing some work on controlling negative thoughts.
8. **Balance your training.** Good training is a balance. If you just have nets you will not improve as fast as if you combine nets with drills, bowling machines, practice games and fitness work. Sometimes relaxing is just as important as training too. A small amount of high intensity quality training beats a lot of undirected and half hearted training hands down.
9. **Talk to the skipper.** The captain will also be forming his own plans for the season soon. Talk to him and find out what he wants from you this year. If you can, [keep up with how he thinks you are doing](#) and if you need to review your role in the team. It means you are not wasting your time trying to do things that the captain has no need for.
10. **Recovery.** It is extremely important to keep your body feeling best as possible. There is several ways to help you achieve this.
 - Compression tights.** Research has show that tights increase the flow of blood to muscles in the legs, and more blood means more oxygen which leads to a quicker recovery.
 - Foam rolling.** Overuse, strain and immobility of a muscle can lead to shorting and thickening of the muscle fibers, which leads to tension and pain within the muscle. Applying direct pressure through foam rolling restores normal blood flow allowing muscles to move without restriction.
 - Yoga.** Increase flexibility, builds muscle strength, increase blood flow relaxers your systems and improves focus, easy's pain and supports your connective tissue.