

# “The Nightwatchman”

Edition 13

## A New Year , New Challenges



With the 2nd half of the season well under way, the SWD Coaching Department has been going flat out to say the least. It is always an exciting part of the year as teams jostle for the top spots in the leagues, or try to stay out of the drop zone at the bottom and players have got enough games under the belt to have hit their straps.

Our framework coaches have been very busy with setting up their programs and watching players in order to finalize the PPP squads for the year. Our Academy players have also had a hectic start to the year with 2 sets of Cobras Franchise academy trials, the 3 day Franchise Academy week fixtures and a number of them have been involved in the SWD Senior Provincial games.

When reflecting on the National Weeks that took place in December, it is obvious that there is serious talent in our region. The challenge our players face is the number of games, the quality of the fixtures, as well as the quality of the facilities they play on during the year. As a cricketing community we need the buy in of all of our schools and clubs to focus on this quality as well as an increase in the quantity of matches these players play. On average our cricketers are playing almost half the number of games their counterparts are playing up country, which puts them at a disadvantage. However, in saying this, they showed real fight during the weeks and acquitted themselves well and I would like to say thank you to all of their coaches at the schools and hubs for the work you put in through the year.

A positive development was the number of players selected from the RPC and Hubs and this will be watched as the year progresses. A number of these players lead from the front at the weeks which shows that players from disadvantaged backgrounds have what it takes when given the right opportunities.

From the Coaching Department I want to wish everyone all the best for the 11 months ahead. May it be a successful and productive year for you and your family!

**Garry Hampson**

SWD Coach Education Manager



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### Special points of interest

- Sentraal High players selected to SA Fillies and Cobras Cubs
- Jean Du Plessis represents at U19 World Cup
- Super 6 Preventative exercises



## Jean Du Plessis - U19 World Cup

Jean Du Plessis, ex Glenwood House learner and current NMMU George Campus student who is part of the SWD Academy and Provincial Men's Squad, took part in the U19 World Cup in New Zealand. Although the team was knocked out of the tournament, they played some fantastic cricket and acquitted themselves well.

Jean had a successful tournament after solidifying his place in the team with some great performances with the bat when the opportunity arose. Averaging 39, he played some quality innings' under pressure .

We look forward to watching his development this year along with a talented group of young academy players coming through our pipeline.



Above: Du Plessis receiving his cap and below in action at the recently held Cubs Week



## SWD Senior Provincial Squad News

On behalf of the SWD Senior Provincial Team, we would like to wish all our supporters and colleagues in the cricket fraternity, everything of the best for 2018.

With seven fixtures scheduled between January and mid-March, it promises to be a busy start to the year but loaded with opportunity for players to make their mark on the season. With that said, Sammy Mofokeng has called it time on his cricket career to focus on his studies and we wish him all the best in his future career. The union has done very well to recruit Tsepo Ndwandwa (22), a left arm orthodox spinner from the Eastern Cape. He went to India in May 2017 as one of 12 players chosen to attend a spin camp.

At the time of writing, six of our ten scheduled fixtures would have been completed with the 7<sup>th</sup> under way against Namibia in Windhoek. A number of academy players (5) have been given the opportunity to experience First Class and List A cricket and have made some positive contributions which bodes well for their development and the future of SWD cricket. The latest being Bradley De Villiers who made his first class debut vs Namibia in Windhoek. (CAPTION PIC)

The 3 day team have made great strides on the batting front after a slow start to the season with good first innings totals built around 3 centuries in 3 games. Obus Pienaar has contributed 2 of the 3 centuries, 119\* (169) vs North West & 139\* (243) vs Free State. This was followed up by a maiden first class century by Daniel Sincuba 154 vs Northern Cape in what was a very controlled and patient innings lasting 289 Balls and 404 minutes.

The bowlers have found life hard on pitches that have been rather benign offering very little support for both seam or spin. With that said, the attitude and effort of the bowlers has been immense and with a little more support in the

catching department, the games could have been a little closer to obtaining a result. In the most recent fixture vs Northern Cape, rain had the final say with more than a 100 overs being lost to rain with

the team in a commanding position. In the end the overall results in the sunfoil 3 day competition reads P-6-W-0-L-0-D-6.

On the List A front, the team recorded dominant victories over an unbeaten North West and a very experienced Free State team respectively. The highlight on the batting front was a massive 153\* off 152 balls vs NW by Neil Hornbuckle that saw SWD to an 8 wicket victory chasing 258 with 28 balls to spare.

The stand out performance with the ball was Marcello Piedt vs Free State, with figures of 9.5-2-35-5 on a spin friendly surface. The List A results reads P-6-W-3-L-2-NR-1.

**Baakier Abrahams**

**SWD Head Coach**

Below: Brad De Villiers (left), from Ramblers CC and a member of the SWD Provincial Academy, who took 7—135 in 32 overs against Namibia on debut



## SWD U13 Momentum Week

The Momentum u/13 Cricket Week took place in December 2017 from the 11th -15th and was very well hosted by SWD in Oudtshoorn. The headquarters was based at Langenhoven Gymnasium and all the teams stayed at the Songoud and Aristo hostels at Langenhoven.

Sixteen teams from around the country, including Zimbabwe, got together to showcase their talent. All the matches were played in a competitive manner, however, the management staff and captains must be commended for the sporting spirit which prevailed throughout the Week.

The overall performance of the SWD team was not what we expected after really good preparation and training sessions prior to the Week. The standard of batting and building partnerships in the middle remains a challenge as there were not many big scores. Although the batters did not always perform up to general expectations, the bowlers often got the team out of tricky situations. A very encouraging sign was seeing the team's fighting spirit in all three time cricket matches. Our last time cricket game against EP on day 3 was nail biting affair, right up until the very last over. The last hour of play kept us all glued to our seats – our batsmen however stayed calm under huge pressure from their bowlers with the game ending in a 'draw'.

From an individual point of view, Rowan Levien performed very well during the week and is an exciting fast bowler and with the correct coaching and guidance will go places. Congratulations to Duan Roberts for receiving a

bowling accolade (4 – 10 – 5 overs) on day 1 against Free State. He also scored 45 runs in the game against Limpopo.

### Some focus areas for 2018:

Improving game plans for our batters – they must know the situation in the middle and what is required from them long before going out to bat.

We play three days of time cricket at the Week. More emphasis will then be placed on time cricket. This is an area that should be looked at from a coaching point of view at schools and regional level.

Douglas Baartman  
U13 & U11 Head Coach



Right: Marnezelle Rabie after taking her hat trick against Border Kei



Top: SWD U13 Captain, Duan Roberts at the toss  
Above: Rosemoore Hub allrounder, Liyabona Malifa in action on the Recreation Ground  
Left: The exciting young fast bowler, Rowan Levien from the Bridgton RPC, on his way to 15 wickets at the Momentum U13 Week.

## SWD Women's Squad News

The SWD Women's squad has had a season of hard work training and preparing since I started in October 2017. The team played Eastern Province in October and Border Kei in November. Winning both games against Border Kei and the 50 over game against Eastern Province. Outstanding performances for SWD against Eastern Province were Haroline Rhodes with the bat, who scored a half century and Micaela Andrews chipped in with 41 runs. The best bowler was Micaela Andrews with 3 wickets. EP scored 221/7 in 50 overs and SWD chased in down with 6 balls to spare. Heroes against Kei were Monique Booysen who scored a half century (64) and Bianca Figeland who scored 47 runs. Outstanding bowling performances

from Monique Booysen, Haroline Rhodes and Micaela Andrews who took got 2 wickets. SWD scored 222 (50 overs) and Border Kei were bowled out for 84. Marnazelle Rabie took a hat trick in the T20 match against Kei.

The squad has developed and grown in confidence as the season has progressed and with the young talent coming through the U19's, the SWD Women's team will only grow in strength. A strong finish is needed for the season and we will be looking at the senior players to lead from the front

Shaun Pretorius -  
Women's Pipeline Head Coach



## SWD Girls U19 make positive strides at National Tournament



Above: The SWD Girls U19 Squad

The u19 Girls national week was played in Port Elizabeth from 9 – 14 December 2017. This being my and a lot of the players first, we were a bit nervous but soon got into motion as the week progressed. Our schedule was 3 50 over games and 4 T20 games. SWD won 1 out of the 3 50 over games. In the T20 we won 3 out of the 4. So in total the SWD u19 Girls team won 4 out of 7. Annerie Dercksen (captain) scored 3 50's with the highest being 52\* and she was the second highest run scorer for the week with 206 runs. In the T20 format Annerie was again the top scorer for the week. She then took the most wickets for the team with 9 in total. Ashley Ann Meyer was second with 8 wickets and Chani Damons 6 wickets.

Annerie Dercksen was selected for the SA Schools Fillies team following her very successful week, which was well deserved!.

I would like to extend a very big thank you to all players, coaches, management and parents for making this wonderful national week possible.

**Shaun Pretorius**

**Womens Pipeline Head Coach**

*“Annerie Dercksen from Sentraal High School was selected for the SA Schools Fillies XI”*

### Annerie Dercksen Selected to SA Schools Fillies XI

Annerie Dercksen (16), the SWD Girls U19 Captain and Sentraal High learner, was selected to the SA Schools Fillies XI after a successful Girls U18 Tournament.

Annerie scored the 2nd most runs at the week, the most runs in the T20 format during the week and was SWD's leading wicket taker.



## Coca Cola Khaya Majola U18 Week

We arrived at the week very optimistic, but with realistic expectations. In our first match we played against Easterns in a time cricket game. The bowlers started the day and the tournament well for us, as they proceeded to bowling the opposition out 143, Travis Ackermann, Unathi Mbathane and Brian Jack were the stand out performers with the ball. The batsmen then came into bat and we made 212 before the close of play, with Odin Le Roux scoring a half century. Travis Ackermann was named man of the match.

On day 2 we had the task of facing Namibia. They won the toss and batted first, and the bowlers excelled yet again with Jean Bruiners picking up 4 wicket. Francois Barnard then scored an unbeaten 112, which led to us winning on the first innings again.

Day 3 did not go as planned as we lost both of our T20 games against KZN Inland and Western Province,

Day 4 saw the start of the 50 over games and we were drawn to play North West, where we batted first and were bowled out inside of 50 overs, for a low total of 176 runs. Odin Le Roux was the only decent contributor with the bat, scoring another well played half century. The

spin of Reagan Rhooode and Travis Ackerman proved to be too good for the men from Potch, as they shared 7 wickets between them.

On the Final day we faced Free State in a 50 over game, and the fatigue of the previous games was very evident amongst the players. We got sent in to bat and only managed a total of 165 runs, Le roux again the main contributor with 42 runs. The bowlers tried valiantly but they did not have enough runs to play with as the team from Free State cruised to victory with 4 wickets remaining.

All in all I think we had an average week, and the boys performed to the best of their potential. A lot of valuable lessons were learnt which the players can take forward. I would like to say thank you to the parents for supporting, motivating and guiding their kids, before and during the tournament and best of luck to those that have moved on out of school. To those staying behind, we have a lot of hard work ahead of us this year!

**Gurswhin Rabie**

**Provincial Academy & U18 Head Coach**

## SWD Provincial Academy

The last few months have been very busy for the Provincial Academy team, with trials for the Cobras Academy squad, the Academy 3 day tournament as well as having players being on semi pro duty. The cherry on the top was having the current captain of the Academy team, Jean Du Plessis being included in the CSA under 19 team that went and played in the World Cup in New Zealand.

Apart from Jean Du Plessis, representing us at the World Cup, Todd Walker, Bailey Aarons and Athenkosi Kwitshana, that represented us in the Franchise Academy 3-day week. These three were selected at the trials that were held in December at the Durbanville Cricket Club.

This current season has been a very fruitful one for the Academy as we had quite a number of our players that moved on to play in the senior provincial team. They are, Jean Du Plessis, Todd Walker, Bailey Aarons, Mthobeli Bangindawo and the very latest one is Bradley de Villiers, who took a stunning 7/79 in his very first game against

Namibia. We would like to congratulate these players and wish them all the best for the rest of the season!

Also in November all the clubs and schools received open invitations to have their members apply to the Academy for the new intake. Those invitations have now been closed, and we are looking forward to putting all these talented players to the test at the next level. We will be having trials before the end of March, in order to finalise our new Intake, some of these players have already been put to the test but to keep the process open and fair, everyone that has applied will be given the opportunity to prove themselves.

We look forward to an exciting second half of the season where we hope to nurture, mentor and guide these talented players to greater heights.

**Gurshwin Rabie**

**Provincial Academy Head Coach**

## KFC Mini Cricket: SWD says goodbye to Gary Moos

In all walks of life there are different seasons and sadly the SWD office has had to say goodbye to one of its original stalwarts, Gary Moos. Gary has successfully headed up the KFC Mini Cricket program at SWD Cricket, which has consistently been in the top three performing programs country wide. He has now moved on to head up the Gauteng KFC Mini Cricket program and we know that his addition to the Gauteng team will be a positive one. SWD cricket salutes you and wishes you all the best with the new challenges that lie ahead!

Back at home, the programs are continuing under the supervision and very capable hands of Genevieve Anthony, who has taken on the task of filling the gap. There isn't a better person who could have taken over the reins until the post is filled permanently.

With regional festivals taking place around the region as well as coaching courses being run

across the region, it is a busy time for everyone. The KFC team recently visited the Katryntjie Pre School in Oudtshoorn, to introduce the children to our wonderful game and add the school to our cricketing family. Needless to say the children had a ball and thoroughly enjoyed themselves!



## Brian Jack selected for Cobras Cubs

Following a strong Coca Cola Week and successful first half of the SWD Schools U19 Super League, Brian Jack, a grade 11 learner from Sentraal High School in Beaufort West was selected for the Cobras Cubs XI.

Brian has been the mainstay of a very competitive Sentraal 1st XI for a number of years and he has notched up some very big totals in both versions of the limited overs including two big centuries (134 2016/17 season and 276\* this season) against Langenhoven Gymnasium. To add to this he was the Super leagues best bowler in the 2016/17 season.

The Cubs week took place in Stellenbosch early in January. Unfortunately the Cobras team did not fare very well although it was a very young side, which bodes well for the future.



*Above: Brian Jack on the offensive for Sentraal 1st XI*

# Coaching Corner—Focus on Conditioning

## SUPER 6 PREVENTATIVE EXERCISES FOR HAMSTRING STRAINS

This exercise programme targets the hamstring and glut muscle strength to reduce hamstring injury. Players complete 30 seconds of all exercises prior to performing the next set. It is best performed as a circuit of 9 stations (the single leg deadlift, cross under lunge and the knee extender stretch require two 30 second sets to complete the exercise on both sides). The total session requires a maximum of 10 minutes. The programme should be performed twice weekly during pre-season and once a week in season. No specialised equipment is required.

<p><b>1</b> <b>SINGLE LEG DEADLIFT</b></p> <p><b>TARGET MUSCLE</b> Hamstring, glute and adductor magnus</p> <p><b>SETS/REPS</b> 2 sets of 30 secs on each leg</p> <p>The player stands on the right leg with the knee slightly bent. The trunk moves forward as the back leg moves backwards. The arms drop forward towards the ground. The player keeps the hips level throughout the movement. The player holds the forward position for 2 counts and then returns to the start. Complete a set of 30 seconds on one side before repeating the exercise on the other leg.</p> 	<p><b>2</b> <b>KNEE EXTENSION MARCH</b></p> <p><b>TARGET MUSCLE</b> Eccentric hamstring</p> <p><b>SETS/REPS</b> 2 sets of 30 sec</p> <p>The player is standing and lifts the right hip to 90° and then extends the knee until a stretch is felt in the hamstring. The player then lowers the extended leg to the ground stepping forward. The player then lifts the left leg and bends the hip to a 90° position and repeats the exercise on the left side. The player moves forward for 4 steps and then turns. Repeat.</p> 
<p><b>3</b> <b>WALKING LUNGE</b></p> <p><b>TARGET MUSCLE</b> Hamstring and gluts</p> <p><b>SETS/REPS</b> 2 sets of 30 secs</p> <p>The player starts standing and steps forward with the right leg, moving the left knee towards the ground. The player presses the right heel into the ground while pushing off the left foot and moves the left leg forward into a lunge. Ensure the upper body remains upright. Perform 4 forward walking lunges, turn and repeat.</p> 	<p><b>4</b> <b>BENCH BRIDGE</b></p> <p><b>TARGET MUSCLE</b> Hamstring and glut max</p> <p><b>SETS/REPS</b> 2 sets of 30 secs</p> <p>The player lies on the floor with the heels on a bench or step. Lift the hips off the ground using the buttocks and hamstrings until the hips are level with the thighs. Lower the hips slowly to the ground and repeat.</p> 
<p><b>5</b> <b>CROSS UNDER LUNGE</b></p> <p><b>TARGET MUSCLE</b> Glut max and glut med</p> <p><b>SETS/REPS</b> 2 sets of 30 secs on each leg</p> <p>The player stands with feet shoulder-width apart and flexes the right leg so that the hip and knee are at 90°. The right leg is then extended backwards and behind the left leg. The player pushes off the right foot to return to the start position. Complete 30 seconds on the right leg before repeating on the left leg.</p> 	<p><b>6</b> <b>KNEE EXTENDER (ACTIVE STRETCH)</b></p> <p><b>TARGET MUSCLE</b> Hamstring stretch</p> <p><b>SETS/REPS</b> 2 sets of 30 secs per leg</p> <p>The player holds the thigh of the right leg with the hip flexed approximately 90° and then slowly extends the knee. A moderate stretch should be felt. Complete a 30 second set before repeating on the left leg.</p> 

If you have any current injuries or are concerned in any way, please consult a medical professional before participating in this programme. Cricket South Africa is not liable for any injury sustained in the performance of these exercises.



Following a number of requests from coaches who have picked up injuries in their teams, we have decided to add this very informative and useful resource which was distributed to our coaches in October last year, to this edition, simply because it is worth every coach taking note of and implementing into your coaching programs.

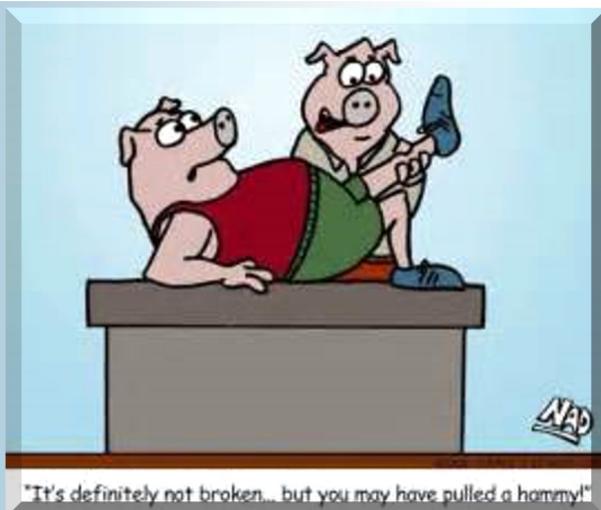
The resource was put together by Dr Janine Gray after a lot of research on common injuries picked up by cricketers throughout the country. A challenge many cricketers in our region face is the lack of access to a trainer and training facilities and this is where this resource comes in handy. Everything can be done at home with no equipment needed.

All of the exercises have been designed to pre condition a player to minimize the risk of the 3 most common cricket injuries—namely those to the hamstrings, shoulders and lower backs.

Coaches will be able to incorporate these exercises into their training sessions as they are simple to do, but if consistently applied, will produce the result of less injuries and better performances.

Even though the season is well under way, following the December break, your players will benefit from consistently working through the various drills, whether this is done at home or a practice. Obviously these are the very basic drills and once your players are well conditioned they should be developing this conditioning. We have a number of options of specialized personnel in the region who would be able to assist you or your players with their conditioning, which often makes all the difference in a players game.

Be sure to attend the SWD Coaches Conference where Henrico Louw will be presenting on conditioning this month.



# SUPER 6 PREVENTATIVE EXERCISES FOR THE SHOULDER

This exercise programme targets strengthening the shoulder to reduce shoulder injury and improve throwing performance. Players complete 30 seconds of all exercises prior to performing the next set. It is best performed as a circuit of 8 stations (4-point diagonal and side lying external rotation require two 30 second sets to complete the exercise on both sides). The total session requires a maximum of 9-12 minutes. The programme should be performed twice weekly during pre-season and once weekly during the season. No specialised equipment is required.

<p><b>1</b> <b>PUSH-UP PLUS (WITH KNEES LIFTED)</b></p> <p><b>TARGET MUSCLE</b> Serratus anterior</p> <p><b>SETS/REPS</b> 2-3 sets of 30 seconds</p>  <p>The player assumes a 4-point kneeling position with hands directly below shoulders and knees below hips. Both knees are lifted off the ground. The shoulders are pushed out and away from the ground ensuring that the elbows remain straight. Then, lower the shoulders without bending the elbows or lowering the knees.</p>	<p><b>2</b> <b>4-POINT DIAGONAL</b></p> <p><b>TARGET MUSCLE</b> Lower trapezius and rhomboids</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds on each side</p>  <p>The player assumes a 4-point kneeling position and elevates one arm in a diagonal position with the thumb facing upwards. Complete this movement for 30 seconds on one side, before repeating it on the other side.</p>
<p><b>3</b> <b>ROTATION PLANK</b></p> <p><b>TARGET MUSCLE</b> Eccentric serratus anterior and rhomboids. Scapula/frank dissociation</p> <p><b>SETS/REPS</b> 2-3 sets of 30 seconds</p>  <p>The player assumes a plank position with elbows below shoulder and feet hip-width apart. The left hand is lifted towards the ceiling by twisting the trunk. Return to start and repeat on the opposite side.</p>	<p><b>4</b> <b>SIDE-LYING EXTERNAL ROTATION</b></p> <p><b>TARGET MUSCLE</b> Shoulder external rotators</p> <p><b>SETS/REPS</b> 2-3 sets of 30 seconds</p>  <p>The player lies on one side with batting gloves placed between the body and elbow, which is bent to 90°. Holding a bat, the player rotates the arm up towards the ceiling and then back down to the ground controlling the movement of the bat.</p>
<p><b>5</b> <b>BUDDY LOW ROW</b></p> <p><b>TARGET MUSCLE</b> Thoracic extensors, rhomboids and lower traps</p> <p><b>SETS/REPS</b> 2-3 sets of 30 seconds</p>  <p>Two players face each other in a split stance grasping a bat with an underhand grip. Each player draws their shoulder blades back as they pull the bat towards their chest, keeping elbows at their sides. The opposing player applies some resistance but allows the movement of the bat.</p>	<p><b>6</b> <b>CROSS BODY STRETCH</b></p> <p><b>TARGET MUSCLE</b> Posterior capsule</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds</p>  <p>The player lies on their side, draws their shoulder blades together and then gently pulls their elbow across their chest. The elbow should remain in line with the shoulder. Only a mild discomfort or stretch should be felt.</p>

## FEBRUARY COACH DEVELOPMENT DATES:

- ◇ 12—28 Feb: Level 1 and 2 practical evaluations
- ◇ 14 Feb: National Week Debrief Forum
- ◇ 21 Feb: RPC Hub Forum with AD Birrel (ex Proteas Assistant Coach)
- ◇ 23 Feb: SWD Coaches Conference
- ◇ 26 Feb: Spin & wicketkeeping Forum with Paul Adams and Ezra Poole
- ◇ 28 Feb: Level 2 Refresher Course - Part 1 (Part 2 - 2 Mar)

# SUPER 6 PREVENTATIVE EXERCISES FOR THE LOWER BACK

This exercise programme targets lower back and leg strength to reduce lower back injury. Players complete 30 seconds of all exercises prior to performing the next set. It is best performed as a circuit of 9 stations (the cook hip bridge, side plank and quad lumborum stretch require two 30 second sets to complete the exercise). The total session requires a maximum of 10 minutes. The programme should be performed twice weekly during pre-season and once a week in season. No specialised equipment is required.

<p><b>1</b> <b>COOK HIP BRIDGE</b></p> <p><b>TARGET MUSCLE</b> Core control and glut max strength</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds on each side</p>  <p>The player lies on his/her back with one leg fixed at the hip and knee while the other leg squeezes a cricket ball between the chest and thigh. The player lifts their pelvis 5-8 cms off the ground keeping the ball in place and pelvis level. Return to the start position and repeat.</p>	<p><b>2</b> <b>DEAD BUG</b></p> <p><b>TARGET MUSCLE</b> Deep stability muscles, rectus abdominus and obliques</p> <p><b>SETS/REPS</b> 2-3 sets of 30 seconds</p>  <p>The player lies on his/her back with both arms lifted towards the ceiling, and hips and knees bent in a 90°/90° position. Contact between the spine and ground is maintained throughout the exercises as the player pulls his/her navel towards the spine. The left arm and right leg are extended and returned to start. Repeat on other side.</p>
<p><b>3</b> <b>MOUNTAIN CLIMBER WITH EXTERNAL ROTATION</b></p> <p><b>TARGET MUSCLE</b> Core strength, obliques and hip external rotators</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds</p>  <p>The player assumes a plank position (elbows and toes) ensuring shoulder, hips and knees are aligned and the hips are level. A leg is rotated outwards with the knee moving in an arc towards the elbow, and then returns to start position. Repeat on opposite side.</p>	<p><b>4</b> <b>SIDE PLANK WITH HIP ABDUCTION</b></p> <p><b>TARGET MUSCLE</b> Core strength and glut medius strengthening</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds on each side</p>  <p>The player lies on his/her side with weight through the elbow. The bottom hip is lifted off the ground ensuring a straight line between bottom shoulder, hip and ankle. The top leg is lifted upwards and returned to start. Ensure positional alignment is maintained and no pelvic rotation or dipping occurs.</p>
<p><b>5</b> <b>NEUTRAL SPINE LUNGE</b></p> <p><b>TARGET MUSCLE</b> Core strength and lower limb strengthening</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds</p>  <p>The player stands, holding a cricket bat along the line of the spine maintaining contact between the head, upper back and sacrum. The player lunges forwards with the right leg ensuring the thigh is parallel to the ground. Pushing through the heel of the right foot the player returns to standing. Repeat on opposite side.</p>	<p><b>6</b> <b>STRETCH</b></p> <p><b>TARGET MUSCLE</b> Quad lumborum</p> <p><b>SETS/REPS</b> 2 sets of 30 seconds on each side</p>  <p>The player assumes a lunge position, keeping the shoulder, hip and knee in alignment and the lower back in neutral. The player extends the right arm upward and then leans over to the left until a gentle stretch is felt on the right side. Hold this position for 30 seconds. Repeat on the other side.</p>

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