

YOUTH PACE BOWLING RECOMMENDATIONS



Consider the following acronym
F.I.R.S.T



FREQUENCY

The number of bowling sessions in the week



INTENSITY

How hard the player should work in those sessions



REST

How much should the player rest and recover in order to be at the best they can be



SURFACE

Be mindful of the impact of moving from indoor training to outdoor training venues



TYPE OF TRAINING

Skill development, technical work, target bowling, competitive nets, tactical

LOADING

Coaches who assist players in gradually increasing workloads from week to week during pre-season will help prepare their bowlers body for the demands of match bowling.

Start with a target in mind and work back i.e. How many overs do you want the player to be able to bowl by the start of the season or in a tournament week and then plan back from that point.

PRE SEASON TRAINING GUIDES

**U13 & U14 /
Yr 9 & 10**

Start 2 weeks prior to season commencing

**U15 & U16 /
Yr 11 & 12**

Start 4 weeks prior to season commencing

**U17 & U18 /
Yr 12 & 13**

Start 6 weeks prior to season commencing

**U19 / Yr 13 &
School leaver**

Start 8 weeks prior to season commencing

“Intensity has equal to more importance than load – Ensure you monitor intensity.”

“The longer you can load leading into the season the better. Long and slow is ideal.”

INTENSITY GUIDE

INTENSITY LEVEL	INTENSITY DESCRIPTION	FOCUS
LEVEL 0	Seam release bowling off 1 - 2 steps	Warm up, seam release, technical work - No restrictions on overs
LEVEL 1	2 or 3 steps to half run up at 40% - 60% intensity at the crease	Warm up for higher levels, seam release drills, technical work, target bowling
LEVEL 2	½ to ¾ run up 60% - 85% intensity at the crease	Warm up for level 3, technical work, target bowling, skill development - batsman can be involved but only if intensity remains at level 2 range
LEVEL 3	Full run up at 85% - 100% intensity at the crease	Competitive net, match intensity, tactical focus

*If you want more information and an example plan for a pre-season gradual loading plan, contact your Major Association's Coach Development lead

DURING THE SEASON

Every bowler needs to be managed on an individual basis. Some will cope with more or less load as there are other important variables other than age (e.g. physical maturity, technique, bowling speed, fitness, previous injury) that are also important factors.

A common-sense approach is suggested. Consider the following guidelines

BOWLING VOLUME GUIDES

U15 / Yr 11	Between 15 to 17 overs per week across trainings and matches
U17 / Yr 12 & Yr 13	Between 18 to 20 overs per week across trainings and matches
U19 / Yr 13 & School leaver	Between 20 to 23 overs per week across trainings and matches

ONCE A WEEK GAMES

U13 / Yr 9 & 10
U14 / Yr 10 & 11
U15 / Yr 11 & 12
U16 / Yr 12 & 13
U17 / Yr 12 & 13
U18 / Yr 13
U19

BOWLING RESTRICTION

A maximum of 4 overs in a spell A maximum of 8 overs in a day
A maximum of 4 overs in a spell A maximum of 8 overs in a day
A maximum of 5 overs in a spell A maximum of 12 overs in a day
A maximum of 6 overs in a spell A maximum of 14 overs in a day
A maximum of 6 overs in a spell A maximum of 14 overs in a day
A maximum of 6 overs in a spell A maximum of 20 overs in a day
A maximum of 6 overs in a spell A maximum of 20 overs in a day

A KEY MESSAGE TO REMEMBER

U15 - U17 / Yr 11 - 13

- 1 day off between sessions
- 3 bowling days per week
- 5 over spells



U19 / Yr 13 - School leaver

- 2 days bowling in a row (maximum)
- 4 bowling days per week
- 6 over spells



*There are times when tournaments aren't structured to allow for the recommended maximum days bowling in a row.

Where this occurs, adjust bowling loads so bowlers are bowling less overs each day. You can also contact your MA's Coach Development Lead to discuss how to approach this.

"A common sense approach needs to be taken. The guidelines are general in nature and every bowler needs to be managed on an individual basis."



RECOVERY

Recovery is essential to allow the body (particularly bones, muscles and tendons) to recover, adapt and be ready for the next session (training or match).

Recovery between spells during training and matches to alleviate short-term fatigue and after prolonged high load periods e.g. mid-season (to allow the physical and mental fatigue to resolve) are important injury prevention strategies and help maximise performance.

We recommend a week off bowling every 10-12 weeks, and a lighter bowling week every 4 weeks

RECOVERY FROM TOURNAMENTS

Where possible coaches should consider planning a 2 week de-load post a big tournament week

MORE RESOURCES AVAILABLE

Click the links below or scan the QR code to find more resources

- > [NZC Resource Section](#)
- > [Game On](#)
- > [Concussion Policy](#)
- > [Helmet Policy](#)

