

PREPARATION: THE POWER OF THE WARM-UP

NZC have developed a community resource for coaches and players:

[NZC Community Warm-up Programme](#)



DYNAMIC WARM-UP & INJURY PREVENTION

A dynamic warm-up is one part of an injury prevention programme alongside your strength and conditioning, bowling workloads, sleep and nutrition and mental well-being.

A good warm-up can help reduce injury risk by improving joint mobility, increasing blood flow to muscles, aiding limb coordination and enhancing mental preparation. It's about preparing your body and mind for optimal performance.

Cricket is a dynamic game, and with the demands of batting, bowling and fielding, injuries can happen, especially during growth and development. Common cricket injuries include hamstring, groin and abdominal strains, ankle sprains, knee pain and low back injuries.



YOUNG WOMEN CAN BE MORE AT RISK THAN YOUNG MEN DUE TO:

- Changes in movement and mechanics during puberty
- Reduced exposure to strength work than their male peers
- Less time at the crease in their earlier years
- They can also be at higher risk of bone injury due to the role of female sex hormones in bone health