



## **Cricket Biomechanics Workshop**

**By**

**Dr. René Ferdinands**

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**Do you want to participate in an advanced biomechanics workshop on cricket, covering various aspects of batting and bowling based on cutting edge scientific research?**

If yes, then you are invited to participate in this cricket biomechanics workshop at the 33<sup>th</sup> International Conference on Biomechanics in Sports - Poitiers France, a specialized workshop held by Dr. René Ferdinands, one of the world's foremost experts in cricket biomechanics. Dr. Ferdinands, who heads the cricket biomechanics research program at the University of Sydney, has published numerous research articles on cricket science in peer reviewed journals, and, as a professional cricket coach, has taught elite cricketers throughout the world.

### **What will you learn at this workshop?**

In the cricket biomechanics workshop, attendees will learn the biomechanical principles that enhance performance in a number of the most important skills in cricket. The workshop shall cover the following items:

## Batting

- Optimising backlift and footwork against fast bowling
- End-effector mechanics to simplify vertical bat strokes
- Upper body segment planes of motion to play horizontal bat strokes
- Impulse-moment theorem to optimize ball impact velocity
- Weight-biasing techniques to improve footwork against spin and fast bowling

## Bowling

- The biomechanics of technical diversity
- Techniques to promote efficient run-up mechanics
- Fluid mechanics principles to increase swing forces on the ball
- Techniques to increase ball release speed
- Increasing the range of spin bowling deliveries

## What is Involved?

- 1.5-hour Powerpoint presentation on the biomechanics of cricket
- 3-hour coaching workshop in the indoor cricket nets
- Participants who are current players are requested to bring their equipment, including suitable cricket attire, such as track suit and running shoes.

## Please contact for technical information:

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