

## **Cricket Biomechanics Workshop for Elite Coaches and Players**

Dr. Ferdinands will run a Cricket Biomechanics Coaching workshop at ISBS2015 on batting, bowling (fast and spin) and fielding. The general format begins with a 1.5-hour lecture presentation covering the biomechanical principles of cricket technique, and then followed by a 3-hour coaching session. Although seemingly advanced in content, the material is presented in simple terms, so that attendees with little or no scientific background can benefit – the emphasis is on practical application. Furthermore, a practical demonstration in the nets will follow each lecture to ensure that both coaches and players understand the technical content of the presentation. This will be followed by formal coaching sessions, which will be held in either outdoor or indoor cricket nets furnished with the



necessary items, including a bowling machine for the batting sessions, and quality cricket balls provided for all practical sessions. Elite coaches and players are encouraged to actively participate in these sessions, practicing the various technical drills to learn the art of applying biomechanics in actual play. In addition, there will be specific one-on-one sessions with elite players, giving an opportunity for both coaches and players to further apply their new knowledge. Elite cricketers from national, state and development squads of all countries are welcome, including cricketers from ICC-affiliated nations. It is envisaged, that subject to dedicated and systematic practice, the adoption of the principles presented in these workshops will potentially provide cricketers significant technical advantage.



Dr. Ferdinands is an international cricket coach with a specialist research background in cricket biomechanics. A former first-class cricketer, coaching cricketers throughout the world, his previous appointments include the positions of biomechanics coaching consultant at the Indian National Cricket Academy (N.C.A., Bangalore), and technical bowling coach at the Western Suburbs District Cricket Club (Sydney Grade Level). For a number of years, he provided biomechanical analysis reports for New Zealand Cricket, screening the country's elite bowlers for injury susceptibility factors and identifying specific technical characteristics, as well as being the Chief Editor of ISBS Cricket

Coaching Service for CoachesInfo.Com, an online resource that was designed to deliver scientific-based coaching to elite cricket coaches and players. In addition, Dr. Ferdinands runs cricket coaching workshops, such as for The Victorian Cricket School (VCS), headed by Graham Yallop, former Australian Test cricketer. In 2012, he ran a cricket coaching workshop, organized by the Carlton Sports Networks & Sri Lanka Cricket, for the purposes of disseminating scientific coaching principles via television to reach the greater population of Sri Lanka, the workshop translated into the English, Sinhalese and Tamil. In 2013, Dr. Ferdinands held an Advanced Cricket Coaching Biomechanics Workshop on Batting and Fast Bowling at the 13th Asian Federation of Sports Medicine Congress in Malaysia, a workshop that attracted elite coaches, players and administrators from Asia and around the world. Furthermore, Dr. Ferdinands' research was an important factor in the development of the current ICC bowling legality measures.