

## WARM UP THE BODY

Warm up the body for a session, a game... a season!!!

The first weekend of domestic cricket has just come to an end and I read an interesting article in one of our national newspapers concerning cricket players getting injured during the first part of the season. So I am bound to ask myself the following question:

***“Why this is happening and what can we do to prevent it?”***

If you think back at my previous article, you will remember we put a lot of emphasis on prevention and pre-habilitation and not so much rehabilitation... just a reminder again that prevention is definitely better than cure!!

The best answer for me is that when you are playing a competitive game, nothing can be a substitute for the level of intensity during that particular game. None of the preparation that you have done during the pre-season training can mimic the intensity during a competitive game, yet you do all the preparation just to be sore after the first game. How does this work?!? But, the real question here is:

- . did you do the right preparation,
- . did you load your body sufficiently,
- . did you train at the right intensity,
- . did you rest enough before the first game.....
- . ***did you play any warm-up games?***

In all my previous articles, you would have been able to see that one flows into the other, so this time it is not going to be any different. That is why I feel we need to spend some time on warm-up, or practice matches. Warm-up games can be organised between different teams, or teams can be made up from a big squad of the same organisation. The fact of the matter is that unless you train at the intensity you want to play at, you will always run the risk of falling apart in the first game. If I recall correctly, Gary Player once corrected a person when asked whether practice makes perfect. He replied by saying that practice doesn't make perfect, but **PERFECT PRACTICE MAKES PERFECT!!** The same can be said about so-called warm-up games.

Unless you play these at the same intensity as when the domestic season starts, you will never be entirely ready for the first ball...

The body and all the different systems within adapt to a certain level of intensity after a while and grow accustomed to that specific level. Now, if you are training at 90% of match intensity, you will never grow accustomed to match level intensity and thus will never be ready for the task at hand.

Thus, always make sure that before you go into your season, you have played sufficient amount of games at the right intensity so that the body is well equipped for what it has been prepared for... a good pointer would be to have the warm up games serve as trials and make it well known that, whether you are playing against other teams, or whether you are playing an internal warm-up game – these matches, accompanied with all the info gathered on every player during the off season (fitness, etc.) will serve as a guideline as to team selection. This will add the competitive edge, as well as heighten the intensity levels automatically...