



Kevin Shine working with young fast bowler Robbie Joseph

## The all new ECB Fast Bowling Directives: changes for 2010

A critical issue for coaches of players under the age of 19 are the ECB Fast Bowling Directives. It is vital that coaches are fully aware of the Directives and how they will impact upon the young players they work on behalf of. Whilst providing guidelines for match play, practice is just as important an issue for coaches and players.

Following a two year consultation process the ECB Fast Bowling directives have been revised for 2010. The outcome is that bowlers up to under-15 level are now able to bowl longer spells and more overs in a day.

Under the new guidelines bowlers at under-16 and under-17 level are now permitted to bowl an extra over per spell but those in the under-18 and under-19 category have had the total number of overs they can deliver per day reduced from 21 to 18.

**These guidelines will come into effect for the start of the 2010 season.**

The fast bowling guidelines are designed to raise awareness of the need to nurture and protect young fast bowlers through their formative years. Research has shown that fast bowlers are by far the most likely cricketers to be missing playing and training time due to injury.

### GUIDELINES FOR MATCHES:

Age:	Previous max overs per spell	Previous max overs per day	UPDATED max overs per spell	UPDATED max overs per day
Up to 13	4	8	<b>5</b>	<b>10</b>
U14, U15	5	10	<b>6</b>	<b>12</b>
U16, U17	6	18	<b>7</b>	<b>18</b>
U18, U19	7	21	<b>7</b>	<b>18</b>

*\*For the purpose of these guidelines a fast bowler should be defined as a bowler to whom a wicketkeeper in the same age group would **in normal circumstances** stand back to take the ball.*

Kevin Shine, ECB Lead Fast Bowling Coach, has played an integral part in the research which has culminated in these changes: "The Elite Fast Bowling Group has been researching injury prevention, performance enhancement and workloads for the past four years.

"The new recommendations mean youngsters under the age of 15 can now bowl an additional over in a spell and two overs more in a day. These figures are over and above the original directives.

"It is clear that our young bowlers need to bowl more so that they can develop match winning abilities and habits and I look forward to the revised directives giving individual fast bowlers and teams more of a chance to play match winning cricket."



For Coaches Association members it is vital to note what this means for your players. Whilst those at under-13 and under-15 levels can bowl an additional 2 overs per spell, under-18 and 19 players see a decrease in the over all number of overs they are able to bowl. Ultimately the changes are a reflection of the importance of high quality, fast bowlers at every level of the game. Players and coaches alike should view the changes as an opportunity for fast bowlers to execute their skills in match situations, offering them a greater chance of influencing the outcome of games.

Coaching research suggests that a high volume of quality practice is necessary in order to master the execution of complex skills. There is certainly a balance in fast bowling, the physical impact of the pursuit and potential for injuries to young fast bowlers should be in every coach's mind. That must be tempered with an opportunity for bowlers to develop match winning habits, habits that must be honed in games. CA members should consider the joint responsibility shared by player and coach. An open, honest relationship and careful monitoring of workload should ensure fast bowlers have ample opportunity to develop their skills, complete the necessary physical preparation and, remain injury free.

Please see the following link for further details on the 2010 fast bowling directives - <https://www.ecb.co.uk/ecb/directives-guidelines/ecb-fast-bowling-directives,100,BP.html> ■