

Follow this Fast Bowler Drills PDF Schedule
to increase fast bowling speed.

Fast Bowler Drills PDF Program for Speed

Crafted By : Rohit Shyokand for Everyone

<https://www.instagram.com/rohitshyokand/>

<https://www.youtube.com/rohitshyokand/>

Monday - Back foot stiffness (Perform on forefoot)

- | | |
|--|-----------------|
| 1. Iso BFC Hold | 15 Sec * 3 Sets |
| 2. Depth Drop Jumps | 5 * 3 Sets |
| 3. Banded BFC Jumps | 10-15 * 3 Sets |
| 4. Banded Jumps on Both Feet | 20 * 3 Sets |
| 5. Depth Drop & Jump on Box | 5 * 3 Sets |
| 6. Both Leg Hops / Pogo Jumps | 20 mts * 3 Sets |
| 7. 2 Lateral Jump on Bfc and Stable on front foot. | 10 * 3 Sets |
| 8. Tennis Ball Bowling | 1 Over |

Tuesday - Front foot Drills

1. Isometric Front foot hold = 20 sec * 5 Sets (Push ground with front foot)
2. Back foot drop & Front foot Block = 10 Reps * 3 Sets (Keep your knee lock when land on ground)
3. Med Ball Overhead Throw in stride position = 10 Reps * 3 Sets (Keep knee lock)
4. Resisted front foot hold with band in front = 15-20 Sec * 5 Sets (Try to push ground with front foot & pull leg behind)
5. Front foot hold weighted = 3 Sets * 20 sec
6. Overcoming Iso FFc Hold = 5 Sets * 15 Sec (**Ask someone to press your body from the shoulder. Try to come up keeping front knee lock**)
7. Front foot hold drop & catch = 3 Sets * 10 Jumps (**keep knee lock when you land and jump**)

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Wednesday - Hip shoulder Separation

1. Wall drill = 10 Reps * 3 Sets (Focus on hip & shoulder separation)
2. Resist back foot hip shoulder separation = 10 Reps * 3 Sets
3. Med ball chest pass with hip shoulder separation = 10 Reps * 3 Sets
4. Front Leg on wall & Back foot pre turn focus = 10 Reps * 3 Sets

Any 5 Tendon Stiffness Drills from Day 1

Thursday - Bowling Specific Movements + Front Foot Knee Lock

1. Med Ball Side Throw on wall - 10 Reps * 3 Sets **Each Side**
2. **Overhead med ball throw keeping front knee lock - 10 Reps * 3 Sets**
3. Dumbbell / Brick Drop & Catch - 20 Reps * 3 Sets **Each Arm**
4. Overcoming isometrics Front Foot Hold with resistance band - 20 Sec * 5 Sets (**Push Ground with Front foot**)
5. **Swing Leg Retraction with Band - 30 Swings * 5 Reps**
6. Resisted Bowling keeping front knee lock - 2 overs (**do not take run up. Just do the action using resistance band**)
7. **Any 2 front knee lock drills**

Friday - Hip Drive & Back foot Stiffness

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1. Resisted Back Foot with Band and move lower body - 3 Sets * 10 Reps
2. Assisted Back foot drag with band in front & perform tent peg - 3 Sets * 10 Reps (**Put the band in any pipe or ask someone to pull you**)
3. Resisted Back foot & do 4 Tent peg drill - 3 Sets * 20 Reps (**Focus on back foot drop and drag and front knee lock**)
4. **Assisted Bowling - 3 Overs**
5. **Any 4 Tendon Stiffness Drills from Day 1**

Saturday - Full Bowling Action Drills

1. Overhead med ball throw in bowling position with run up 5-6 steps - 3 Sets * 10 Reps (**Make sure to separate hips and shoulder**)
2. Run and perform bowling & stop when both foot land in stride position for 5 sec - 3 Sets * 10 Reps
3. Resisted Bowling - 3 Sets * 5 Balls
4. Assisted Bowling - 3 Sets * 5 Balls
5. Shoulder Rotation with band * 3 Sets * 30 Reps