

# A Study on Effectiveness of Conventional Exercises with *Plyometric* Training vs Conventional Exercises Among Recreational Fast Bowlers for Enhancing Bowling Speed and Strength: A Comparative Study

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## Abstract

**Background:** Fast bowling is a key aspect of cricket that requires speed, accuracy, and skill. The fast bowlers need to have strong physical attributes such as strength, speed, and endurance, as well as excellent technique and tactical awareness. *Plyometrics* is a widely used training approach to enhance the ability of muscle to generate power. So this study shows the effectiveness of *plyometric* exercises in fast bowlers to increase the bowling speed and strength.

**Objectives:** 1. To assess the effectiveness of *Plyometric* exercises along with conventional exercises, to achieve bowling speed and muscle strength in fast bowlers. 2. To assess the effectiveness of conventional exercises, to achieve bowling speed and muscle strength in fast bowlers. 3. To compare the differences between *plyometric* exercises along with

conventional exercises v/s only conventional exercises to increase bowling speed and muscle strength in fast bowlers.

**Methodology:** 38 male recreational fast bowler players were included in this comparative study and randomly divided into two groups: Conventional exercises along with *plyometric* training (Group A) and Conventional exercises (Group B) with 18 players in each group. All players were evaluated for upper limb strength and bowling speed with speed gun and medicine ball throw test. Data was collected for all variables at baseline and end of 6<sup>th</sup> week.

**Conclusion:** It's concluded that *plyometric* training along with conventional exercises increases the bowling speed and muscle strength in recreational fast bowlers, hence improves their performance.

**Keywords:** Bowling; Bowling Speed; Cricketers; Fast-bowlers; Medicine Ball Throw Test; Muscle Strength; Speed-gun