



JUNIOR PACE BOWLING WORKLOAD GUIDELINES

Key messages in your pocket to keep young bowlers in the game



Match & Training Recommendations

Aged under 17?

1

Day of rest after each 'bowling day' *

3

Max bowling sessions per week

5

Max overs in a spell

Aged 17 - 19?

2

Days max bowling in a row

4

Max bowling sessions per week

6

Max overs in a spell

*1 day of rest is considered the minimum; multiple days off give further recovery opportunity for athletes