



# JUNIOR PACE BOWLING WORKLOAD GUIDELINES

*Let's keep our 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

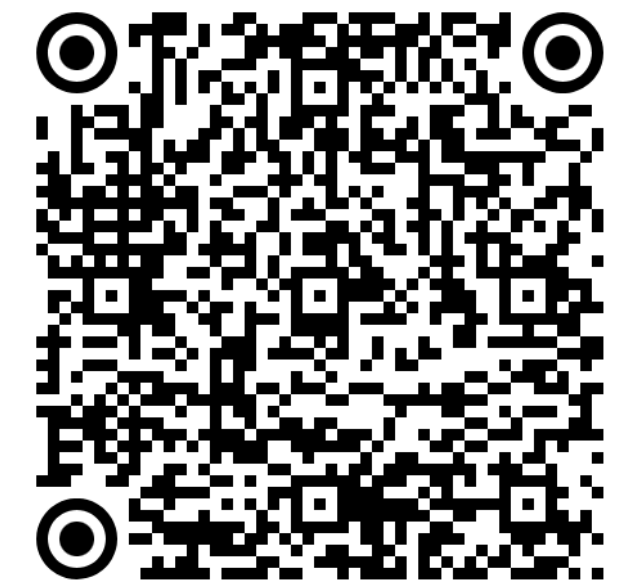
4

Max bowling sessions per week

6

Max overs in a spell

For the full guidelines head to [play.cricket.com](https://play.cricket.com)



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