

Comparative Effects of Sprint and Power Training in Cricket Fast Bowlers

NCT06511375

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	34 participants

Key Eligibility Criteria

Inclusion (4)

- Age: 18- 30 years
- Fast bowlers (male and female)
- Physically fit and healthy athletes
- Players must have fast bowling experience of at least 2 years. -

Exclusion (3)

- Fast bowlers with musculoskeletal conditions (back pain, foot and ankle injuries, fracture of lower limb and bone deformity, patellar tendinopathy, ligamentous and meniscal injury)
- Vestibular and visual disorders
- cardiac and respiratory issues -

Locations (1 total)

Zafarwal playzone, Zafarwal, Punjab Province, Pakistan