# Article information:

The breaking point: Why are Indian fast bowlers getting injured frequently? | Sports News,The Indian Express
<https://indianexpress.com/article/sports/cricket/the-breaking-point-why-are-indian-fast-bowlers-getting-injured-frequently-8641073/>

# Article summary:

1. Indian fast bowlers are getting injured frequently, with recurring injuries affecting Prasidh Krishna, Kamlesh Nagarkoti, Deepak Chahar, Navdeep Saini, Khaleel Ahmed and Umesh Yadav.

2. Coaches and former players blame excessive gym training for the injuries, advocating for more time spent on the ground and in nets instead.

3. Suggestions include personalized training programs based on individual body types and actions, as well as a return to specialized coaching camps organized by the BCCI.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article discusses the issue of frequent injuries among Indian fast bowlers and explores potential reasons for this trend. The piece highlights the opinions of various experts, including coaches, former players, and strength and conditioning specialists.

One potential bias in the article is that it primarily focuses on the opinions of those who believe that gym training is not suitable for fast bowlers. While these experts provide valuable insights into alternative training methods, there are likely other perspectives on this issue that could have been explored as well.

Additionally, some claims made in the article are unsupported or lack evidence. For example, while former India opener Virender Sehwag criticizes former India strength and conditioning coach Shanker Basu for making the same programs for all Indian players, there is no evidence presented to support this claim. Similarly, while Mohammed Shami's childhood coach Mohammed Badruddin argues that gym training is not feasible for pacers, there is no data provided to back up this assertion.

The article also overlooks certain points of consideration. For instance, it does not explore whether other factors besides gym training could be contributing to the high rate of injuries among Indian fast bowlers. Additionally, it does not address how other cricket-playing nations approach strength and conditioning for their fast bowlers.

Overall, while the article provides interesting insights into a concerning trend in Indian cricket, it could benefit from a more balanced exploration of different perspectives and more thorough analysis of potential causes and solutions.

# Topics for further research:

* Strength and conditioning programs for fast bowlers in other cricket-playing nations
* Factors contributing to frequent injuries among fast bowlers besides gym training
* Success rates of alternative training methods for fast bowlers
* Role of nutrition in preventing injuries among fast bowlers
* Comparison of injury rates among fast bowlers in different cricket formats (e.g. Test
* ODI
* T20)
* Long-term effects of injuries on the careers of fast bowlers

# Report location:

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