OKKULO

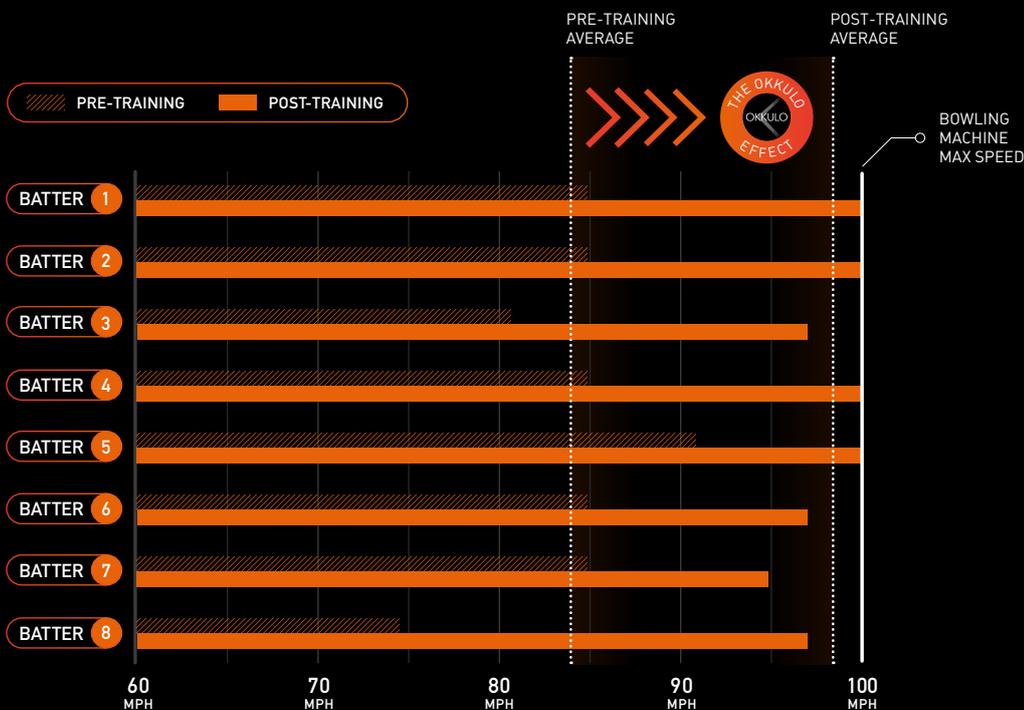## Cricket Pilot Study

Cricket Pilot Study

A pilot study was carried at Durham University Sporting Academy under the supervision of Professor Lindsay Sharpe, a leading vision scientist then at the University of Newcastle, assisted by Peter Wharburton and Graeme Fowler, two well-known cricketers. Eight participants from the cricketing school took part in the study, two of whom were professional cricketers.

The measure of performance was simply to determine the highest speed at which players could consistently hit three out of six balls bowled at them under daylight conditions by a bowling machine. The measurements started at 60 mph and increased in increments of 4 mph to 80 mph, after which they increased in increments of 2 mph to 98 mph until the limit of the bowling machine was reached at 99 mph. The measurements stopped when the batter failed to hit three out of six balls or when the 99 mph limit was reached.

PRE-TRAINING AVERAGE

POST-TRAINING AVERAGE

THE OKKULO EFFECT — OKKULO

BOWLING MACHINE MAX SPEED

PRE-TRAINING   POST-TRAINING

BATTER 1
BATTER 2
BATTER 3
BATTER 4
BATTER 5
BATTER 6
BATTER 7
BATTER 8

60 MPH   70 MPH   80 MPH   90 MPH   100 MPH

Batters had a mean improvement of 17%

17%

All batters improved by 10-30%

10-30% IMPROVEMENT

After training all batters could perform at or above

94 MPH

Mean best post-training performance speed

97.2 MPH

The pre-training performance assessments are shown by the striped bars in the above graph. The mean best pre-training performance speed was 83.0 mph with a standard deviation of 4.5 mph, as shown by the lower dotted white vertical line. (Batters 1 and 2 are professional cricketers.)

Batters were then trained for 8 weeks with two fifteen-minute training sessions per week under the Okkulo training conditions. After 8 weeks of training, the performance of each batter was reassessed under the same conditions as the pre-training measurements. The results of the post-training assessments are shown by the coloured bars in the graph. The mean best post-training performance speed was 97.2 mph with a standard deviation of 2.0 mph as shown by the upper dotted white vertical line. The performance of all batters improved by between 10 and 30% with a mean improvement of 17%. After training, all batters could perform at or above 94 mph. Moreover, the performance improvements for Batters 1, 2, 4 and 5 were limited to the fastest speed of 99 mph that could be produced by the bowling machine. Okkulo training consistently improved the performance of all eight participants.