

# Cricket

## Beginner-I

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# Warm-up - Exercises



## Definition:

It is a procedure, used prior to competition, or hard training, by which an athlete attains the optimal body core temperature for performance and prepares him physically and mentally for the activity.

## Purpose:

During a warm-up, the Heart rate is raised gradually and the blood is shunted away from the internal organs and sent to working muscles.

# Warm-up Exercises – Procedure & Precaution

## Procedure:

1. General warm-up - Jog followed by dynamic exercises.
2. Specific warm up - Game / Drill.
3. Personal warm up.

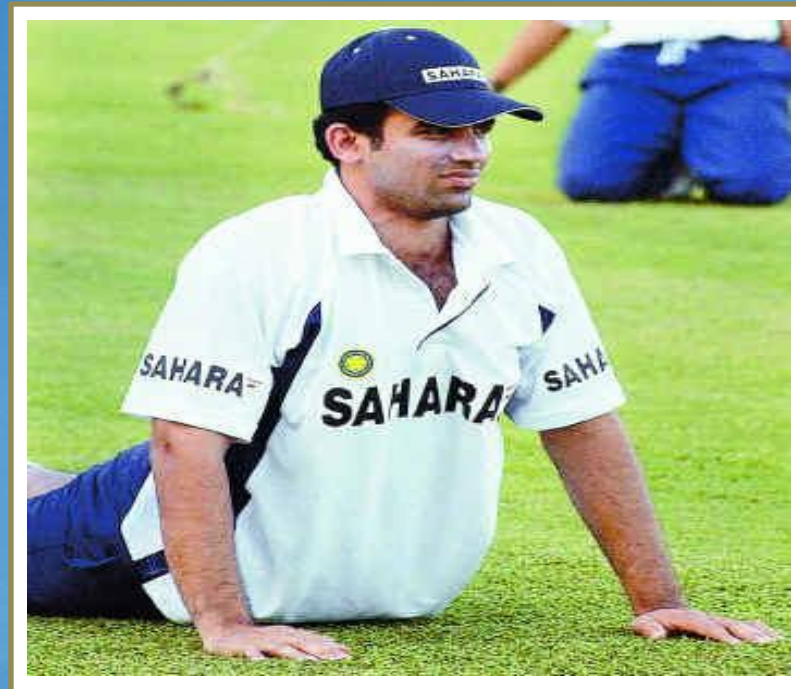
## Precautions:

1. Do not overdo the activities.
2. Beware of warm-up decrement.





# Cool down Exercises



## Definition:

It is a gradual, controlled reduction of activity after training or competition.

## Purpose :

It safely decreases the heart rate, blood pressure and respiratory rate to resting levels.

# Benefits of a Cool down Exercises



1. It slowly shunts blood back to internal organs, preventing blood from pooling in the extremities.
2. Promotes removal of lactic acid and other waste products from the muscles, thus promoting recovery.
3. Static stretching during the warm down lowers the chances of muscle soreness

# Cool Down Procedure



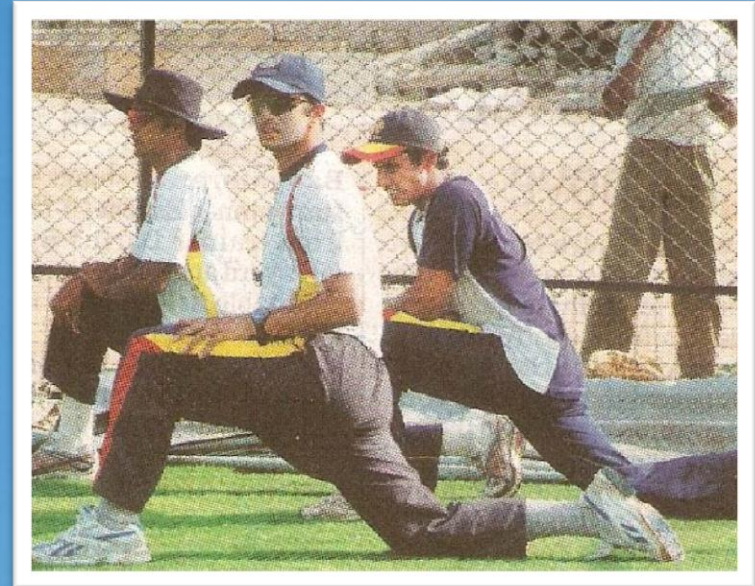
1. Slow jog
2. Walk
3. Slow, Static Stretch.



# TYPES OF STRETCHING EXERCISES

## Slow, static stretching

1. Hold a muscle in a position of stretch for 10-30 seconds.
2. Performed during Cool Down.



## Dynamic stretching

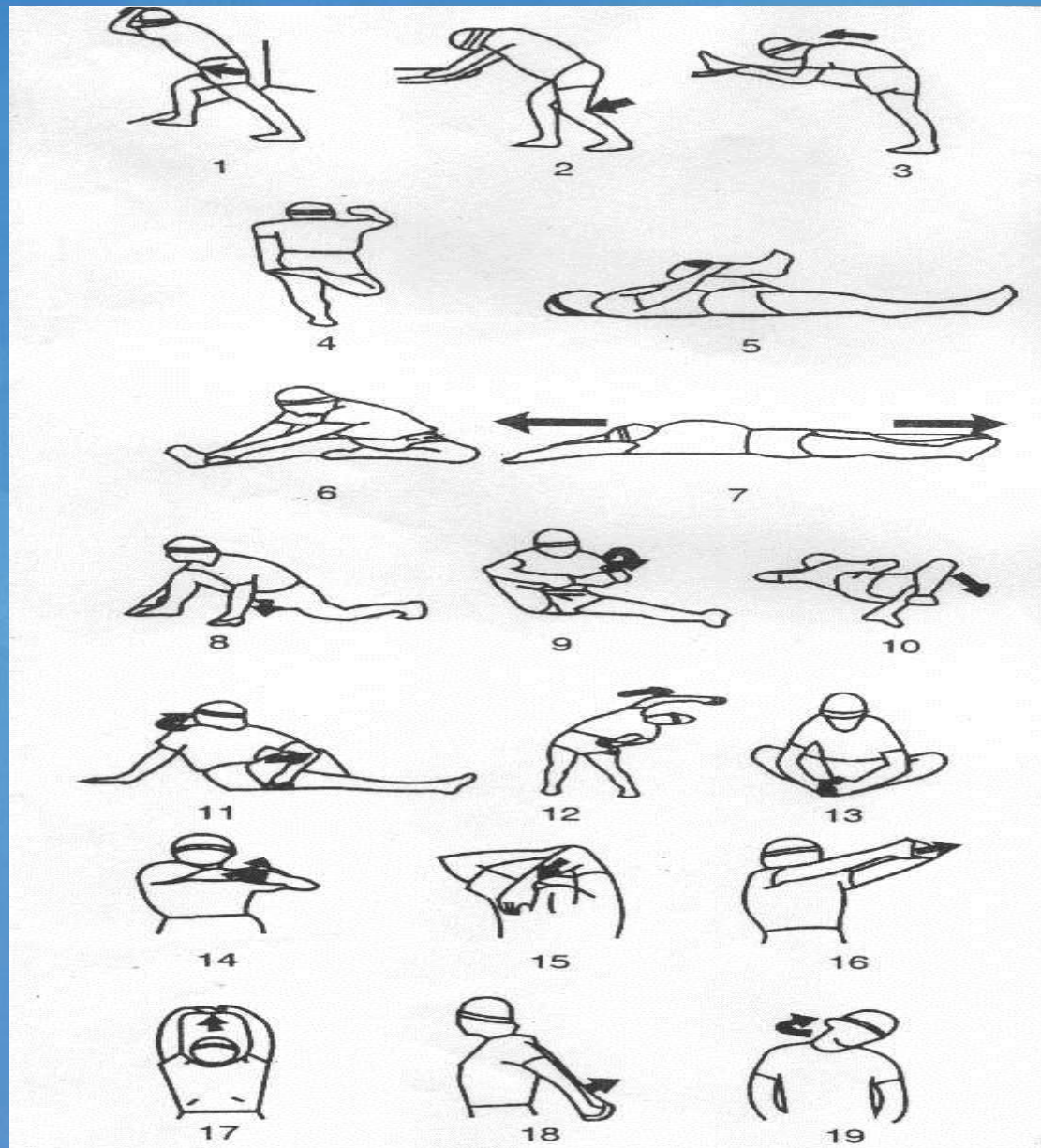
1. Stretching with movement.
2. Performed during warm ups.

*Ballistic stretches (jerky) not advised at all*





# Slow, Static Stretching



# Guidelines for Stretching



1. Perform stretching exercises after warming up (dynamic) and cooling down (static).
2. Breathe normally during exercises.
3. Stretch both sides of the body.
4. Stretch to a point of tension, not pain.

# BATTING SKILLS – THE GRIP

To enhance his chances of hitting the ball cleanly and correctly, the batsman must:-



1. Grip the bat handle in both hands. Both hands have a role to play, either as guide or power provider.
2. Grip the handle of the bat about 5cms up from the shoulder of the blade.  
Holding the bat handle close to the blade increases the batsman's control of the bat, but reduces the arc through which batsman swings it and hence the power in the stroke.  
Holding the bat handle near the top, augments the power in the stroke because the bat moves through a longer arc; but it diminishes the striker's control over the stroke
3. Grip the bat handle so that the handle .  
The summation of force in a stroke involves the movement of the larger parts of the body –i.e. the legs, torso and shoulder-first ;these stop then and pass on their force to next smaller parts of the body i.e. forearms and hands. The latter members move much faster to propel the bat. To pass on maximum force to the bat, the hands must be behind the handle .to ensure this, hold the bat handle so that the V formed by the thumbs and forefingers of each hand, point up and down the handle, the open end towards and slightly to the right of the spine of the bat; the points of the V s are aligned with forearms the shoulder of the batsman.



## DRILL 1.

1. Mark the 'V' on the handle with a tape.
2. Place the bat on the front thigh and pickup the bat with the top hand.
3. Hold the bat firmly with the top hand
4. Always make it a point to have the same 'V' marked by both the hands.

## DRILL 2.

1. Mark with a tape to identify the place where both the hands are held.
2. Cut a piece of rubber and stuff it into the palm of bottom hand.
3. Lift the bat with cocked wrist.



# BOWLING BASICS – PHASES: RUN-UP



1. Small steps initially, leading to longer strides
2. Body shows total forward body lean
3. All body movements within a shoulder-width corridor, aligned with the target
4. Hands moving above the waist and within the width of the trunk
5. Head steady, eyes fixed on target

## DRILL

1. Mark 50 metres distance with 2 parallel lines.
2. Use smaller steps initially and increase the steps with bigger strides gradually.
3. Give a ball to the bowler.
4. Allow the bowler to run holding the ball with proper momentum in the corridor.
5. Make sure that the arms are swinging back and forth.

# FIELDING BASICS - STATIONARY CATCH



1. Comfortable, relaxed, low stance.
2. Watch the ball into the hands.
3. Receive the ball in the palms at the base of the fingers.
4. Give with the ball into the body.

# FIELDING BASICS - MOVING CATCH



1. Move quickly to the line of the ball.
2. Head steady and body balanced.
3. Watch the ball into the hands.
4. Hands out in front.
5. Receive the ball in the palms at the base of the fingers.
6. Give with the ball into the body



Thank You