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## OBSERVATORY LOG FOR SPINNERS IN THE GAME OF CRICKET

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### Abstract:-

The ladder of standards for cricket getting higher and higher. It is very difficult to imagine what will happen next and that too at what extent. It is just dreaming something. The way the game of cricket has become competitive, seems that this game needs super humans, who have the ability to adjust, adopt, firm determination and who makes own standards to break. To reach that ever increasing standards, new promising methods for practice is needed to get good competitive edge over opponents at world level (Murtaza S. T. & et.al. 2014).

**Keywords :** Spinners , Observatory ,firm determination .

### INTRODUCTION

From business point of view cricket has become a big hub throughout the world. Youth have great interest in cricket and want to be a part of national and international team. To turn this interest in profession youth is ready to break all barriers of hard work to improve and to adopt the super human ability which differentiate them from others (Yobu A. 2010). In this process of training, coaches and trainers act as a driver who guides the players to the path of achieving the goal (Bob Woolmer 2008). In order to know the ladder of performance of a spinner the proposed training log will act as a root which provides all needed information and feedback.

### UTILITY

Proposed training log provides blue print of performance in order to compete at satisfactory level. In this high competitive era of cricket a cricketer has to fully update him/herself (Bob Woolmer 2008) with different hidden weapons which differentiate and lead them ahead from others. It provides stairs through which a spinner can find out merits and demerits of the long training process as they cannot be deducted instantly and suddenly. By maintaining the log a coach knows whether the applied means and methods are working to achieve the required goal or not. To know the standard of performance proposed training log is very helpful because at national and international standard there is narrow column for mistake. Proposed training log would help spin bowler to know things to be

required, build confidence, working area and to break the standards, which they set previously.

**OBJECTIVE**

To provide performance status information and the working area for spinners in cricket game during the process of training.

**Training Log for Bowler (Spinner)**

Date.....

**A**

Name .....	Age.....	Session (Morning/Evening / Night) (Tick)
Weather.....	Level of Player: Community(Local)/Board Trophy U...../International (Tick)	
Preferred Hand.....	New Ball /Semi-New Ball/Old Ball (Tick)	
Type of Pitch (Grassy, Light Grassy or Flat) Tick		Specialty: Off Break/ Leg Break. (Tick)
Bowling To: Right Hand Batsman / Left Hand Batsman (Tick)		

**B** Scoring

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120

Total Balls.....  
Maximum Balls in Area.....  
Minimum Balls in Area.....

**C Abbreviations Used for Scoring:**

**Legal Deliveries**

Full-Toss	FT
Full Length	FL
Yorker	Y
Good Length	GL
Short Pitch	SP
Doosra	D
Googly	G
Faster-One	FO

**Illegal Deliveries**

Wide Leg side	W+
Wide Off-Side	W-
No Ball (Bowling Crease)	N+
No Ball (Return Crease)	N-
Any Other Illegal Delivery specify (X)	

**D Instructions for User of this training Log:-**

1. Fill the details of the bowlers and tick respectively in the above most given table.
2. For scoring there are 120 boxes i.e. (20 overs) in each box the number of ball has already been given.
3. For further addition of boxes i.e. (more than 120 balls) used additional pages.
4. In each scoring box, the type of box will be filled in short form e.g., Full Toss (FT) & Over Pitch (OP) respectively.

**E Coache's Personal Observations:**

**Corrections Required**

- 1.
- 2.
- 3.
- 4.

New Changes.....  
Any Deviation in Fitness.....  
Total Duration.....  
Questions Asked by Bowler.....  
Further Scope of Improvement.....

### PROCEDURE

Proceeding training log is to be filled according to the performance of the spinner at the time of their performance, either in practice or competition or both.

1-Column A contains the demographic profile of spin bowlers.

2- 'B' should be filled according to the deliveries bowled by spin bowler followed by Abbreviations given in column C.

3-Column D contains the instruction for coaches & trainers.

4-Column E is to be filled on the basis of coaches personal observation, like new changes, any short of correction which is related to spin bowlers skill etc.

### CONCLUSION

If a coach implement proposed training log to train spinner he/she find him/herself in a place from where a coach can observe all ups and downs, merits and demerits to guide spinner to achieve their goal. Authors have a firm determination that if records are managed they act as a feedback in order to improve skill thus ameliorating the performance level of each spinner.

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