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TRAINING LOG TO DETERMINE SKILLS OF FIELDING IN CRICKET

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Abstract:-

In the course of time it has been seen that current and recent times' cricket is striking in appearance and the level of competition has multiplied exponentially. In order to compete the players require systematic practice to be flourished or performed at all levels of cricket (irrespective of age group). Therefore, exact and accurate training log has become an essential to have a prosperous and successful planning.

Keywords : Determine Skills , Training Log , systematic training .

INTRODUCTION

No doubt it is a universal acceptance that cricket has been playing for more than 4 century (Murtaza S.T. & et. al. 2014). With the passage of time it has become much competitive at national and international level. Each and every cricketer desires to play at maximum possible level of cricket but in order to bring that desires into reality; he has to impose himself in different systematic training for the acquisition of proficiency in skill. The role of coach or trainer is vital to lead the players towards the right path (Bob Woolmer 2008). Coach effectively observe the players efficiency as well as deficiency during the practice and he either make corrections or gives advice or to plan a program which removes the mistakes and makes him more efficient (Yobu A. 2010). The training log provides a clear picture of players' previous and current performance.

UTILITY:

As compared to last two decades of cricket the current cricket is quiet changed in all aspects. It has become fully competitive where each individual has to perform out of his comfort zone so that he may secure his position at different level of cricket. As far as the performance records are concerned different coaches are using their own training log but they are publicized. The training log which is absent in the world of cricket can help the coaches or trainers to have a complete records of players' past and present which can increase his performance efficiency,

Training Log To Determine Skills Of Fielding In Cricket

decreased and remove the deficiencies. For selection point of view there are two things which are taken into consideration i.e. batting and bowling with the help of the training log players fielding skill can also be measured. It is very difficult for a coach or trainer to realize and keep all the things in mind all the records during practice through visual observation but in the training log all the information, records, observation, corrections required can be added in an instant by the coach and he can work upon the players through the training log it can also utilized for research purpose and to select the players and teams.

OBJECTIVE:

To maintain and secure the record of players performance in between fielding practice session and for setting further training program and improvement.

Training Log for Fielder

Date

A

Name		Age		Session (Morning/Evening / Night) (Tick)	
Weather		Level of Player: Community(Local)/Board Trophy U...../International (Tick)			
Preferred Hand.....		Fielding Position (Preferred)			
Type of Ground (Grassy, Light Grassy or Flat)			Specialty:.....		
Field Position with New Ball.....			Unwilling to Field at(Position)		
Field Position with Semi-New Bal.....					
Field Position in 30 yard.....					
Field Position Outside 30 Yard.....					

B

Catches		Ground Fielding	
Scoring ↓		Scoring ↓	
Short Catches		Under-arm Fielding	
Parallel Catches		One arm Pick	
High Catches		Right Side Chase	
Low Catches		Left Side Chase	
Backward Running Catches		Straight Pick	
Slip Catches		Miss Fielding/ Fumbles	

Throws

C

Scoring ↓		Scoring ↓	
Hitting the stump		Chest Level	
Under Arm Throws		At Shoulder Level	
Side Arm Throws		Over Head	
Over Arm Throws		Out of Reach	
Below Waist Level		One Tip Throw (intentional)	
At Naval point		One Tip Throw at Good Length or Yorker	

Note: - if the ball is thrown from boundary put (B) and (C) from circle.

Total Catches..... Most Catches.....(Mention the type of Catch)
 Total Fielding..... Most Ground Fielding.....(Mention the type of Fielding)
 Total Throws..... Most Throws at.....(Mention the name of point where he threw most)

D Instructions for User of this training Log:-

1. Fill the details of the fielder and tick respectively in the above most given table.
2. Put numerical values (e.g., 1, 2, 3...) before the type of catches and ground fielding received by fielder.
3. Put 'B' if the ball is thrown from boundary and 'C' from circle respectively before the point of throw and type of throw.

E Coache's Personal Observations:

- | | |
|--|--|
| <p>Corrections Required</p> <ol style="list-style-type: none"> 1. 2. 3. 4. | <p>New Changes.....</p> <p>Any Deviation in Fitness.....</p> <p>Questions Asked by Batsman.....</p> <p>Further Scope of Improvement.....</p> |
|--|--|

PROCEDURE:

- 1.Column 'A' required to fill by demographic profile of the player.
- 2.Column 'B' and 'C' must be filled in numerical values e.g. 1, 2, 3 and so on before respective type of fielding.
- 3.Column 'D' includes some instructions for the users regarding the log.
- 4.Column 'E' will be used by filling corrections name if required by the coach to amend.

NOTE: the column 'C' which is for throws scoring that must be filled by alphabet 'B' and 'C' (if the ball is thrown from boundary put 'B' and 'C' from circle respectively).

CONCLUSION:

By using the training log both the players and coaches or trainers can conclude each and everything performed during practice. A coach by analyzing the performance of the player during practice can set a good training program for further training sessions and can improve his fielding efficiency. It can further utilize for comparative study in research purpose and when a particular player handed over from one coach to another coach he will start to guide the player from the last instead from beginning.

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