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CONSTRUCTION OF TRAINING LOG FOR WICKET KEEPER IN CRICKET

Salman Ahmad Khan[7] , Syed Tariq Murtaza, PhD[1] , Mohd.Imran[2] , Mohd.Sharique[3] , Taufiq Ahmad[4] , Farkhunda Jabin[5] , Ashish Kumar Katiyar[6] , Shamshad Ahmad[6] , Ravi Prakash Singh[6] , Arshad Hussain Bhat[6] , Raof Ahmad Bhat[7], Irshad Maqbool Malik[7] , Showkat Ahmad Naikoo[7] , Mohd Zakir[7], Mohd. Sabir[8], Iftikhar Ahmad[8] , Sateesh Chandra[8] , Lalita Kumari[8] , Tasleem Khan[8] , Sarver Ali[8] , Qamber Rizwan[8] , Intazar Ali[8] and Vinay Kumar Singh[8]

[1]Assistant Professor, Department of Physical Education, A.M.U., Aligarh.
[2]PTT (+2, Boys), A.M.U., Aligarh.
[3]Assistant Professor, Department of Physical Education, KMCUAF University, Lucknow.
[4]Assistant Director of Physical Education & Sports, Department of Physical Education, A.M.U., Aligarh.
[5]Registered Physician & Associate Professor, Ayurveda & Unani medical College & Hospital, Aligarh.
[6]Research Scholars, Department of Physical Education, A.M.U., Aligarh.
[7]Students M.P.ED (Sem. IV), Department of Physical Education, A.M.U., Aligarh.
[8]Students M.P.ED (Sem. II), Department of Physical Education, A.M.U., Aligarh.

Abstract:- In order to collect information about the current status of performance of players and its utilization a coach or trainer always look for a handy tool which may preserves the records of players for further improvement and to make training more systematic and result oriented. For the sake of it the training log is prerequisite for a coach or trainer. Hence, the authors propose the training log for wicket-keepers.

Keywords: collect information , Construction Of Training , Wicket Keeper .

INTRODUCTION :

In process of time it has been noticed that the cricket of present time has made a strong impression throughout the world whereby the competition amongst players has also been increased to be a great extent (Murtaza, S. T. & et. al 2014). As a result of this increment in competition the level of training has also become more scientific and systematic (Yobu A. 2010). But during practice session because of the continuity of movements it is difficult for a coach to keep all the things in mind related to players' skill but the training log redresses these difficulties and give a new shape to training and makes the training systematic and performance oriented (Bob Woolmer 2008).

UTILITY:

The utility of training log includes many aspects of wicket keepers' training. A wicket keeper is the backbone of the fielding side who can never be relaxed as compared to other players during the game. He has to work more than other players. With the help of training log the coach or trainer can realize the performance of the wicket keeper and shortcomings and can amend it. The training log acts as a performance recording sheet whereby the level of performance can be increased and reduce the shortcomings by setting a systematic and planned training program. The utility of training log further extended for the selection of players and teams respectively. It can also lead for the comparative study and classification of players irrespective of level of performance. The utility of training log is of prime importance for players performance enhancement.

OBJECTIVE:

To have a record of wicket-keeper's performance and information for further improvement and to make training more skill-oriented for learners.

Training Log for Wicket Keeper

Date:.....

A

Name ....., Age.....	Session (Morning/ Evening/Night) (Tick)
Weather.....	Level of Player:- Community(Local)/Board Trophy U- /International(Tick)
Duration: Time in....., Time Out..... Total Time.....	
Type of Pitch (Grassy, Light Grassy or Flat)	Net Practice Type (Open/Close) (Tick)

B

S.No	Types of Balls Received by the Wicket Keeper		Total ⇩
Balls Received from Bowlers		**Scoring ⇩**	
1.	Balls received from Medium Pacer		
2.	Balls received from Spinners		
3.	Balls received from Off Side		
4.	Balls received from Leg Side		
5.	Balls received from Down the Ground		
Balls Received from Fielder			
1.	Balls received from Boundary Line		
2.	Balls received from Circle		
		Total Balls Received by Wicket Keeper⟹	

Maximum Balls received from Medium Pacer/Spinner.....
Maximum Throws received from Boundary/Circle .....

C

	Scoring ⇩
Catches	
Stumps	
Dropped Catches	
Stumps Missed	
Ball Missed	

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

1. Fill the details of the wicket-keeper and tick respectively in the above most given table.
2. Put numerical values (e.g., 1, 2, 3....) before the type of balls received from the Bowlers by the Wicket Keeper.
3. Put numerical values (e.g., 1, 2, 3....) before the type of throws received from the Fielder by the Wicket Keeper

E **Coache's Personal Observations:**

Corrections Required

1.
2.
3.
4.
5.

New Changes.....
Any Deviation in Fitness.....
Questions Asked by Wicket Keeper.....
Further Scope of Improvement.....

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 takings.
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.

CONCLUSION:

In order to keep the training on the right track training log is prerequisite for wicket-keepers as well as coaches or trainers. The utilization of training log helps the coach for future improvement, comparison, classifications, and selections of players. Its uses may further be extended for systematic analyzing of players and setting a well planned training program for better performance.

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Salman Ahmad Khan
Assistant Professor, Department of Physical Education, A.M.U., Aligarh.

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