

Category of Activity: Inning Games

Name of Activity: Cricket

Cricket is a bat and ball game played between two teams of eleven players on an oval shaped field, at the center of which is a rectangular wicket measuring 22 yards x 8'8". One team bats and the other team fields. The batting side tries to score as many runs as possible while the fielding side tries to dismiss the batsman, thus tries to limit the score of the batting team.

A run scored by the batsman, hitting the ball with his bat and running to the opposite end of the pitch, touching the crease without being dismissed. The team takes turn / switch between bating and fielding at the end of an inning. In cricket length of a game ranges from 20 overs per side to test cricket which is played for 5 days. An over comprises of six balls. It is always known to be a gentleman's game with white dress standing as a purity of the game.

Rules of the Cricket

- The basic rule of Cricket such as bat, ball, wicket, pitch dimension, over and how out have existed since time immemorial.
- Game is played on an oval shaped field, whose diameter is around 200 meters. In the middle of this field is a pitch which is hard and flat strip of dry ground.
- Two batsman play at a time, both at different ends. One facing the delivery of the ball from the bowler.
- The bowler runs upto the pitch from where he bowls the ball over arm with a straight arm.
- Teams score by getting runs. A run is completed when a batsman hit the ball and then runs to another end of the pitch, getting pass the crease. The non-striking batsman has to run to the opposite side as well. They can run as many times as they want, but batsman can get out if their stumps are hit with the ball by a fielder before the batsman/runner reaches the crease.
- The other way runs could be scored is by hitting boundary and sixes.

History of Cricket

The circumstance evidence suggest that a game like cricket was played by children in the weald, a dense woodland in South East England that lies across kent and succex in the medieval times. Children use to play on a sheep grazed land the original equipment might have been a small lump of wool, a stick or a crook as the bat and a stool or a tree stump or a gate as the wicket. It remain as a children's game until the beginning of 17th century when village cricket developed. How so ever there are definite evidence to show in 1611 where a dictionary defines cricket as a boys games.

After the civil war in 1648, it is believed that nobility in general adopted cricket through involvement in village games. Cricket moved out of England via English colonies in the 17th century. East India company mariners got the credit of bringing this game to India. The original form of bowling was superseded in 1761 when the bowler began to pitch the ball and study variations in length, line and pace. In 1820 cricket faced a major crises of its own by introducing round arm bowling. In 1899 the immemorial four ball over was changed to five ball over and this was changed to current six ball per over in 1900. Some countries experimented an eight ball over but a six ball an over is been used worldwide since 2000.

Facts about Cricket

- The name has been derived from 'nick' meaning cricket.
- First recorded match being played in Kent 1646.
- First match between counties was played 29-06-1709 between surrey and kent.
- MCC (Marylebone Cricket Club) came into being in 1787.
- 1744 first known version of laws regarding the length of the pitch has survived till date.
- First International Match was played between USA and Canada in 1844 in New York.
- Imperial Cricket Conference now International Cricket Conference was founded in 1909 with Australia, England and South Africa as members.
- India, West Indies and New Zealand became test playing nation before second world war and Pakistan soon afterwards.
- Limited over cricket started in England in 1963.
- Karry Packer is known as the man who brought more money to cricketers.
- Today it is a major sports in terms of participants, spectators and media interests.

Basic Requirements/Equipment

- Cricket Bat and Ball
- Stumps and Bails
- Batting Leg Guard
- Wicket Keeping Leg Guard
- Batting / Wicket Keeping Gloves
- Helmet
- Abdomen Guard
- Thigh Guard
- Elbow Guard

Use STEP to modify cricket activities so that all students are included. Try these modifications or devise your own.

- Space**
- Increase or decrease the space between the wickets and players. For example, if players are closer together it improves the reflex action, if they are further apart, it provides more reaction time.
 - Increase the playing space to encourage more movement and build endurance; reduce the size of the space to encourage the development the accuracy of the skill.

- Task**
- Stance**
- Let every student find most appropriate way of taking a stands, most comfortable for him.

- Fielding**
- Begin with rolling the ball at short distances and fielding.
 - Keep increasing and decreasing the distance for fielding in order to change the degree of difficulty.
 - Start with giving short catches with stationery position, then moving positions.
 - Wheel chairs user may be able to only do catching practice by throwing the ball to themselves in the air and then catching. They can even practice with a partner.

- Batting**
- Let each student practice each stroke with a partner without the ball, partner only giving support in terms of correcting him.
 - Let the partner roll the ball to the batsman for practice of each stroke and then interchanging positions.
 - Practicing strokes with game like situation with the help of either a partner or bowling machine.

- Bowling**
- A correct run-up is most essential. Let each player get into the groove of his own run-up.
 - Place some targets on the wickets to give them a sense of how important is bowling on length.

- Equipment**
- Provide students with a range of balls that can be used for batting, bowling and fielding. Players can initially practice with the type of ball they find they can control best.
 - A brightly-coloured/sound ball may help the participation of students who have vision impairment.
 - Provide a range of different sized and weight Cricket bats. Students should use one that suits their height.
 - Plastic cricket bats and tennis balls might be advantageous when students are learning the game of cricket.

- People**
- Team numbers can be varied; for example, in order to balance a game, it may be best to play 4 v 2, where four players who are developing their skills play against two more competent players.
 - Have one or more unmarked players per side who are always ready to keep the wickets or ball a few overs.
 - Have different games playing at the same time, some involving large groups of students, some involving small numbers of students.
 - Set up games in which all players have the opportunity of participating. For example do not always use a wicket keeper.

Links to continuous and comprehensive assessment frame work for classes IX and X

- An appreciation and understanding of the physical fitness requirements of games playing
- An involvement in sports/physical education programmes
- Team work
- A knowledge of different games and rules of the games
- Skills of agility, balance and coordination
- Motivation and commitment to take part in the game
- Ability to lead others as a team captain, coach or referee
- An awareness of rules of safety
- An evidence of being self disciplined

- Life Skills**
- Listen actively
 - Takes criticism positively
 - Communicate using appropriate words, intonation and body language
 - Identifies one's own strengths and weaknesses





Purpose of the activity

Using individual skills and team strategies to cooperate with others to score runs and win the game.

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit • cooperation • communication • focus on winning

Skills

Develop a 'good set-up'

In grip stance and back swing.

Grip

- Hands close together in the center of the handle.
- V between thumb and four finger of each hand should be in line, between outside edge & splice.
- Rest of the handle on inside of the leading thigh.
- Blade facing forward.

Stance

- Feet about shoulder width apart, parallel to each other and one on each side of the popping crease.
- Weight balanced equally on the ball of each foot.
- Bend knees slightly to avoid over balancing.
- Eyes at level facing the baller.
- Front shoulder slightly open.

Back Lift

- To be controlled by the top hand on the handle.
- Be directly over the stumps.
- Roll on front shoulder slightly downwards as a blade is raised.
- Rest the bottom hand lightly on the handle.



Front Foot Defence

Straight Ball on a good length should be treated with respect by blocking the ball.

- Move front foot as close to the pitch of the ball.
- Transfer the body weight on the front foot.
- Front leg taking a stride towards the pitch of the ball.
- Head and shoulder should lean into the line of the ball, keeping the back leg straight.
- Swing down the bat and make contact with the ball beneath the eyes.
- Let the face of the bat be angled towards ground.
- Bat slightly forward off the front leg and close to the pad.
- Raise the heel of your back foot and hold position.



Back Foot Defence

A very important shot, which needs to be played safely on a bouncy wicket when the ball is pitched on the stumps but short of good length.

- Back foot moves back and across, towards the stumps but stays inside the line of the ball.
- Weight on the ball of the backfoot, head remaining forward.
- Move front foot towards the back leg, remain side on to the bowler.
- Swing the bat down, keeping front elbow in high position with full face of the bat directed straight down the wicket.
- Bat angled towards the ground.
- Make contact with the ball beneath the eyes.





Bowling Basics - Grip :

- Wrist behind the ball seem vertical.
- Ball resting on the third finger and thumb.
- Hold the top joint of the finger and make gap between ball the palm with middle finger and index finger on either side of the seam.
- Try to land the seam as straight as possible on the pitch.

Bowling Action - Run Up :

- Set off from the top of your run up.
- Start by taking small steps before changing to larger strides.
- Keep your arms close to the body, head is kept steady, while eyes are fixed on the target.

Bound

- As one approaches the crease, turn your body to get side on and lean back slightly.

Coil

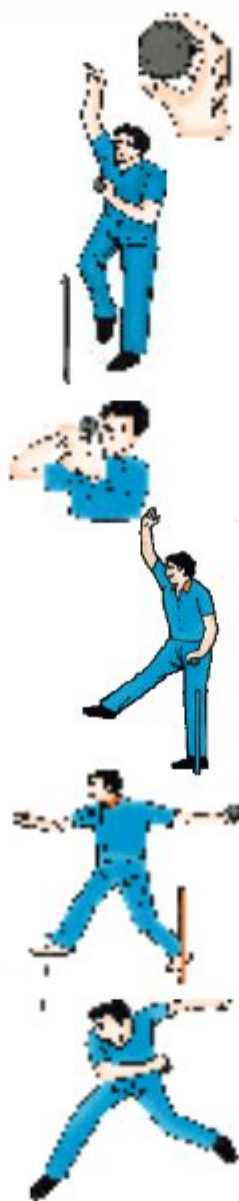
- Keep the ball close to the chin, with your head looking behind a high front arm.
- As your back foot lands on the pitch, keep your body upright.
- Back leg should remain stable and support the body while front foot should be raised slightly.
- Front foot pointing towards the batsman as it lands with the leg, ready to take the impact of delivery.

Release

- As shoulder begins to rotate push your bowling arm forward and down from the coil position, with non-bowling arm pointing to batsman.
- Arm should rotate through with the ball released at the top of the delivery arc.

Follow Through

- Fold your bowling arm into your body and swing your hips around to finish.
- Let your momentum take you towards the batsman, but don't run down the middle of the wicket.



Bowling : Bowler's basic job is to take as many wicket as possible. This will be easier if they have control over length and direction of each ball bold. One should try to ball in the corridor of uncertainty and imaginary area around and just outside off stump.

Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will refer your game, time it and keep score?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Stance • Forward Defence • backfoot defence • Bowling
Application of skills (10)	<ul style="list-style-type: none"> • Importance of line, length and direction in bowling • When and how to use forward or backfoot defence.

Links to NCERT syllabus

Theme:

Links to other subjects

Science : Types of m

Social Science :

Mr. Pandey

Here are Some Practices

Batting : Batsman can only defend their wickets if they know where they are. Practice in front of a mirror and then let some of your team mate or junior may help in adjusting the stance, until they head is in line with middle stump. Head should move into the line of the ball as soon as possible and watch the ball on to the bat.



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Skills

Catching : Catches win Matches and most of them are taken in attacking field positions, close to the bat, in those areas your reflexes have to be at the optimum.

- Stand with both feet apart with knees bent.
- Palms of the hands together, with fingers spread and pointing downward.
- Arms and hands in front of the body, with head still and eyes level.
- Watch the ball in to the softest part of relaxed hand and wrap fingers around the ball drawing the hands towards the body.



Fielding : A run saved is a run made, one of the most important aspect of close game is preventing runs with solid fielding.

- Approach the ball at a speed, get into the line of the ball.
- Twist your upper body, leading with the shoulder furthest from the ball.
- Bend both knees, so that knee of the leg nearest to the ball touches the ground, and is also next to the back of the heel of the other leg.
- With fingers down and head forward, pick-up the ball and then stand up ready to deliver an over arm throw.



Long Barrier

Pickup and Throw : While fielding close to the wicket one needs to be on his toes all the time to prevent quick singles being taken. These are the times when one gets an opportunity to run out the batsman.

- Approach the ball with short shuffling strides and bend the knees as you meet the ball.
- Pickup the ball with your throwing hand on the outside of the corresponding foot.
- As your about to take the next step, throwing hand swings back, while the head still down.
- Release the ball early towards the target with the palm of the hand and follow through in the direction of the path of the ball.



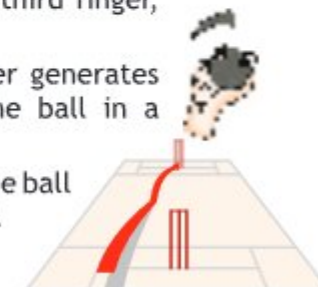
Straight Drive is mostly played to a full length delivery on pitching off or middle stump. Most of the power is applied by the top hand, bottom hand only gives the support to keep the ball along the ground.

- Eyes fixed on the ball, lean in with the front shoulder. Frontfoot and a bent front knee form the base of the shot.
- Head at level or ahead of front knee, backfoot raised up to the toe.
- Bat accelerates vertically and contact is made with eyes directly under the ball.
- Bat accelerates through a straight path, with wrist relaxing and face of the bat pointing to the sky.



Offspin : An off break delivery turns from off side to the leg side when bowled to a right handed batsman. Spin is generated by the first and second fingers of the right hand.

- Middle joints of the index and middle fingers are well spread over the seam. Ball rests on the third finger, thumb has only little involvement.
- Turning the wrist and index finger generates the spin on the ball, turning the ball in a clockwise direction.
- First two fingers are used to give the ball a good 'rip' at the point of delivery.





Here are Some Practices

Stationary Ball

- Three balls are placed on the pitch one forward on off side, one forward on leg side and one back on the off side.
- Batsman steps to the nominated ball by the coach check head over the ball, foot along side.
- Progress is rehearsed both on offensive and defensive shot.



Rolled Ball

- Batsman positioned in stance.
- Rolls the ball along a straight path.
- Batsman comes forward and hits the ball on the straight path.



Spot and target bowling

- One stump is pitched, put a marker on the good length spot.
- Ask the bowler to hit the target by pitching the ball on the marker.
- Award points for pitching on the marker and hits the target.
- Hitting the stump of the marker.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you keep your game safe? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will umpire your game?

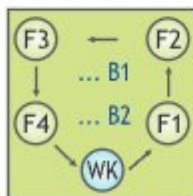
Assessment

Knowledge (4)	<ul style="list-style-type: none"> • History of the game • Rules • Facts
Skills (6)	<ul style="list-style-type: none"> • Fielding • Batting • Bowling
Application of skills (10)	<p>Use of effective fielding, catching and throwing in preventing runs and getting batsman out.</p> <p>When and how to use different batting strokes.</p> <p>Types of bowling and how to bowl effectively in different conditions.</p>

Here are some mini games

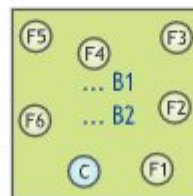
Catching and Run out game

- On command WK throws the ball to F1 and batsman sets off to 2 runs between position B1 and B2.
- Ball must be thrown and caught by all the four fielder and return to the WK.
- Batsman must take 2 runs to avoid being run out.
- Rolling and ground fielding may also be replaced instead of catching.
- Making the game non-stop until the batsman is run out may be another variation.



Pairs Cricket is a great way to improve all cricketing skills.

- Batsman work in pair.
- Have a set starting score say 20.
- Batsman bats for set number of overs say 4.
- Every run scored is added to the initial score.
- 5 runs are deducted and batsman change ends if a batsman gets out.
- After 4 over pair retires and next pair takes over.



Links to NCERT syllabus

Theme: Orientation to sports skills: proficiency in sports and motor skills

Links to other subjects

Language:

Maths :

English :