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CONTEMPORARY APPROACH OF PRACTICING IN CRICKET NET

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Abstract:-More is always good is an aphorism which haunts everybody especially in the field of games & sports. Long hours practice without aiming at something worthwhile has become the norm in cricket. Net practice in cricket is a very traditional form of practice. Sessions at nets have full potential to simulate the match-like situation and offer a very operative long term type of practice for each players especially batsmen & bowlers to improve their skills, and eventually their performance. But despite having the potential of resembling the competition-like situations, nets are handled and used without purpose where batsmen usually pad-up and bat for 10-20 minute without concentrating on specific shots or weak points, and the net session continues each day in a similar fashion. Planning for net sessions is vital & decisive to thriving coaching. Authors in this paper strove to create a training methodology using close nets concentrating on performance and avoiding pitfalls of traditional practice in cricket.

keywords : aphorism , training methodology ,Contemporary Approach .

INTRODUCTION:

Dedication with optimistic approach is required to attain proficiency in sports skills (Murtaza et. al. 2014). 'Practice makes perfect' precept gives an idea to many people associated with sports coaching that the more I practice, the more I become perfect. Due to which coaches and parents typically encourage long practice (Online 2014). The same is true in cricket. The practice for cricket skills is being done using net which traditionally is called as 'net practice' (Murtaza et. al. 2014). Most of the time net practice is the only option available for many cricketers around the world (Bob Woolmer-2008). Nets for practice & coaching usually set up either outdoors or indoors on the temporary or permanent basis. Outdoor nets are of generally two types, one is closed net in which bowlers bowled their balls and batsmen do either their specific-shot practice of general practice. Open net is another type of net practice where the middle wicket of the ground is used and fielders are set and batsmen practice their shots and 4-5 bowlers bowl. Sessions at nets have full potential to simulate the match-like situation and offer a very operative long term type of practice for each players especially batsmen & bowlers to improve their skills, and eventually their performance. But despite having the potential of resembling the competition-like situations, nets are handled and

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used without purpose where batsmen usually pad-up and bat for 10-20 minute without concentrating on specific shots or weak points, and the net session continues each day in a similar fashion. Another peculiarity of net practice is that every other player becomes bowler & the practice sessions continue until every-one has batted. One can obviously sense that such net sessions are partly effective, providing very limited scope of general cricketing sense. Conventionally coaches set up their academy with no specific sketch in mind. Many a times it is found that such net sessions seem out of order & messy, the players do not put any attention on practice, found to be inattentive which results in lesser improvement. Thus planning for net sessions is vital & decisive to thriving coaching.

2.OBJECTIVES OF THE CONTEMPORARY APPROACH TO NET PRACTICE:

- 2.1.To replicate real match-like conditions. and
- 2.2.To make sure that every player is involved and come with certain aim in the appropriate manner.

3.NOMENCLATURE OF THE PRACTICE:

The proposed contemporary approach to Net practice for training will from now onwards will be called as '**NARAASHANS NET PRACTICE**'. 'Naraashans' is the Vedic word which is mentioned 33 times in ancient religious scripture and has the meaning of 'a man who is much praised by his men'.

4.EQUIPMENTS:

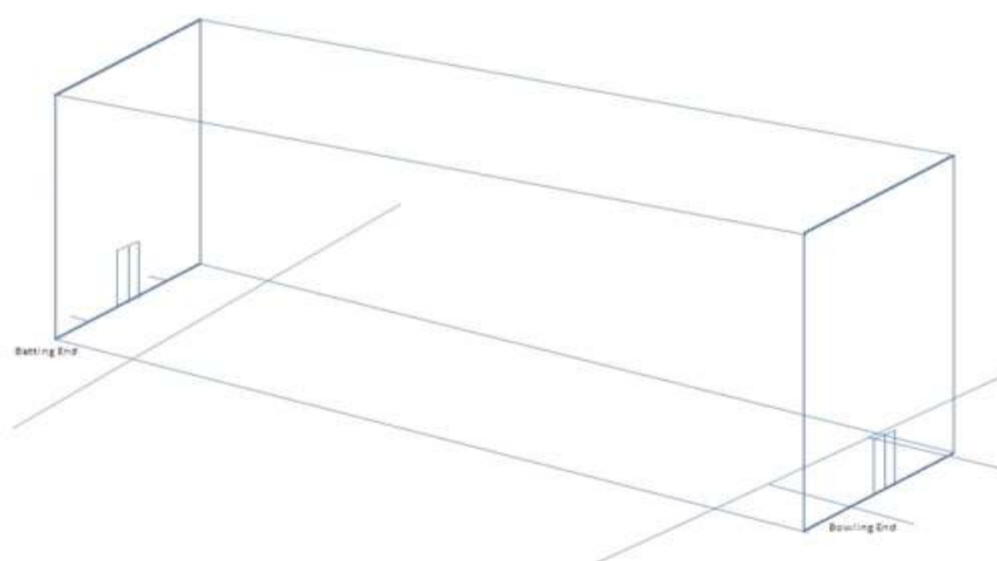
Following equipments will be needed for the Naraashans Net Practice:

- 4.1.One Regular Net Practice Area (full length wicket i.e. 20.12 meter)
- 4.2.Two Sets of Stumps
- 4.3.Bats
- 4.4.Five Cricket Leather Balls (standard)
- 4.5.Well Marked Batting & Bowling Areas
- 4.6.One Whistle; and
- 4.7.One Stop Watch.

5.MARKING FOR THE PRACTICE AREA:

The field for this innovative game shall have the round shape. 30 meter circle drawn from the batting stump is recommended. One batting stump shall be placed in the middle of the field. Four cones shall be placed in the ground each 20.12 meter away from the batting stump.

Diagram of Naraashans Net Practice



6. ADMINISTRATION OF THE NARAASHANS NET PRACTICE:

6.1. BOWLERS:

Each Naraashans Net shall have maximum of Seven (7) to Eight (8) bowlers, irrespective of their type. Only Five (5) bowlers shall be allowed to bowl at any given time during the practice. Other bowlers will be instructed by the coach to practice drills. If any bowler bowls any illegal delivery, then he/she shall be replaced with the waiting bowlers and the net practice shall continue in the same fashion.

6.2. BATSMAN:

One batsman at a time shall come to bat in the Net for practice. Batsman shall face first Six (6) balls on the trial basis, then after his/her inning shall start with Run-ball.

6.3. RUNS:

The coach/any other player shall call aloud 'Run-ball' on every 3rd ball and the batsman shall run for Two (2) runs on every 4th ball until he/she gets out twice.

6.4. OUT:

Batsmen shall be dismissed bowled, caught & bowled, LBW, Hit-wicket, or run-out. Batsman shall be dismissed once only with any way of dismissal other than run-out.

6.4.1. RUN-OUT:

Maximum of Two (2) run-outs shall be allowed only with the following variations:

(a) Ball towards the Bowler: If the batsman hits/played the ball and the ball travels towards the bowler beyond the batting crease, the bowler shall pick the ball up & come back to the bowling end and throw under-arm towards the batting end to hit the stumps. The thrower's feet shall be beyond the bowling crease while releasing the ball for the run-out. If the ball hits the stumps & the batsman is out of the crease then the batsman shall be declared run-out.

(b) Ball towards the Wicket-Keeper: If the batsman played the ball behind the stumps or the ball remains behind the batting crease, the bowler shall rush towards the ball and throw under-arm towards the bowling-end where any of the bowlers shall become the fielder, he/she shall gather the ball and throw it under-arm towards the batting stumps. If the ball hits the stumps & the batsman is out of the crease then the batsman shall be declared run-out.

7. NET PRACTICE PERSONALS:

One (1) Coach who may act as Umpire also shall be required for the completion of the Naraashans Net Practice.

8. VARIATIONS IN THE PRACTICE:

Following variations may be done in order to make the practice more intense:

8.1. The bowler may become the wicket keeper after throwing the ball towards the fielder at the bowling end and hit the stumps with the ball after gathering it.

8.2. One run-out, instead of two may be incorporated during the practice.

8.3. The proposed Naraashans Net Practice may also be done in the Open Net with all real fielders.

CONCLUSION:

The traditional way of practicing cricket is not very productive nor stimulating for the players. Innovative methods & procedures for the practice must be evolved by coaches & players regularly. The discussed methodology of training is innovative & intense which will be of much benefit for the improvement of skills of the players. More alterations may be add-in during the practice to make it more intense and interesting to the players and may also be changed/modified according to the age-group of the players. Small competitions may also be held between two nets. Authors propose the Naraashans Net Practice with the conviction that the cricketers will enjoy the practice, and keep

on looking forward to come again & again at the nets with more vigor & simultaneously will improve in their skills & understanding of the game of cricket in real competition-like situation.

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