

Vol 4 Issue 5 Feb 2015

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

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RNI MAHMUL/2011/38595

ISSN No.2249-894X

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

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NEED BASED CRICKET-SPECIFIC TRAINING LOG FOR BATSMEN IN CLOSE NET

**Raof Ahmad Bhat¹, Syed Tariq Murtaza, Ph.D.², Mohd.Imran³,
Mohd.Sharique⁴, Taufiq Ahmad⁵, Farkhunda Jabin⁶, Ashish Kumar Katiyar⁷,
Shamshad Ahmad⁷, Ravi Prakash Singh⁷, Arshad Hussain Bhat⁷, Salman Ahmad Khan⁸,
Irshad Maqbool Malik⁸, Showkat Ahmad Naikoo⁸, Mohd Zakir⁸, Mohd. Sabir⁹,
Iftikhar Ahmad⁹, Sateesh Chandra⁹, Lalita Kumari⁹, Tasleem Khan⁹,
Sarver Ali⁹, Qamber Rizwan⁹, Intazar Ali⁹, Vinay Kumar Singh⁹**

^{1&7}Students M.P.ED (Sem. IV), Department of Physical Education, A.M.U., Aligarh.

²Assistant Professor, Department of Physical Education, A.M.U., Aligarh.

³PTT (+2, Boys), A.M.U., Aligarh.

⁴Assistant Professor, Department of Physical Education, KMCUAF University, Lucknow.

⁵Assistant Director of Physical Education & Sports, Department of Physical Education, A.M.U., Aligarh.

⁶Registered Physician & Associate Professor, Ayurveda & Unani medical College & Hospital, Aligarh.

⁸Research Scholars, Department of Physical Education, A.M.U., Aligarh.

⁹Students M.P.ED (Sem. II), Department of Physical Education, A.M.U., Aligarh.

Abstract:-It has been observed that modern day's cricket has changed dramatically and becomes more competitive in nature . Players need good & well planned practice to survive; they require innovative methods to practice for the improvement of their skills in order to compete proficiently at regional and global plane (Murtaza S.T & et .al, 2014 & Yobu A. 2010)). Hence precise training log has become imperative for successful planning where each detail of training must be recorded.

Keywords : global plane , Contemporary Cricket , serious business .

INTRODUCTION:

Contemporary Cricket is a serious business & is much more competitive at both regional and global plane (Bob Woolmer 2008). It is every cricketers dream to play at national or at international level, but to turn this dream into reality players have to put themselves to competitive training to improve efficiency & effectiveness of the skills (Murtaza, S. T. & et. al 2014). The coach has a key role to play in keeping the cricketing stars on the right track. Coaching is subjective in description (Yobu A. 2010), where the coach observes or looks at the player in action on the nets and determines the problem areas of the player to correct the faults that are observed. In the absence of training log it is quite impossible to retain memories especially minor errors which a player committed during practice. To keep the player in the right form, a training log is one of the best tools for coaches to keep a complete personal record of events, experiences and observations.

UTILITY:

A training log is a factual written account of important events which may be taken as an extended account in prose or verse of personal record of events, experiences and observations. Modern day's cricket has made a marked change in its form and nature and becomes more competitive where players have to give their 100 percent in order to perform at the optimum level. A training log is one of the best tools to keep the player at a pace required at

NEED BASED CRICKET-SPECIFIC TRAINING LOG FOR BATSMEN IN CLOSE NET

competitive level. Patterns and trends of performance cannot be seen by observing one day at a time, but observing the patterns of ups and downs and rise and fall against the background of a training schedule can red-flag the issues and faults of training .A training log helps the coach ,plan to get better, confirm goals, Gives your athlete what they need, create motivation, build confidence, confirm patterns, correct performance slumps, identify what it takes to be really fast, emotional outlet and above all makes the player accountable for his /her performance

OBJECTIVE:

To keep a complete record of events, experiences and observations of players during close net practice

Training Log for Batsman(Close Net)

Date.....

A

Name, Age.....		Session (Morning/ Evening/Night) (Tick)	
Weather.....		Level of Player:- Community(Local)/Board Trophy/U- /International(Tick)	
Preferred Hand.....		Batting Position:.....	
Type of Pitch (Grassy, Light Grassy or Flat)		Duration: Time in....., Time Out..... Total Time.....	
Favorite Shot.....		Weak Points:.....	
Sight Screen Available or Not Available (Tick)			

B

S.No		Total ↓
1.	Frequency of Balls	
2.	No. of Dismissals	
3.	Dismissed by Spinners	
4.	Dismissed by Fast Bowlers	
5.	Balls Left by Batsman	
6.	Balls Beaten by Bowlers	
	⇒	

C Shots Played by Batsman (to be filled in numerical)

Forward Defence		Sweep	
Back Foot Defence		Flick	
Straight Drive		Cut	
On Drive		Late Cut	
Off Drive		Glance	
Cover Drive		Pull	
Square Drive		Hook	
Back Foot Drive		Over Extra Cover	
In- Side Out		Square Cut	
Any Other Shot (Specify)			
Maximum Shots Played.....			
Minimum Shots Played.....			

D Instructions for User of this training Log:-

- Fill the details of the batsman and tick respectively in the above most given column (A).
- In column (B), S.No. 1, 2, 5&6 should be filled in numerical values and S.No 3 & 4 fill with way of dismissal e.g., bold, catch etc.
- Column (C) should be filled in numerical values.

E Coache's Personal Observations:

Corrections Required	New Changes.....
1.	Any Deviation in Fitness.....
2.	Questions Asked by Bataman.....
3.	Further Scope of Improvement.....
4.	

PROCEDURE:

The proposed training log for batsman in close net shall be used by filling first the demographic profile (column A) of the player. In column 2 all serial numbers should be filled by numeric values as per the result. In column 3 the observer has to put the value before the given shots played by the batsman. At the end of practice session the Coach evaluates the training log and accordingly plans the next training session for the trainee.

CONCLUSION:

With the commencement of the design of the preceding training log for batsman in close net .Coaches and players find themselves in a much better place to improve efficiency & effectiveness of the skills and maintain their optimum confidence level with the use of the proposed training log. Authors believe that keeping proper records makes the coach & players accountable because a training log makes it tougher to bunk off training sessions when one knows that they have to log the actions for the day.

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Raof Ahmad Bhat

Students M.P.ED (Sem. IV), Department of Physical Education, A.M.U., Aligarh.

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