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DEVELOPMENT OF CRICKET-SPECIFIC BOWLING ACCURACY TEST

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Abstract:-It has been observed in competitive sports scenario that certain amount of proficiency is inevitable for successful participation in games & sports in our society (A Yobu 2010). There have been many motor-skill tests that are constructed especially in the last few decades for almost all types of physical activities thus measuring every sort of physical movement.

Keywords:physical movement , Development , Cricket-Specific Bowling , sports scenario .

INTRODUCTION

Over the past one decade the amount of cricket being played has increased many-folds at the global plane. Though the game of cricket relishes the history of 400-Odd years, no standardized test is available in literature till date to measure the skill level (accuracy) of bowlers in cricket (Murtaza S. T. & et. al. 2014). In the game of cricket, bowling is the process of prompt the ball towards the stumps safeguarded or secured by the batsman. A player proficient at bowling is called a bowler. The main task of the bowler is to bowl at the right line and length, thereby preventing the batsman from scoring runs and to get him out. Accurate quantitative measurement of cricketer's abilities has never been made, especially in the literature of physical education & sports sciences. In addition to subjective evaluation, a player's ability is often judged by comparing his batting and bowling averages to those of other players (Richard A. S., 1984).

1.Objective of the Test:

The test was ideated with the single objective i.e. to construct the test which assesses the bowling accuracy of male cricketers.

2.Utility of the Test:

Modern day's cricket has been transformed into more competitive & become more

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aggressive where every player has to put extra efforts in order to perform at the optimum level. In such a scenario, players have no objective method to analyze their bowling skills, and moreover traditional methods have been adopted in the selection process by letting the bowlers bowl mechanically where even neither they nor selectors concentrate on no-balls. Due to the preceding reasons, the authors set out to construct a bowling accuracy test for the cricketers. The most important aspect of the test is that it will play an instrumental role to boost the confidence level of the bowlers & the selection process will become more objectified.

3.Nomenclature of the Test:

Every motor-skill test has been christened by the choice of the testers, this test is henceforth christened as the NARAASHANS CRICKET BOWLING ACCURACY TEST, and where-in Naraashans is the Vedic word means 'a praised man' or 'a man who has been eulogized among mankind'.

4.Equipments:

Following equipments are needed for the proper execution of the test:

S. No.	Equipments	Quantity
1	Measuring tape (30 mt.)	1
2	Coloured chalks	As per the requirement
3	4-piece standard cricket balls	6
4	Rope (10 mt.) & Nails	1 & 2
5	Score sheet	1 per Bowler
6	Pen/pencil	As per the requirement

5. Marking for the Test:

A square of 9 inches with its centre is drawn at a distance of 3 metre from the popping crease. The back line of the square must be perpendicular to the leg stump that represent the four (4) point area, and is as per the standard measurement of the distance of cricket stumps i.e. 9 inches. A square of 9 inches is also drawn on the batting crease (i.e block-hole of the batsman) just in front of the stumps that also represent the four (4) point area. Three (3) point area is drawn by extending 9 inches from above, below and front side of the four (4) point area. Two (2) point area is made by extending 9 inches from above, below and front side of the three (3) point area. Similarly, one (1) point area is drawn by extending 9 inches from above, below and front side of the two (2) point area. All lines are 3cm thick and included in their respective point areas. The foregoing marking areas shall be the target zones for the bowlers.

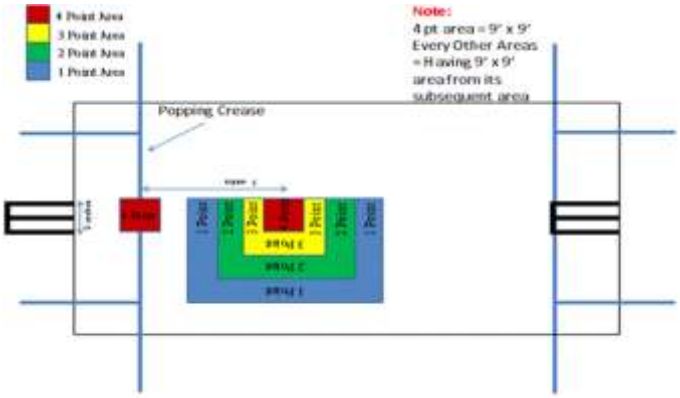

Diagram of the test

6. Test Administration:

The test would always be conducted on the natural even turf or on cemented turf. Before administering the test, a demonstration trial may be shown to the participants with the help of trained helper. After a good warming up session and a practical demonstration to the participants, the participants would be divided into different groups of four participants each (as per the logistics given by Bob Woolmer (2008). One group of participants would be asked to bowl by providing a ball to each of them. Each bowler is required to bowl as he normally bowls in the game of cricket aiming at hitting the target areas to score more points. After the completion of six balls by each player another group would be asked to complete their six balls, similarly all participants would bowl 24 balls (4-overs) to get maximum score.

7. Scoring Rule:

The number of hits on different target areas in 24 balls (4 Overs) would determine the total score of the player. The ball hitting on the line of different target areas will be counted as the part of that very target area i.e. the higher point will be given. Points given are shown as below:

Target	Points awarded
Hitting 4 point area	4 point
Hitting 3 point area	3 point
Hitting 2 point area	2 Point
Hitting 1 point area	1 Point
Beyond 1 point area	0 point

8. Scoring Sheet for the NARAASHANS CRICKET BOWLING ACCURACY TEST

Name of the Player				
Sex (tick)	M	F		
Age (in years)				
Training Age (in months/years)				
Level of Play (tick)	Community	School	Inter-varsity	Board Trophy
Speciality (tick)	Bowler		All-Rounder	
Preferred Type of Bowling (tick)	Fast	Medium	Spin	
Preferred Hand (tick)	Left	Right		
Address				
Contact No.				

No. Of Balls	Score						
	Ball 1	Ball 2	Ball 3	Ball 4	Ball 5	Ball 6	Total Score
Over 1							
Over 2							
Over 3							
Over 4							
Total Score (in 4 Overs)							

Signature of the Scorer Signature of the Player

9. TEST PERSONNELS

9.1. Umpire:

9.1.1.) Number of Umpire: 1(one).

9.1.2.) Position of Umpire: The umpire should stand behind the stumps at the bowling end, so that a clear vision could be achieved straight down the pitch.

9.1.3.) Duties of the Umpire: The main duty of the umpire is to check whether the delivery is legal or not in every aspect. He should also inform the participants about the last delivery of their over by saying loudly & clearly 'last ball each bowler'.

9.2. Callers:
9.2.1.) Number of Callers: Two (2). Primary Caller (PC) and Secondary Caller (SC).
9.2.2.) Position of Primary Caller: PC will stand adjacent to the target area mostly in a diagonal direction at a distance of 3-5 metre on one side of the cricket pitch, so that a clear vision could be achieved.
9.2.3.) Duties of the Primary Caller: The duty of the PC is to speak score loudly by showing fingers as per the score. For example 3 fingers for 3 points and so on.
9.2.4.) Position of the Secondary Caller: SC will stand adjacent to the target area mostly in a diagonal direction at a distance of 3-5 metre on another side of the cricket pitch (opposite to the PC), so that a clear vision could be achieved.
9.2.5.) Duties of Secondary Caller: The duty of the secondary caller is to assist the primary caller in case of confusion in awarding the points.

9.3. Scorer:
9.3.1.) Number of Scorer: One (1).
9.3.2.) Position of the Scorer: Scorer will stand at the opposite side of the primary scorer outside the pitch.
9.3.3.) Duties of the Scorer: The primary duty of the scorer is to pen down the score. He will also assist the umpire if needed.

9.4. Retriever:
9.4.1.) Number of Retriever: One (1).
9.4.2.) Position of the Retriever: Retriever will stand at the leg side of the pitch behind the stumps mostly towards the fine leg at a distance of 6 feet.
9.4.3.) Duties of the Retriever: The duty of the retriever is to collect the ball and give it back to the bowler.

10. CONCLUSION:

With the advent of the design of the preceding test of the bowling accuracy in cricket, coaches & players would find themselves in a much better place to improve & preserve their confidence level during the bowling skill and moreover the selection process will become more objective in cricket.

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