



DETERMINATION OF TRAINING STATUS OF BATSMEN IN OPEN NET IN CRICKET

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Abstract:- Today's cricket has become more competitive in nature by amending format and rules of the game. The changes may put mental pressure on the player to survive in the game and now the game of cricket demands not only technical but psychological preparation of player. So to have performance in competition, there is need to design scientific, psychological and innovative based training methods due to which player can fulfill the demands of today's cricket.

Keywords : Training Status , mental pressure , scientific, psychological .

INTRODUCTION

“Score doesn't add up; these are the runs taken well and wisely” (Irshad Malik)

Modern times of games and sports are not only confined to participate but to perform well (Yobu A. 2010). Every game and sport focuses on developing modern techniques and methods which ultimately aims at enhancing the performance, so same is the true with the game of cricket as well. Cricket nowadays is not merely to perform at national and international level but to give best performance to survive in the game because cricket has become most competitive game in the world (Bob Woolmer 2008). In cricket as in rest of the games various means and methods are used and innovations are being made with the ultimate aim to enhance the performance of player as well as team (Murtaza, S. T. & et. al 2014). So it is on the part of coach that how he designs and implements the methods in order to evaluate and interpret the best results in the future which will be beneficial for individual player as well as for team performance.

As the literature reviewed, the researchers found no where the design of training log in cricket which could be served as the tool for coaches to evaluate the performance and interpret the results according to the level which a player truly requires. So researchers propose training log for batsman for open net in cricket which is first of its kind and includes both physical as well as psychological aspect of performance.

The training log for batsman in open net is basically based on the fact that provides competitive situation to

the batsman to develop his self-confidence and motivational power because good performance cannot be achieved only by techniques used and skills executed but the psychology plays an important role in performing well especially in competitive situations. Mental preparation is most important segment of any game and sport which can help the player to remain positive in the activity and break the mental barriers which impede the player from performing up to his peak potential. It helps the player to tackle the tough situations of the match. The ultimate aim of this training log is that player should score more runs by eliminating maximum number of faults in order to win the competition.

Another important psychological feature of this training log for batsman in open net that it is based on goal setting program. Setting goal for player by himself or by coach is very rare in other training logs of games and sport. Setting goals alert the mind of the player to work hard, create interest, and concentrate on achieving the set goal which will be very helpful for players to focus and to deal with distraction of mind.

UTILITY

Utilities of this training log are as follows:

1. It could be the best tool for coach to evaluate the performance of player.
2. It could be helpful for coach in selection process of player as well as team.
3. It could be helpful in mental preparation, interest and motivation of the player.
4. It could be used to develop good sense to tackle the situation in the match by giving targets.
5. Training log for batsman in open net could be helpful for the coach to design training programs and drills for the player after being observed in order to improve the performance.
6. On the basis of this training log strategies and tactics could be used for better conclusions after performance of each player and team as well.

OBJECTIVE

Assessment to improve performance by physical and mental preparation of the player for competition

Training Log for Batsman(Open 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:	
Favorite Shot		Weak Point:			
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	
Total Balls Played by Batsman →		

Minimum Shots Played in Region

Maximum Shots Played in Region

C Instructions for User of this training Log:-

1. Fill the details of the batsman and tick respectively in the above most given table.
2. In column (B) S.No. 1, 2, 5&6 should be filled by numerical values and S.No 3 & 4 fill with way of dismissal e.g., bold, catch etc.
3. For scoring the given ground map is divided in different regions, put a dot (.) Where the ball traveled played by batsman whether in 30 yard or out of it towards the boundary. Put alphabet "w" in that region where the batsman get caught in air by fielder.



Ground Map for Scoring

D Coache's Personal Observations:

Corrections Required

1.
2.
3.
4.

New Changes

Any Deviation in Fitness

Questions Asked by Batsman

Further Scope of Improvement

PROCEDURE

The said training log for batsman in open net is divided into three columns. The column (A) is demographic profile of player which is filled by coach at the beginning of the practice session. In column (B) all headings is to be filled with numerical values as per the performance of the player. In final column(C) the ground map is divided into different regions should be used for scoring purpose. E.g. the ball travelled to 30 yard or out of it towards the boundary should be mentioned in the regions accordingly by dots. If the batsman gets caught in the air in any above mentioned region is represented by letter 'W' in that particular region, After the practice session is over the coach while using the observation method would be able to assess the performance, check out the faults and accordingly correct them and plan the next training session.

CONCLUSION

The coach having the written record of batsman's performance on the basis of which the coach can assess the performance of player hence can plan further performance improving trainings and methods. The player can also know the status of his performance which can create interest, develop self-confidence, positive sense, concentration and motivate him to achieve his goals.

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