

A STUDY OF FATNESSES IN CRICKET



Mallikarjun B. Hugar
Physical Director S.C. Nandimath Law College, Bagalkot.

Short Profile

Mallikarjun B. Hugar
Physical Director S.C. Nandimath Law College, Bagalkot.

Co-Author Details :

Rajshekhhar M. Hiremath
Asst. prof. Physical Education , Dean Students Welfare off. University of Horticultural Science.
Udyanagiri, Bagalkot, Karnataka.



ABSTRACT:

"It really is vital that all players with aspirations to play in the Cricket increase their base levels of fitness because that will allow them to realise their potential. It will allow them to maintain their level of performance for longer, increasing their concentration and endurance, and that is something each player will have to do if they want to do

themselves justice on the world's biggest cricketing stage."

KEYWORDS

Fatnesses in Cricket, Enhances performance, Prevents injuries.

INTRODUCTION:

- Enhances performance
- Prevents injuries

Hence, leads to a longer and more fruitful career



BUT REMEMBER....

- Do not neglect skills.
- Make the training specific to the requirements of the sport. After all, no game makes as many varied demands of its players as cricket does.
- Develop the mental side also.

TODAY'S REALITY

- Frequency of International matches higher
 - Game has become more intense
 - Stakes are higher-more professionalism
- Therefore, no cricketer can afford to ignore his fitness!!!



CARDIO RESPIRATORY ENDURANCE OR STAMINA

- ✦ The capacity of the heart, lungs and blood vessels to deliver oxygen to working muscles and their ability to utilize it.
- ✦ It enables the individual to work at light to moderate intensities over a prolonged period of time.
- ✦ Enables quicker recovery from fatigue.

FLEXIBILITY

- ✦ The range of motion around a joint.
- ✦ Helps prevent injuries.





MUSCULAR ENDURANCE

- It is the capacity of a muscle to exert force repeatedly over a period of time.

MUSCULAR STRENGTH

Strength is the capacity of a muscle to exert a force against a resistance in a single maximum effort.

- Power
- Power involves fast, explosive movements where force is applied at high speeds.



SPEED AND AGILITY

- ✦ Speed is the ability to perform fast movements.
- ✦ Agility is the ability to change body position and direction rapidly.



FITNESS REQUIREMENTS :

BATSMEN

- ✦ Speed for running between the wickets
- ✦ Agility for good footwork and turning
- ✦ Muscular strength, power and endurance for arms, forearms, shoulder, trunk and legs.
- ✦ Aerobic capacity for long innings
- ✦ Flexibility in lower limb muscles, shoulder joint, lower back, trunk rotators and the neck muscles.
- ✦ Speed Endurance.



FAST BOWLERS

- ✦ Strength and Power in shoulders, chest, legs, arms, abdominal and back muscles.
- ✦ Acceleration speed for run up.
- ✦ Flexibility during run up and delivery.
- ✦ Muscular endurance for repeated efforts.
- ✦ Aerobic Capacity to bowl long spells



SPINNERS

- ✦ Flexibility in shoulders, wrist and fingers for spinning the ball.
- ✦ Strength in shoulders, forearm and fingers for greater spin.
- ✦ Muscular endurance and aerobic capacity for long spells.



WICKET KEEPERS

- ✦ Leg power for leaping and quick sprints to the stumps.
- ✦ Agility for quick body movements.
- ✦ Strength and endurance in leg muscles for repeated squatting.
- ✦ Aerobic capacity for long sessions on the field.
- ✦ Flexibility to cope up with various awkward positions.



FIELDERS

- ✦ Agility in all directions. Speed to reach the ball quickly.
- ✦ Strength and endurance in muscles of the upper back, abdominal, quadriceps, etc. for long hours of standing.
- ✦ Arm and shoulder power for throwing and aerobic capacity.
- ✦ Flexibility in hamstrings and lower back for quick pick ups.



CONCLUSION=

The field training with and without yogic practice group had shown significant improvement in all the selected physical fitness variables among Cricket players. The field training with and without yogic practice group had shown significant changes in all selected physiological and psychological variables among Cricket players. The field training with and without yogic practice group had shown a significant improvement in all the selected performance variables among the Cricket players.

REFERENCE=

1. <http://www.ibnlive.com/cricketnext/news/icc-gets-rid-of-batting-power-play-five-fielders-allowed-outside-circle-in-last-10-overs-of-odis-547787-78.html>
2. <http://www.espnricinfo.com/ci-icc/content/story/891619.html>
3. <http://www.cricbuzz.com/cricket-news/73102/icc-do-away-with-batting-powerplay-in-odis>
4. <http://www.thenational.ae/sport/cricket/icc-remove-batting-powerplays-from-odis-to-maintain-a-balance-between-bat-and-ball>