

# M.P.E – 306 (A) GAME OF SPECIAZATION – CRICKET

- Unit – I**            **COACHING PHILOSOPHY**
- 1.1 Principles and objectives of coaching
  - 1.2 Techniques of coaching – pep talk, coaching –pre–match ,during and post – match  
Individual and group coaching
  - 1.3 Coaching schedule – seasonal, daily , weekly and yearly
  - 1.4 Talent – identification to select the winning combination
  - 1.5 Team building
  - 1.6 Coaching lesson plan
- Unit – II**            **COMPETITION PLANNING**
- 2.1 Long – term and short - term preparation for the decisive cricket competitions
  - 2.3 Psychological qualities and preparation of a cricketer
  - 2.3 Team system and tactical training
    - offensive system in play
    - defensive system in play
    - individual group and team tactics
  - 2.4 Diet and nutrition for a cricketer
  - 2.5 The coordination among the coach, doctor, psychologist and players
- Unit – III**            **SCIENTIFIC APPLICATIONS**
- 3.1 Anthropometrical and physiological considerations
  - 3.2 Biomechanical analysis of skills
- Unit – IV**            **TRAINING LOAD AND ADAPTATION**
- 4.1 Principles of load and adaptation
  - 4.2 Fatigue, recovery and super – compensation
  - 4.3 Overload and its management
- Unit – V**            **INJURIES IN CRICKET**
- 5.1 Ankle sprain, finger injuries, shoulder dislocation, knee displacement, rotators  
Cuff
  - 5.2 Preventive and safety measures
  - 5.3 Rehabilitation

## **PRACTICALS**

1. Practical efficiency in performance & demonstration of different advanced techniques  
Basic skills and techniques:  
Batting – forward defense, backward defense, all types of drives , glance , cut , pull, sweep
  - a. Bowling – medium pace , leg spin, off spin and their improvisation
  - b. Fielding – catching , ground fields , close and deep fielding
  - c. Wicket – keeping
2. Practical application of different tactics
3. Test, measurement & evaluation
  - (a) Skills tests ( throwing ability ,running between wicket, target hitting)
  - (b) Tests for different fitness components
4. Coaching lesson - 1( one) internal lessons

## **REFERENCES**

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