



**PUNYASHLOK AHILLYADEVI HOLKAR
SOLAPUR UNIVERSITY, SOLAPUR**

**SKILL ORIENTED COURSE FOR
B.A. PROGRAMME**

TITLE OF THE COURSE

CERTIFICATE COURSE OF CRICKET COACHING

INTRODUCED FROM

THE ACADEMIC YEAR 2021-22

PUNYASHLOK AHILYADEVI HOLKAR SOLAPUR UNIVERSITY, SOLAPUR

Skill Oriented Course w. e. f. 2021 - 22

Title of the Course: CERTIFICATE COURSE OF CRICKET COACHING

- Eligibility of the course : **B.A. Semester - V**
- Total credit of the course : **04 Credit**
- Total marks of the course : **100 Marks**
- Weightage to practical work (marks) : **80 Marks**
- Weightage to Theory work (marks) : **20 Marks**
- Duration of the course : **12 weeks (60 Hours)**

Aim of the course: To develop the skillful Cricket training.

Learning Outcomes: After successful completion of this course, the students will be able to:

- 1) To develop highly skilled scholars in the field of Cricket.
- 2) To be sensitive about emerging issues in Cricket.
- 3) To develop in the students an inquiring mind & ability to understand the true nature and to solve the innermost questions of Cricket.
- 4) To provide opportunity for creativity, self-expression & provide information on continued professional growth in Cricket.
- 5) To develop in the students an inquiring mind & ability to employ reasoning, rational thinking, critical thinking in the problems & issues relating to the Cricket.
- 6) To master the competencies and skills needed to become professional Cricket resource person.

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- **Course Content:**
 - **Module 01: History of Cricket**
 - History of Cricket.
 - Preparation of Cricket Ground.
 - Measurement of Cricket Ground.

Module 02: Cricket ground Measurement.

- a) Warm up Exercise
- b) Specific cricket Exercise.
- c) Psychology Preparation of Cricket Player.
- d) Basic skill of cricket.
- e) Advance skill of cricket.
- f) Top performers skill of cricket.

Module 03:

- a) Training Program of Batsman.
- b) Training Program of Bowling.
- c) Training Program of Wicket keeper.
- d) Training Program of Fielder.
- e) Balance diet for cricket player.

Module 04: Officiating of Cricket

- a) Low of Test, One day, Twenty- twenty Cricket Match.
- b) Officiating of Cricket
- c) Organization of State, District, Taluka, College, school and Club etc. Cricket Tournament..
- d) First aid

List of the Practical Tests: Teacher educator for implementation of the skill-oriented course uses following Test.

Sr. No.	Verbal / Non verbal Tests	Performance Tests
01	Specific Cricket Exercises	Observation
02	Ground Marking	Observation
03	Rules	Question Answer
04	All Cricket Skills	Observation
05	Officiating	Observation

Teacher educator also may be uses different psychology tests as per availability. This list is just for reference.

Course Layout

Week	Content	Place	Hours
Week 01	History of Cricket. Preparation of cricket Ground. Cricket ground measurement	Classroom	05
Week 02	War map Exercises Specific Cricket Exercises	Cricket Ground	05
Week 03	Batting Skill Grip, Stance ,Front Foot, Defense , Drives	Cricket Ground	05
Week 04	Bating Skill Back Foot, Defense , Drives ,Cut Shout	Cricket Ground	05
Week 05	Bowling Fast :- Grip , run up ,Jump, in swing , Out swing	Cricket Ground	05
Week 06	Bowling Spin: - off, leg. goggle	Cricket Ground	05
Week 07	Fielding :- Different all Position.	Cricket Ground	05
Week 08	Wicket keeping skill For Spin and Fast Bowling	Cricket Ground	05
Week 09	Officiating	Cricket Ground / Class room	05
Week 10	Low of Cricket A District , Tal uka, College,school and Club Tournament of Cricket.	Cricket Ground	05

Week 11	<ul style="list-style-type: none"> Practice and revision of administration & assessment of tests under the supervision of educator. <ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity 	Cricket Ground	05
Week 12	<ul style="list-style-type: none"> Evaluation Process includes: <ol style="list-style-type: none"> Practical Activity Viva Voce 	Cricket Ground	05
	<ul style="list-style-type: none"> Theory Test or exam 	Classroom	

Evaluation system or process of the course:

Sr. No.	Course Nature	Particular	Marks
01	Theory course	MCQ test at the end of the course	20
02	Practical Activity evaluation	Verbal or Non-verbal Test Administration, Assessment (any Six test)	60
03	Practical Activity evaluation	Performance Test Administration, Assessment (any one test)	10
04	Viva Voce	Viva Voce related to Practical Activity	10
TOTAL MARKS			100

References:

- Hardayal singh (1984) Sport training general theory and methods Netaji subhs. Nat. inst. of Sports.
- Ferdinands, R. M. (2003). The effect of flexed elbow on the bowling speed in cricket . Journal of sports biomechanics , 65-71.
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- Khangure, B. C. (2002). Disk degeneration and fast bowling in cricket: An intervention study. Medicine & Science in Sports & Exercise , 1714-8
- Lee, A. (1980). Cricket. London: Hamlet Sports Special
- Max C Stuelcken "Successful cricket coaching the Aussie way" Australian Journal of sports medicines. (2003)19-24
- Max C. Stuelcken "A Kinematic analysis of off side front foot drives in elite men cricket batting", Australian Journal of Sports Medicine(March 2001), p. 260 -270
- Tyagi, A. K. (2012). Cricket Skills & Rules. New Delhi: Khel Sahitya Kendra.
- Tyson, F. (1976). "Complete cricket coaching" in "the biomechanics of fast bowling in men's cricket: A review. Chicago