

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 14: Warming up and cooling down

Hello everyone. Today, we will discuss the importance of warming up. We all know that warm-ups are a vital activity before any matches or physical activity, whether undertaken by a team or an individual.

If performed correctly, warm-ups increase joint mobility and elevate the core temperature of the body, thus preparing it for the subsequent activity. They are vital for both physical and mental preparedness. By keeping myself physically and mentally active with the help of a warm-up, I can significantly reduce the chances of injuries, such as ankle twists during running, muscle cramps, or muscle pulls. Proper warm-ups help minimize the risk of muscle-related injuries.

That is why we go for a warm-up. So, why is a warm-up necessary? The purpose of the warm-up is to gradually raise the heart rate. When we perform various activities during the warm-up, the specific movements associated with it help to slowly increase our heart rate, preventing a sudden rise. This gradual increase in heart rate ensures that our cardiovascular system is adequately prepared for more intense physical exertion. And, our blood, when we are in a normal state, means we are not doing any activity; we are in resting mode. So, we are in a resting phase; we are not in any activity. At that time, the blood in our body goes into some organs. Which ones? If we do not do any activity, our blood will not flow in that area.

So, the organs are our brain, kidneys, and spleen. In these areas, our blood flows maximally. But, when I start warming up, the blood will not be in those organs, but it will be directed to the working muscles. What happens with this? Muscle temperature increases, and joint mobility increases.

Next, let us know what the key points of warming up are. To warm up, we have to keep some things in mind. What should we do while warming up? Always start with low-intensity activity and gradually increase it. So, when we are in a coaching session when we warm up the athletes, we will start the activity at low intensity and gradually increase it.

For example, we first start by jogging in a normal position, applying a 10% load. We jog for a distance of 20 meters and repeat this 3-4 times.

Next, we gradually increase the load. We might move up to a 25% or 40% load, which means our capacity increases a bit with each round. Again, we jog this distance.

As we continue, we progressively raise the load to 75%, then to 80%, and finally to 100%. This gradual increase from low intensity to maximum load helps ensure that our body is adequately prepared for more demanding activities.

This is what we call low intensity. We are gradually increasing it with the help of jogging. Now, let's start with general activities before moving on to specific activities.

Can we do general activities during this time? Yes, we can include jogging, which is an excellent way to warm up our body. Additionally, we can engage in other general activities like light stretching, dynamic movements such as arm circles and leg swings, and playing a fun game like tag or a simple ball game.

Every day, we can incorporate warm-up jogging. Another fun option is to play a game of bowling. This not only helps in warming up but also keeps the session enjoyable and engaging.

So, for low intensity, we can choose a game. We can play that game in the coaching session. And when we see, there is competitiveness in it. The boy is playing for his own sake. There is no more warm-up.

Then we have to stop this game and go to our specific activities, which are related to the skills or the matches. We have to keep the duration flexible. Longer in cold weather and shorter in hot. So, we have to reduce the duration of our warm-up in a huge unit. Why?

Because of the environment, my body temperature has automatically gone up. In that case, not too much warm-up, just a short duration warm-up will increase our core body temperature. And by doing this, we can make our body ready for the main purpose. Again, in the evening.

If we warm up in the winter season, we can see that the body is cold. In that case, to increase the temperature of the body, we must warm up for a long time. That is why the duration should be flexible. Otherwise, if I do it for 15 minutes in the morning, I have to do it for 15 minutes in the evening. Or if I do it for 10 minutes in the evening in winter, I have to do it for 10 minutes in the evening in summer also.

It depends on the weather conditions and how much I will warm up. So, warm-ups should aim to produce light sweat and not fatigue the player. It means that I will warm up or I will do it, then I will see if there is a little bit of sweat on them. The moment I see that there is a little bit

of sweat on them, then we will stop the warm-up there. And we have to keep in mind that we have to warm up so that the players do not get tired.

It is very important. So next we will know what the physiological benefits are. What are the physical benefits of warming up? So, as I told you earlier, warming up increases the heart rate, so that more blood reaches the working muscles, providing more oxygen. So, when we start exercising, our heart rate increases,

Increases the respiratory rate, and prepares the players mentally for more vigorous activities. This warm-up can mentally prepare the player so that he is ready to do various vigorous activities. Warm the muscles, making them more supple, thus reducing the risk of injuries. As I said earlier, it can warm the muscles and give them suppleness. What happens in this case?

Muscles. By doing these types of activities, the possibility of muscle-related injuries is reduced. If we avoid it, we can reduce it. So, next, if we go to the type of warm-up, then when we look at international cricket matches, players are doing various types of warm-ups.

They are doing various types of warm-ups. Both teams are doing warm-ups on two sides. And they are doing various types of warm-ups. And we should see everything. If we get the opportunity to see a game or if we go to see a game, then we should first see how the players are doing warm-ups.

How they have engaged themselves in warm-ups. And they are doing various types of warm-ups. So, first, if we categorically consider warm-ups, then we call them general warm-ups. So, what is a general warm-up? A procedure where a set of common activities can be done for any purpose.

Training, skill sessions, or any sports. What it means is that a general warm-up is a practice. Where a set of activities is common. This can be done for any purpose. If I am doing training, I can do a general warm-up before that.

If I am doing a skill session, I can do a general warm-up before that. For any type of sport, we have to do a general warm-up. This is vital. So, the purpose of the general warm-up is to increase the functional potential of the body as a whole. The specific warm-up is a procedure where the set of activities is synchronized with what is to be performed afterward.

Specific activities related to the skills; warm-up is done to prepare the person for the specific activity. So, the purpose of the specific warm-up is to establish the optimal relationship between the forthcoming movements of the activity. So, it is a purpose only. There are forthcoming activities. For example, in a specific warm-up, I am going to do this kind of movement.

For example, I am going to do a sweep shot. So, I will use a sweep shot more in the match. So, I like to play a sweep shot. Or I like to play a pull shot. So, my strong point is the pull shot.

So, in this specific warm-up, I can do it. For example, I can have a medicine ball. With this medicine ball, I can bend two legs like a sweep shot, I can practice it like a sweep shot.

And with a medicine ball in my hand, I can bend my body. Or with two bats, I can practice the pull shot. Why is this required? Because of the muscles that are inside my body, if I take a big thing, like a medicine ball or a bat, if I do those movements, then my muscles will be activated. The muscles will be directly related during the pull shot.

Just an example, what is the purpose, and what can be an example in a specific warm-up? So, then what we know is the individual problem. What is this? Here, the individual does not choose the set of activities. Not what the group does.

I mean, there is no set of activities in the group. The player does not choose the set of activities in his way. Used mostly in individual sports and in cricket. Some individual sports can be used. Fencing can be used.

Boxing can be used. Boxers can do some warm-up tricks here, and individual warm-ups can be done. But cricket. If we are talking about cricket, then it is cricket. As you can see, when the match is going on internationally, then we see that the players go to the net for practice.

They throw the ball in different ways and Batsmen practice these shots. Why? Because just after the warm-up, they have to come to the field for batting, and the openers have to face the first ball or the first over. For that reason, they go to the net and practice these shots so that during the match they can get the ball ready.

Now look, at the main pitch of the cricket with the help of flexible stumps. The pace bowler What they do No.

Like their own. Do bowling. So, stumps are there. Behind the stumps. There is a wicket-keeper.

When the wicketkeeper Is still with him. The bowler What they do

Bowlers do Specific warm-ups. These are not done in groups. Because the two bowlers

Who will bowl first Their body Like that They have to be ready That's why

They are individual bowlers. They are. Like their own. In that place. They are bowling.

So, these are the types of warm-ups. If we use methods, then joint mobilization, using a foam roller, using a foam roller, using hard balls, using medicine balls, we can do some activities to

increase the range of motion. If we bring the body into a supine position, then we can use a medicine ball under our feet. We can roll the medicine ball. What will happen when we roll it?

The medicine ball will roll on our back, and our back muscles will get some mobility there. I will sit on the floor, and I will roll with a foam roller under the thigh, under the hamstring, I will roll with a foam roller there so that I can mobilize my hamstring muscles well. We do it on our arms too. Okay, so these are the joint mobilization exercises. Before starting the light jogging or general warm-up.

So, after joint mobilization, we go for light jogging. So, light jogging lasts for 3-4 minutes and is done over 20 meters. And then, in 3-5 minutes, we do light jogging and prepare our own body. And, in 3-5 minutes, we can organize a light, fun game. And then, the children play that game in the morning, and their general body temperature increases.

Why? Because their normal core body temperature increases. Then we have to stop it and consider its dynamic movements. So, movements are made while on the move. The kind of activities we do while on the move, the movements we perform, that is what we call dynamic movements.

It can be walking lunges, high knees, or strides. And what happens in dynamic stretches? The stretching is done using the momentum of the body parts. So, we can stretch our upper body by catching the knee. We can do dynamic squats.

We can do the Spider-Man Walk. So, these are the stretches we can do while we are warming up. So, these are the methods of warming up. We have to remember that the way we talked about these methods earlier, we have to do the warm-up like this in the next session of the practical field before starting the next session. Because warm-up is very vital.

It prepares, as I have already said, both mentally and physically, your players. Those who come to my ground to play, come to my coaching session to practice, I will prepare them. Because after that, I will go for a long duration in the coaching session. One day there will be a batting session, one day there will be a bowling session, one day there will be a wicket-keeping session, and one day there will be a fielding session. So, the total activities that we have done in two hours in the academy, if we want to run the academy systematically, and if we want to activate the activities of the coaching session scientifically, then warm-up is very important.

The warm-up of the children is very important. After an injury or if they are not mentally ready, I get disturbed on that day. We cannot stop injuries, but we can reduce the chances of injury. And that is in our hands. So, if we go for a particular good warm-up, we can reduce the chances.

We cannot stop, but we can reduce. Now, the warm-up is done. We have come to the core activity of our coaching session. Our players are batting on the net during the entire core session.

Someone is batting on the net. Someone is bowling on the net. Someone is keeping the fielding session active. Someone is practicing specific skills under an assistant coach. After the session is over,

After the warm-up and core session are completed, of course, one of our important phases is done by the players. That is called the warm-down. Sometimes we call it cooling down. So, warm down. What is a warm-down?

After the warm-up, we did the activity for two hours. In these two hours, our body temperature has risen. So, it is a gradual, controlled reduction in the intensity of activity after training or competition. Why? It has a purpose.

It safely decreases the heart rate. Slowly and safely, the heart rate decreases. The respiratory rate slowly returns to the resting level. Allows the blood to return to the organs from the peripheral muscles. The muscles that I am working on right now, I am relaxing those muscles and stretching them.

And now I am slowly redirecting the blood flow from the working muscles to some vital organs. So, if we say, the physiological effects, yes, it also has physiological effects. It has physiological benefits also. It slowly sends blood back to the vital organs, which I have mentioned earlier.

The vital organs send the blood back again, slowly, slowly, slowly. And what we get from the lower extremities, we get it from our legs. We get it from the blood pooling. We use a term in our field, which is called the delayed onset of muscle soreness. If we play a good match, if we do not warm up after the match, then the next day in the morning, we have a lot of pain in the feet.

Soreness, muscle soreness. Why? Delayed onset of muscle soreness. After a long time. Delayed onset of muscle soreness.

I am showing you the muscles. So, we can reduce the chances of this. How? By doing some static stretches. You can go for the yoga process also.

The yoga process is very important for static stretching. So, in the process of yoga, if we do some stretching movements, like our leg muscles, some stretching exercises, With the help of yoga postures, the whole body, including the arms, can perform dhanurasana, bhujangasana,

and trikonasana. There are different types of static stretching that we can apply in the coaching session. Why?

That would be a warm-down. So, in a warm-down, basically what we do is perform yogic postures, Hold, stretch, and hold method, then relax. Stretch and relax. We have done the yoga process.

What will happen here? The normal length of the muscles will be restored. Muscles are in a contraction phase whenever we are doing muscular activities as an object. But when we do the cool-down, we will again bring the muscles to their normal length. That is, from the contraction zone, we will bring the muscles to the relaxation zone.

Let us say this. How will we do the warm-down? Methods of warm-down. How will we do the warm-down? For speed and agility, we need to do static stretching.

Static stretching. Stretch the muscles to a position of slight tension and hold for 10 to 30 seconds. As I said, if I am doing yoga posture or normal posture stretching, we will apply the stretch and hold method and we will relax the muscles. We can hold this position for 30 seconds, from 10 to 30 seconds. It can be active stretching, meaning we can do some stretching ourselves.

Or we can do passive stretching with the help of my partners. Or with the help of a TheraBand, a rubber band which is being used now, and a towel. I have a towel. I do some stretching exercises with the help of the towel. I do some stretching exercises with the help of the TheraBand.

Or I have my partner with me. So, I can do various stretching exercises with the help of my partner. Static stretching. So, that is all about the warm-up. Enjoy a fit and healthy coaching career.

In summary, we will say that warm-up is very important. As well as warm-down is also important. Both have their physiological effects and benefits. We have to understand that from the players. Because the players see the warm-up and the warm-down in the coaching in the maximum time.

They do not want to do that. They thought that this was not a part of the coaching session. But players have to understand the importance of warm-up and the importance of warm-down. So that they should go for warm-up and warm-down. So that is all.

Thank you.