

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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**Lecture 33: Run Up**

So, in this session, we will learn about the run-up technique. We have discussed the run-up a little before. But today, we will go through some drills and how to execute the run-up. Starting with the run-up path drill, we will discuss achieving an economical run-up. We have discussed loading before. So, loading and then how to release the ball. So, in the ABC of bowling, we first learned alignment, then we learned balance, how to control your body balance during movement or jumping and all. Today, we will go to C4 career, which means the run-up path. This is very vital for, you know, a cricketing run-up. Why is it essential? Because the pace bowler generates momentum with the help of a good run-up. So, that momentum will help the pace bowlers to bowl with maximum pace. So, the run-up is the main thing. If I run up very slowly, then from my bowling action, from my ball release, the effect will be on the speed of the ball. If I am running at a very high speed, then I will not have any control over my body, and the ball will be like that. So, if we run an economical run of the knee, or if we run in a very beautiful, systematic way, during the run-up phase of pace bowling, then we will be able to release the ball beautifully. We will be able to load it beautifully, we will be able to come at a very good release moment, and it will affect the follow-through also. So, when we run-up, then we have to keep in mind a few things, as previously discussed, that you know, you should have a steady pace. Gradually generate the pace during the run-up. During the run-up, increase the stride length. And you know, before jumping, my pace will slow down. Then I have to go for the jump. Then I have to go for the loading and release the ball.

So, whenever you go for a particular run-up, what should be the key points? That is how you have to run on the run-up path. So first of all, we must check whether the pace bowler or the trainee is running through the corridor with the help of heel, ball, toe or not. So why heel, ball, and toe? If my pace bowler is running with heel, ball, or toe, then he will efficiently transfer his body weight. However, I am Player, the ball of the feet is running, then he will not be able to check his, you know, running speed during the run-up. In this case, it will be seen that he cannot run in an economical run-up, he cannot run systematically, and half a set running will be done, and he is not able to control the speed, but the effect will be on my jump, as well as my loading effort. That's why it's very important. So, first of all, we'll go with the heel-ball-toe run-up drill, and how to go for that. Okay? So, let's see how to do this. Okay? So, we'll go with the drill, how to efficiently, you know, transfer your body weight with the help of, you know, pressing the feet. So, we can see B markers. If we see the markers, then each marker, yellow and white, I have marked them, and it is gradually increasing. See, the distance between the first two is less, then go longer, longer, one by one. Right? So, it should be 1, 1.5, 2, 2.5, 3, 3.5, 4, 4.5, 5, 5. So go with this. So, one, one and a half, two, two and a half, three, four and a half, five, five. And here the start should be like this. First of all, we will go with the drill without releasing the ball, just show how our feet will be placed onto the doughnut. Look at me carefully. So here we have to allow the pace bowlers to run only. To run because he has to remember the path where he has to run. So once again, I am showing you the ball should be

placed here, just by the side of the body. Now he should start with his left leg. So before starting the run-up, he will do some, you know, okay. So, how should it be? Whenever a player does this. So, our demonstrator is there. So, she will come and perform. So here now, on-spot jogging. Start your on-spot jogging. Place your hands by the side of your body. Yes. On-the-spot jogging. Yes. And lean forward. Okay. And run. Yes. She is going for on-the-spot jogging. Then the left leg should come. Yes. Okay. He has to go to each marker. He has to cover each marker with his leg. So once again, go. Now she is preparing for the run-up. Now start. Very good. So, in this way, the coach is responsible for observing the trainee, so that there will be fewer mistakes. Now, the second phase of the drill. Second phase of the runner drill. What will happen? In the second phase of the runner drill, we have to tell the trainer to run and go for the load only. Run and go for the load. Okay. Now here, the pace bowler will run like that, but here he should go for the loading. How should it be? Once again, I am showing you how to do this. So, the bowler will come onto the loading phase without releasing the ball. It means, when my pace bowler passes beautifully, yes, the coach is satisfied that the player is not making a mistake. He is not making a mistake at every marker when it becomes automatic. Then the coach will start this drill, protect the corner, and pass through the base cover. Loading phase. Loading phase. Base top. Only loading. So again, the demonstrator will show. If there is a mistake, I will check it out. So now, I will go with the two demonstrators. So, in the coaching phase, I will have a lot of players with me. So later on, how will I do the drill? I will show you. So, first is the beginning phase. Loading, correct? Go for the initial jogging. Okay, now start. She did a wonderful job. Once again, you. See, once again. Now, in coaching, when I do live coaching in my academy, in the coaching centre, how will I get both of them together? Okay? So, after loading, you will come back continuously. Okay? And you, when half comes, when half goes, you will start. I will tell you. Okay? Now, we are starting with these two players. Start. Go with, very good, very good. Come, C. Whenever C is in the middle of the pitch, another trainee will come. In this way, continuously, the coaches will be. If I have space in my academy, if I have a big space in the coaching centre, then I can do 3-4 more sessions. But if I have only one station, I can teach 4-5 people by using my brain. How to use this station and how to use the athletes so that they can do it beautifully. And I can utilise this small driver. In that case, you can see that this is a sort of mat. I am making one player on one side, and I am making another player on the other side. After marking the same corner, I can do it on both sides. And in the middle of this pitch, I can observe how they are running. So, this is an example, we don't have cones over here. We don't have a marker like this. But as a demo form, I am showing how a coach can observe this. So come to this side. Now they are standing side by side. I only have these two spaces. Now, how am I checking? I have to go in the middle of the pitch like this, in between them. Okay, start jogging, initial jogging, and start. Now, see, they are very good, very good, perfect. So, we can also go for this drill. If I have less area, then we can also go for this drill. Now, the next phase. What is the next phase? The next phase is now, I will insist that the players go for the release wheel. So, after loading, we said in the last class that we would release here. But we will not release the ball with our hands. We will take the motion of release without leaving the ball. Okay? Now, I am showing you. So, we will see once again how to release. I have seen that without using the markers, I am efficiently transmitting the body with an economical run-up, how I am generating pace and releasing the bulk. So, I have the demonstrators; they will perform. Please come. Start initial jogging. Start. Very good. Come. Very good. So, we have given this corridor. So, I prepared a corridor with the help of these markers. And we will do bowling with the help of these steps. Here, I can do another joke. I drew a straight line next to the cone. And I mark a line with a spoon or something. I can instruct my player to draw a straight line on that line. Again, a small one. One foot. One foot at a distance, two lines. You know, parallels in life. Even I can instruct my peer to run through this path, and you have to step and cover each marker. So, a very vital drill to

develop your first-ballers' run-up. So, we can say in summary, we will keep in mind while doing this drill, which ones should be arranged in sequence. One, one and a half, two, two and a half, three, three and a half, four, four and a half. Okay? So that our players can grow economically. And That's all.

Now, where will we go? Let's go to the path drill. So now we will see how to do the path drill and how to make the path drill. But before that, let's know why the path drill. So, we know that a very important part of bowling is the feet alignment. So, when I run, I know that my feet alignment is correct. We often see players running like this in the coaching session. That is, the players run side by side, not in a parallel line between their feet. In this case, there is a problem with the feet alignment, and its effect is that when they bowl here, when the bowling crease is bowled here, then a problem is seen. That is, jump in or jump out. The two important words are there in pace bowling. Jump in and jump out. If I don't run up properly, then I can jump in. Again, if I don't run up properly, then it can jump out. We have seen in many cases, even in good pace bowlers, that they jump out and jump in. So, jump in and jump out; we will discuss that later because this is a part of it. So now we will see how to do the path drill and how I will make the path drill here. So, if I do the path drill very beautifully, then each of my legs is called the path drill. So, I have to place two legs on that path and run. So, what is that? I am here, starting from the belly, I am at the stump, near the batting crease, and you can see that my pitch is ready. So, when the pace bowler runs, when there is no run-up, then he targets the up stump or the middle stump and runs. That's because the target is the stump. That's right. I have to build the path based on the off stump. Here, I have to build the path so that all my body parts are at the target. I have seen many times that the pace bowler's straight run-up means that if I am standing here, I am running straight from here. It means, if I run straight, then my body movements and all the body parts are directed towards the wicketkeeper. But when I come to delivery, then the bowler changes and tries to get me to the target. Then there is a problem. Then, trans-lateral flexion, that is very much me in the past, we used to try to bowl in a vertical position. But there could be some problems with the feet, injuries, or back injuries. But it has been shown that in the coaching session, they don't bowl like this. To bowl like this, we can insist on taking an angled run-up. Now I will show you how to drill a path. To drill a path, you will need some tools. You will need a thread. You need a thread of white colour. You can't always have a thread available. So, we have a measuring tape with us. And we have a 100-meter measuring tape with us. We can use a measuring tape only to mark it. And I need lime dust, which we call sand. Or lime dust, while I am here, I need to mark it. What will that mark be? If I see from here, my op stump, so based on my op stump, the amount of work I have to do, the amount of work I have to do, the marking will start from the end of the run-up and will end at the end of the popping. So that the feet alignment is maintained properly. And all my body parts are towards the target. This is a very important and essential part of the run-up. So now I will show you how to prepare the path. Let's start. Now we are going to do the path drill, and I have already told you that we are going to see how to make a path drill. So, to make a path drill, first of all, we need lime dust. As you can see, we can use lime dust. And with this, we need a measuring tape. So, we need a thread, a white-coloured thread. The thickness will be a little less. I can use the Sheraton type, but it is available in the academy. As I said, the measuring tape is the most available for us. For that, we can do it with this. So, I am showing you how to do it with this. Alternatively, we can have a thread. Okay. So, let's start. Okay. So, now you will see that. So, we have, you know, supporting hands also. So now you can see how we will place the measuring tape. With the headline dust, and I have, you know, a measuring tape with me, 100 meters, so I can take as much distance as I need for my first bowler. So, this is very vital. I have to see very well how I am using it here. So, this position is very important for the return crease. You know how I will keep the thread or foot, that is very vital. So, I will

ask my hand supporter to take this and extend it to the position of the bowler. So now what we have done is we have placed the measuring tape on the ground. Now, this place is very important. This is the return crease. The marking point should have a 6-inch gap. This is very important. The return crease for this measurement should be 6 inches. Now I have to go for the marking. This is very vital. I have done the marking. The square of the marking has to be very narrow so that my foot does not get too much space to run. And I am extending the popping crease a little from the follow-through so that the feet alignment is right here. So now we have done the marking. So now we can see that the path we have made for the path wheel with the help of the lime dust and the measuring tape, it will look like this. So, it is the end of the run-up. Now we can see, and I will show you from another side how it looks. Now, the path is ready. So, how will I practice as a pace bowler on this path? That is, first, walk on the path. Several times, the pace bowler will walk onto the path. Why? Because I have to know this path properly. It's not easy. I have to walk on the path once. Because here, to maintain the feet' alignment, he has to run. So, before walking, he has to know this path properly. So, we have our demonstrator. So, please come. Now, what should we keep in mind? So, are you ready for that? First, walk onto the path, please. Come back. Start. He or she is very comfortable walking onto the path. So, jog. See how she is running. Each and every foot should be planted on the mark. Wonderful. Very good. So, in this way, this will become a habit. And it will perform very easily. Then I will say run and load. Okay. So run will go with jogging and loading. So, run. Run and load. Very good. Come on, once again. Very good. Go. Okay. Very good. Now I insist on releasing the ball. Okay? So, release the ball. See. Body pulse. And along with it, its feet are all lying in a line, and I have made its path much clearer. Okay? Very good. So, in this way, sequentially, we will develop this path, and progressively, I will develop this path. When I see that my player has learned this step very easily and can bowl, I will do the next thing, which is the placement of the markers according to the runner.

So here, I have to measure the players' feet. So, if my player's feet are size 6, then I have to measure the size of his feet. We have to place these cones, which we learned about in the beginning. Okay. So, we practised a little earlier without having the markers on the path wheel. Now, what we want to show is how we placed the markers on the path wheel. Now, we will do this task. Now, we will discuss how we will run by placing the markers on the path wheel. As you can see, we have placed the marker right next to the path ruler. Now we know about the run-up. We said that the run-up has to be economical and rhythmic. How will we make it? To make it, we have to place the cones in that way. Gradually, it will increase the speed. And the speed of the run-up has to be gradually increased. How will that be done? I am writing down the names here. Write down the names of the planes, and then write down the digits. So, first, markers: 1 foot, 1.5 feet, 2 feet, 2 feet, 3 feet, 3.5 feet, 4 feet, 4.5 feet, 4.5 feet. Then, 5, 5, 5, 5. My player has to measure his foot. Please come. So, I have to measure my athlete's foot. So, let me measure it.