

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

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## **Lecture 48: Importance of Fitness**

Hello everyone, today we will talk about the importance of fitness in cricket. Fitness and cricket are interrelated. To play cricket, as it has different departments—bowling, fielding, batting, and wicket-keeping. So, you can understand, a cricketer should have a good level of fitness. As he has to stay on the ground, for a 50-over match, a 20-over match, or in test cricket. So that's why we can understand the value of fitness in cricket. In 1978, Greg Chappell said something about fitness. There are two things that matter in cricket. Ability and fitness. If you do not have the first, then I guess the second does not matter all that much. But if you have two sides of equal ability, then obviously the fitter one will have the edge. It's Greg Chappell. He always talks about fitness. And how can players stay fit. He likes fit cricketer and also like fitness involvement in cricket. The fitness of cricket is common. We can say that fitness can be achieved at different ages and levels. We know that we need fitness at different levels for different players. So, in terms of fitness, strength and conditioning is already a course, but as this is a coaching program, we will give a bit of knowledge regarding the fitness in cricket, so that a basic idea is there in coaches, when they are coaching their children or when they are coaching in the match-up period, if they have a bit of fitness concept, they will be able to play in the training sessions. So, if we talk about the role of fitness in cricket, so we can say like that enhances skills by reducing traffic improving all disciplines of the game prevents injuries and helps sustaining performance leads to a longer considering the frequency of matches much higher at any level. So, we can Now have a little bit understanding about the role of fitness. Not only, you know, enhance your skill, but also have a good level of fitness. If I have a long career child in cricket, less fit child at any level, at any higher level also, fitness is the main goal. Next, Game extremely fast. And to get faster, train for speed. Cricket, I know, has become extremely fast now. But if you keep it in harmony with it, then I believe in speed training. Power dominance. Power dominates cricket. Now, it's power cricket. So, to get powerful, train for power. So, you can't play cricket to get fit. But you have to get fit to play Cricket. Next, if we keep some principles in mind, they are very important in fitness, that skill remains the dominant factor. In cricket, skill always remains the dominant factor. Yes. Calculate load. Both from skill and training. While writing a program, when we prepare a training program, a

coaching program, write it, make it, then we have to calculate the load from skill and from training. From skill session and from training sessions, we have to take both and calculate the load. When will we make a schedule. Make the training specific to the overall demands of the sport. Specific to age group. Yes, this is very important. Cricket age training demands such overall demands. Age to age. Specific to the different age levels. Training should be specific. Pre-competition phase, making it more specific for batting, bowling and keeping. So, pre-competition phase A. we have to be more specific. One department will be batting, bowling and keeping. As because these three departments are very important in cricket. Now parameters of fitness. So you know that to play cricket there are different parameters there in fitness which help us to have a good fitness level. See parameters below - cardio respiratory, which is related to the heart and lungs, but what is cardio respiratory is the capacity to continue prolonged physical activity with and withstand fatigue. And when we do physical activity for a long period of time, it is called Cardio-respiratory endurance. So, it can be a continuous and interval method. So, if we want to burn cardio-respiratory energy, then we can use the continuous method or interval method. In a continuous method, we can continue running or jogging for 20 to 30 minutes. And in the interval method, we can run for 2 minutes and rest for 1 minute. So, the interval method. Or we can say that we can run in a long stride. For example, we run for 50 meters in a long stride. And we walked or jogged slowly and backed off. Fartlek is one type of training where we go running or jogging at a different speed. That is, when I want to speed up, when I want to speed up a little, I am running on the straight road. When I speed up a little on the straight road, where the up-downs are slow, the slow up-down speeds work in different places. These up-downs and at the same time, I am running continuously. This is what we call fartlek training. On the other hand, flexibility is an important parameter in cricket. As we know, the range of motion around the joint is flexible. If we want to increase flexibility, we have to do stretching exercises. Flexibility is very important. Whenever you are running across the field, you have to pick up the ball and throw it. So, to go down and pick up the ball requires flexibility. Range of motion of your joints. You have to go down and pick up the ball. So, there are many types of stretching. Basically, static stretching, dynamic stretching, ballistic stretching, and PNF stretching. Nowadays, PNF stretching is very important. What are those. Static stretching. We keep it in the stretch-and-hold method. Hold it for a minute and relax. Here, the player assumes his position. Some stretching exercises are performed. We usually do it during cooling down. Dynamic stretching. Dynamic stretching is done with movements. We perform some movements, stretching along with the movements. This is dynamic stretching. Ballistic stretching is usually avoided. Here, there is a rapid bouncing movement in the body. This is dangerous for the body. So, we should avoid ballistic stretching, including alternative toe touches. I have seen alternative toe touches used, but we should avoid them. There are other exercises. But the very important stretch is PNF, proprioceptive Neuromuscular Facilitation. It is very important that the muscles are placed in an isometric contraction or hold. Then the

muscles are relaxed from the hold. Then, with a little more pressure, the muscles are taken to the maximum range of motion. If we can do this on our own, then we can do it passively or supportively. And if we can do this PNF stretching very well, if our knowledge is good, then it will create our range of motion. Along with that, we will be able to do it. As I said, it can be done by yourself or by anyone, or even by yourself. The next parameter of fitness is strength. So, strength is known to many people. That is, you know, muscular endurance, muscular endurance, muscular strength, explosive strength are all related to strength. So, actually, strength is the ability to control the muscles and joints during movement. When we talk about muscular endurance, or hypertrophy, when we explain it, then we call it strength. It is the capacity of a muscle to exert force repeatedly over a period of time. We call it bowing over after over, continuously bowing over. More repetition and lighter load. Muscular strength is the capacity of a muscle to exert force against resistance in a single maximum effort. What is an example. Lifting weight. At a single resistance, generate maximum force. Let us take the example of squatting with weight. Power comes from explosive strength. It is the capacity to exert force at high speed. At a time. At a time, a muscle generates force. For example, hitting a six. Or at a time, I jump. This is the capacity of the calf muscles. Speed and agility. Speed is the ability to move from one point to another point in quick time. In a quick time, it takes time to go from one point to another. That is speed. So, what is the example created here. Sprinting to stop a boundary. Agility. It is also the ability to change body position or direction rapidly. What is the example. Suddenly turning on a rock. He takes a run and suddenly turns. He retrieves the ball from the goal and throws it to the back of the field with agility. He comes under agility. If we talk about the specificity of this training, the first thing is the demands of fitness. So, demands of fitness vary from different aspects of the game. From different aspects of cricket, demands of fitness are required. The training program needs to focus on the needs of the coach. The training program needs to focus on the needs of each discipline. The training program needs to focus on the needs of each discipline. What is that. You can be a batsman, you can be a bowler, you can be a spin bowler, you can be a wicket- Keeper, you can be a fielder. So, from this place, the training program is based on the needs of the players and the needs of the fielders. Batters need specific fitness for ballers, spinners, keepers and fielders. So, if we discuss specific fitness needs for backers, do we need specific fitness for batters. Do we need it for coaches. Because they don't have the power to deal with the batsman during the coaching session. The batsman is not able to hit the ball properly. The batsman can't run properly. The batsman becomes tired and can't take three runs properly. In this case, the maximum problems coaches have faced related to batsmen. Strength and power to hit the ball hard. The batsman is not able to hit the ball with power. Strength and power should be developed. Endurance held a long innings. To play an innings, a player needs potential and endurance. Speed for quick RBW. It means that, while running between the wickets, he is running quickly, and with the help of agility, making a turn. Agility for moving footwork and

turning for running. He uses the footwork and with that, he turns to run. Another thing is very important flexibility to stretch the body without injury. We have seen a lot of batsmen going to step out. They have stretched and saved themselves. They have stumped the wicket-keeper, but it's not out because they have overstretched and saved the batsman. We have seen Mahendra Singh Dhoni. We have seen Virat Kohli. Different times. At the end, he will pick it up and throw it. So, if the specific demands are there, it is very important. Now, the first ball is there. Specific fitness demands are there. Strength and power to bowl first. So, to bowl first, the ball has to have strength and power. Acceleration speed for the run-up. To run up at the acceleration speed, how fast he is running. Endurance for long and repeated speeds. Endurance for long and repeated speeds. For a long period of time, a bowler bowls 6–7 overs, 8 overs, 10 overs. In test cricket, the bowlers bowl for long times, endurance long and repeated speed. Flexibility to prevent injuries. Why to prevent injuries. Next, if we talk about specific fitness needs for spinners. What do we need for spinners. Strength and endurance around shoulder joints for bowling long times. To bowl for long periods of time, we need strength and endurance around shoulder joints. And from there, flexibility around the shoulder and hip joint. The way the body rotates, the way the body is positioned on the spine, flexibility should be there. Shoulder and hip joints. Next, if we talk about specific fitness needs for wicket-keepers. It's very important, we don't train wicket-keepers. It's a thankless job. But there are some fitness demands. And those are specific. So, power in the legs. Why Because jumping and diving are required. For jumping and diving, mind it, for jumping and diving, power is required in the legs. Why. Because they have to go up and down repeatedly. They have to repeat the squatting. Speed to reach the stumps for throws. Speed is important. You have to come to the stumps at a fast pace and throw. Come to the stumps at a fast pace and throw. To accept the throw. Or if he is standing in the back, he has bowled, the batter missed the ball, and he has come to the wicket and tried to run out. We have seen. He came to the final. We have seen in the match between Bangladesh and India, where the Bangladesh batter missed the ball, Dhoni gathered it and ran towards the wicket to make a run-out. And India won. India won the match. The first thing is agility and quickness. For sudden changes of direction. For a wicket keeper to suddenly change direction for a long time, agility and quickness are important. So, in wicket-keeping, we need to be quick in the first session. But if we want to know specific fitness demands, then we need to be quick in many sessions. Not only in training or specific skills but also in fitness. And the specific fitness needs of fielders. What specific fitness needs do fielders have. Speed to reach the ball quickly. When you reach the ball, you need speed. Agility in all reactions. When the ball is coming, anticipate it. From there, the ball is picked up and thrown. Agility is required. Strength and power to throw the ball far. From the boundary line, the ball is thrown at the stumps. That is why strength and power. The endurance to stand on the field for long periods. The endurance of the muscles. The endurance of the body to stand for long periods. And finally, flexibility. The flexibility to bend and pick up the ball. So, the body should bend, pick up the ball, and

throw. So finally, I would say enjoy a fit and healthy coaching career with this little bit of fitness-related knowledge with you, and use these fitness concepts and knowledge in your coaching career and academics. So thank you, everyone. Thank you.