

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

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## **Lecture 49: Fitness**

Hello everyone, let's talk about the importance of fitness in cricket. The former Indian cricket coach, Greg Chappell, in 1978, gave a quote that there are two things that matter in cricket. Ability and the other one is fitness. If you have not got the first, then I guess the second does not matter all that much. But if you have got two sides of equal ability, then obviously the fitter one is going to have the edge. This is the quote given by Chappell. Now we will go to the actual scenario of fitness in cricket. That is the role of fitness in cricket. Enhances skills by reducing fatigue, improving all disciplines of the game. The first and foremost role of fitness. The second one is that it prevents injuries and helps sustain performance. If you have a basic level of fitness, a great fitness level. You can easily prevent injury, which will help to sustain your performance and another one leads to a longer career, considering the frequency of matches is much higher at any level. So, if you are playing at any level of cricket tournament, if you have a higher level of physical fitness, then your career will be longer than other players who don't have that fitness now. The game is extremely first to get faster, train for speed Power dominates, and to get powerful, train for power. You cannot play cricket to get fit, but you have to get fit to play cricket. It's a very important quote: you cannot play cricket to get fit, but you have to get fit to play cricket. Now, there are certain principles you should keep in mind and remember. It's very important. The first and foremost important principle is that skill remains the dominant factor. Second, calculate load both from skill and training while writing a program. Make the training specific to the overall demands of the sport and specific to age group. In the pre-competition phase, make it more specific for batting, bowling, and keeping. Next, we'll talk about the parameters of fitness. The foremost important thing is cardiorespiratory fitness. The capacity to continue prolonged physical activity and withstand fatigue. It can be a continuous or interval method. Running or jogging for 20 minutes is a continuous method; running for 2 minutes and resting for 1 minute is the interval method. Fartlek is one more method, which means running, jogging, or walking at will continuously. If you follow this protocol, you can develop your cardiorespiratory endurance. Now, we will talk about flexibility, which is very important in cricket. The range of motion around a joint, commonly known as stretching, helps prevent injuries, increases flexibility, and includes many types of stretches: static, dynamic, ballistic,

and PNF. Active stretching is done by oneself, and passive stretching is done by others. Now, we will talk about strength, a very important component in cricket. Control and stability refer to the ability to control muscles and joints during movement. Hypertrophy and muscular endurance. The capacity of a muscle to exert force repeatedly over a longer period of time. For example, bowling over after over. More repetitions and lighter loads. Muscular strength is the capacity of a muscle to exert force against resistance. In a single maximum effort. For example, lifting a weight. Power. Power, or explosive strength, is the capacity to exert force at high speeds. For example, hitting a six. We'll talk about speed and agility. Speed is the ability to move from one point to another in a quick time. For example, sprinting to stop a boundary. Agility is the ability to change body position and direction rapidly. For example, suddenly turning for a run. This is called agility. Now, we'll talk about training specificity. What is it. Different demands. The demands of fitness vary across different aspects of the game. Training programs need to focus on the needs of each discipline. What is that. Batsmen, fast bowlers, spinners, wicket-keepers, and fielders. These are training-specific programs. Specific fitness needs are better. What does it mean. Strength and power to hit the ball hard. Endurance to play long innings. Speed for quick running between the wickets. Agility for nimble footwork and turning for runs. Flexibility to stretch the body without injury. Next, we'll talk about the specific fitness needs of fast bowlers. What do fast bowlers need. Strength and power to bowl fast. Acceleration speed for running. Endurance for long and repeated spells. Flexibility to prevent injuries. Next, we will talk about the specific fitness needs of spinners. Strength and endurance around the shoulder joints. For bowlers' longer spells. Flexibility around the shoulder and hip joints. Now we will talk about the specific needs of wicket-keepers. Power in legs for jumping and diving. Muscular endurance for repeated squatting. Speed to reach the stumps for throws. Agility and quickness for sudden changes of direction. These are the specific fitness needs of wicket-keepers. Now we'll talk about the specific fitness needs of fielders. Speed to reach the ball quickly. Agility in all directions. Fielders will move around the ground. Strength and power to throw the ball far. Endurance to stand on the field for longer periods. Flexibility to bend and pick up the ball. Next, enjoy a fit and healthy coaching career in your life. Always insist your players go for fitness training. Why Because if they want to continue playing cricket and have a longer career in the sport, they must maintain a good fitness level. Thank you, everyone.