

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

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## **Lecture 50: Key Points Throwing**

Hello everyone, let's talk about the fielding session and throwing key points. We have already discussed in the practical field and given a demonstration on fielding and throwing techniques. Now, in this classroom situation, we will talk about the key points of how to throw. So, in cricket throws, we have seen different types of techniques used by cricketers to throw a ball. What are they. Underarm throwing technique, overarm throwing technique, crow hop throwing technique, and relay throw. Let's talk about them one by one. Underarm throw. It is used close to the wicket in run-out situations. Close to the wicket. One-hand pick up and quick release of the ball aimed at the base of the stumps. These are the three important key points to keep in mind. So, what are the techniques you have to follow, the principles you have to follow when using the underarm throwing technique. So, you have to take quick short steps toward the ball whenever it comes to you. Pick up the ball beside the right leg. If you are a right-handed thrower, you have to keep the ball just beside the right leg and pick it up with the right hand. Here, the knees should be flexed. Fingers pointed down, elbow of the throwing arm straight, wrist firm at release. And see, the arm position—whenever the fielder throws the ball, it should be like this. Okay. See, arm straight, wrist cocked, the ball—and you have to throw it like that. Okay. Without bending the elbow. Arms close to the body. See, whenever I throw the ball, the arm should be close to the body, and you have to maintain a low body height. Okay. And aim at the base of the stump. Follow through toward the target. For example, we have given a demonstration in the practical field. Please look at the demonstration videography. Now, we will talk about the overarm throwing technique. So, in the overarm throwing technique, first, how to grip the ball. In the overarm throwing technique, first, check the grip of the ball. So, grip the ball across the seam. Look at me. Across the seam. Body side-on position. See the body in a side-on position towards the target. If this is the target, the side-on position. Front leg in line with the target. My front leg should be in line with the target. Wide base of support. The base of support will be wider. Front arm at shoulder level, pointing towards the target. Okay, see. Pointing towards the target, and the throwing hand is cocked. That is, the back of the hand facing The target. Look at me. Back of the palm facing the target. And it should be like this. See. This will be the position wherever you are going to throw the ball. Okay. The throwing hand elbow should be higher than the shoulder. See. The throwing hand elbow should be higher than the shoulder. Okay. The throwing hand and wrist should be wider than the elbow. See. Wider than the elbow. Okay. The throwing hand and wrist should be loose at release. Whenever

you release the ball, it should be loose. Complete the throw with the throwing hand across the body. So, the follow-through will be after throwing the ball; the follow-through will be across the body. So, these are the key points of the overarm throwing technique. Next, we will talk about the overarm throwing technique progressions. How to go for that. A two-step progression will follow. Shoulder rotation and throw. So, from a sitting position or kneeling position, you have to rotate your shoulder and throw it. See. Okay. And after that, hip rotation and throw. Shoulder rotation and throw. And the second one is hip rotation and throw. These are the two steps we follow when teaching overarm throwing and throwing technique in progression. So, in shoulder rotation, partners stand 10 meters apart, kneeling on the back knee. Finish with the throwing shoulder pointing to the target. Focus on technique rather than power. Focus on technique. When teaching the technique, tell them to focus on technique, not on power. How fast you are throwing. The next one is the hip rotation. What are the key points. Partners stand 15 meters apart. Front shoulder, hip, and front foot towards the target, like me. See. Bounce the ball to the partner, stepping to finish with the throwing shoulder, hip, and shoulder pointing towards the target. Okay, hip rotation must concentrate on the front-on digging technique beside the front hip to generate power. What are the drills. Practice throws, holding a chord to get the whipping sound. Practice throws in pairs while kneeling down. So, how many throws should a fielder throw. The directives are 75 throws a week, not more than 25 throws a day. These are the directives for throwing. Let's talk about the crow hop throwing technique in cricket. What is the meaning of crow hop. The word 'crow hop' comes from the sideways hopping technique of a crow. We have seen a crow, how it hops. So, that is the sideways hopping technique of a crow. It is mentioned as crow hopping. The crow hop is recommended for the preparation of long throws, as it helps to get into a side-on position from a front-on position, and helps to generate more forward momentum for the body, so that the ball can travel a greater distance. The crow hops throwing technique connects the ball between the legs. The back leg is the second line of defense to pick up the ball. The back foot goes forward in front of the front foot. Then, the front foot goes forward toward the line of the target. Throw toward the target. These are the key points of the crow hop throwing technique. Crow hops drill. Jump over a rope with the back leg. Players stand in a straight line with feet in the pickup position and both hands in a straight line at shoulder level. Coach. To call start, players jump and bring the back foot in front of the front foot and move. We have given different types of drill demonstrations in the practical field. Watch the demonstration videos for proper learning of the crow hop throw. Now it's time for the relay throw. It is nothing like that. That is used to assist with long throws. We have seen that the fielder flied a ball from the boundary. He has thrown the ball middle of the ground to any fielder. He will catch the ball, and he will throw it to the wicket keeper or to the non-strikers' end. That is called the relay throw. So, a flat throw instead of one looping throw. So not looping throw. It should be a flat throw. The cut-off man is situated half away between the fielder and the final receiver. The receiver to position himself on the dominant side of the ball. For example, a right-hand thrower to the right side of the ball and transfers the ball to the final reliever as quickly as possible. This is called relay throw. So coaching is as much an art as it is science. So, enjoy your throws. Coach the players on how to throw. That's all. Watch the videos that we have provided in the previous videos. Thank you, everyone.

