

LEVEL-0 CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 62: How to Shoot Videos

Video analysis is a powerful and increasingly essential tool in modern cricket coaching. It allows coaches and players to assess performance more effectively by visually reviewing techniques, movements, and patterns. When coaching only through verbal feedback during practice sessions, players may not fully understand their mistakes or areas of improvement. However, when shown their performances on a screen—whether via mobile device, laptop, or projection—players can observe their actions, making it easier for them to grasp where adjustments are needed. This visual feedback is particularly valuable for both players and their parents, as it provides concrete insight into progress and areas of concern, thereby increasing transparency and engagement in the coaching process.

For a coach, it is not only important to be skilled in the game itself but also to possess basic knowledge of video shooting and editing. This includes understanding how to position the camera, when to record, and how to interpret and communicate findings from the footage. Video analysis typically involves qualitative analysis, where the coach identifies key performance indicators, such as grip, stance, footwork, and shot execution for batters, or loading, release, and follow-through for bowlers. A good quality camera with a frame rate of 60 to 120 frames per second is recommended for this purpose, as higher frame rates allow for clearer slow-motion playback, which is crucial in analysing fast actions like deliveries or shots.

For batters, side view recordings are usually taken by placing the camera on the off-side, aligned between the bowling and popping crease, ensuring that elements such as grip, stance, backlift, and initial foot movement are captured. The camera must be set so that the batter is always in the centre of the frame for clarity. Front view recording, on the other hand, involves placing the camera in line with the middle stump behind the bowler's run-up, ideally at a height of about 12 feet. This positioning ensures a clear view of both the bowler's release and the batter's response, particularly useful for analysing shot selection and reaction time.

For bowlers, video shooting should also include both side and front views. The side view camera is typically placed on the right side for right-arm bowlers or the left side for left-arm bowlers, positioned between the bowling and popping crease. This setup helps to record the entire bowling action from run-up to follow-through, including details such as jump, load, arm rotation, and head position. The front view is captured by placing the camera behind the batter's stumps, again aligned with the middle stump. This view is preferably shot without a batter or net obstructing the frame, ensuring a clean line of sight to observe alignment, seam position, and follow-through.

Wicketkeepers are another crucial component of the team, and their movements should also be analysed using video. The side view of the wicketkeeper can be captured by placing the camera on the off-side or left of the batter, ensuring that actions such as crouching, footwork, and glove work are visible. The front view should be taken by positioning the camera behind the bowler's run-up in line with the middle stump at a height of around 12 feet, zoomed to include only the keeper's body and glove actions along with the ball's approach.

Overall, video analysis allows for a more detailed and accurate review of technical performance, and when done correctly, it can significantly enhance a player's development. Incorporating this technology into coaching not only boosts player motivation but also offers

a scientific basis for improvement, making coaching sessions more structured and results-driven.