

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 66: Myth and true in Cricket

Hello everyone, let's talk about the myths and truths behind cricket skills. So, it is very important for a coach to identify the myths and truths. Because in the coaching environment, there are so many myths. And it's hampered the career of the players, the future perspective of the players, and sometimes the coach's knowledge is hampered because of the myths. That's why, as a coach, we all must have a particular knowledge about the myths. What are the myths in cricket, and what are the truths behind the trigger skills. So, in myths of cricket, there are actually statements or beliefs, usually of nameless sources, which tend to be simply received and accepted by everybody. There is no literature, no scientific background, but it is going around by word of mouth among different coaches and different persons regarding some topics and regarding some statements. Furthermore, these myths are used to support existing practices that, in many cases, fail to promise. As a result, the talented junior cricketers fail to perform in their future cricket careers. Following are some myths that coaches use knowingly or unknowingly when teaching technical skills. For several years, it has been our duty to enlighten the truths behind myths so that more technically sound cricketers can be quoted. So, let's talk about the myths and truths of cricketers. First and foremost, you know, myth in batting, that is, roll the wrist while sweeping, square cut, or pull, to keep the ball down. It is a verbal word used by the coaches during coaching: "Hey player, or "Batter, roll the wrist. When you are playing the pool shot, roll your wrist. When you are playing the square cut, roll your wrist. So, rolling your wrist is the myth. But the truth behind this is rolling the wrist happens automatically after the impact. There is no need to swing. With executing a sweep shot or a pull shot or a cut shot, the bat position at the top of the bat swing is higher than the impact point, and this will create a downward path, which will keep the ball down. Rolling of the wrist occurs after the impact. It's more of a reaction than an action. The batter will fail to have the full face of the bat on the ball. if he intends to roll the wrist at the point of contact. It means that if the player is in his mind, he thinks that I have to roll the wrist during batting, which may hamper the shot. So, if the bat will be higher during the batting and from high to low, the downswing will be automatic, and the wrist will roll. So, whether it's a pull shot, cut shot, or sweep shot, the focus should be on getting the bounce of the bat from a higher position than the ball's point of impact. The

second myth in cricket is batting versus pace. Watch the ball till the end. Is it possible. As a cricket coach, what do you say. Is it possible to watch the ball till the end. So, the truth is, it is physically impossible to track the ball continuously all the way to bat contact. So, you are going to play the shot. The very first ball comes to you. Is it possible that the ball will be pitched and come to the bat and you are watching the ball. No. It is physically impossible to track the ball continuously all the way to contact with the bat. It is good practice to follow the ball till the point of impact to get maximum information, but coaches should not insist or force players to track the ball continuously all the way to the back of the net. For example, a fast bowler bowling at a decent speed of 85 to 90 miles per hour as the ball reaches a distance of 10 to 15 feet from the batter, the eyes and brain can't work together. Fast enough, and the ball is essentially invisible. So here it is impossible to see the ball at impact. So, it is a perception of the batsman due. Comes to line up the ball, he must hit the ball, and suddenly the ball hits the batter. This is a perception of the batter. Practicing, practicing, practicing, and he does it. So, it's basically impossible to track the ball continuously all the way to the court. Myth 3. Pace bowling at delivery stride. Directing the non-bowling arm or palm directs the swing of the ball. This is our myth in pace bowling. So, the truth is swing depends on shin position at release. Ball speed, ball condition, weather condition, and pressure difference created on either side of the ball. Many coaches advocate that a non-bowling hand or palm is like a handle, and whichever way you direct it, you get swing in that direction. There is no relation between the non-bowling thumb and the swing. Swing depends on the angle of the seam at release, backspin imparted on the ball, ball condition—swing and rough, shine and rough—and pressure differences on either side of the ball. These are the truths behind baseball. Myth 4. In pace bowling, jumping high before the delivery stride helps get good bounce from the wicket. Some coaches suggest or observe in coaching sessions that they insist pace bowlers jump high. Why. To get maximum bounce from the wicket. Is it possible. The truth is, bounce depends on the height of the release, seam position, condition of the pitch, and individual strength. Many coaches insist that a pace bowler jump as high as possible before the delivery stride. Back-foot landing helps generate bounce and speed from the wicket. Jumping high directs run-up momentum upward, not forward toward the target. Jumping high may also result in buckling the back leg at back-foot landing, reducing the momentum generated by the run-up. Jump is an extension of run-up, and it is used to transfer a movement from run-up to delivery stride and to come into a good body position or action for delivery stride. So, if you jump high, momentum will break. If you jump forward, the continuous momentum from the run-up to the jump will be extended to bowling. So, the speed will be increased. So, jumping high is a myth. Now, the myth is reverse swing. In pace bowling, swinging a ball, making a ball heavier on one side by moisture or saliva, helps in reversing the ball. Through this weight of the ball, deep moisture has been scientifically forbidden as the cause of reversal. Moisture only helps to soften the leather, and the rubbing makes it smoother. This allows it to act in the same manner as a bulk ball does or the rough

side, which helps to reverse the ball. This is the myth, and this is the truth. Now in spin bowling, rotate the front foot at release to get maximum spin. It means that your front foot should be rotated to maximum spin. The truth is, a pivot happens only after the ball has been released. So, whenever the ball is released, pivoting of the foot will occur. An appropriate, firm, strong grip; an optimum rhythmic run-up; a strong body rotation; a desired wrist angle; and a proper release point help him create good spin on the ball. Pivoting of the front foot happens after the ball has been released. It's more of a reaction than an arm action. Pivoting of the front foot can be a good sign of how the body has been used. It is good feedback for a coach to check the body rotation and transfer of momentum. The conclusion is that the basic scientific principles of conventional skills are now well established and understood. In cricket coaching or teaching, coaches and teachers must correct the cause, not the symptoms. Coaches and teachers need to understand the when, how, and why of all the movements. So, in this way, if you coach effectively during the session, it will develop your coaching career and improve the training process as well. Thank you.