

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

Week 12

Lecture 70: How to conduct Fielding Drill

Hello everyone today we will talk about guide to conduct a filling drill we have already been mentioned in the practical ground regarding the filling drills but you know in theoretical aspect and theoretical point of view as a coach you must know how to conduct because that was practical and if you add this theoretical knowledge to your mind then it will help you to guide and to create such you know filling drills for the young buddy cricketers particular cricket academy so when designing an e-fielding drill it is important to keep in mind that it covers the requirements of the game and most importantly it should encourage the players participation at optimum levels and also keep them interested all the time it means that you know whenever you're designing the fielding drill it should be related to the match situation and whenever it is practiced in a particular cricket session cricket coaching session if your academy have 50 number of students or you know 20 number of players so all the maximum number of players can participate on to that particular fielding team that should be the aim and objective of your coaching session during fielding team so some points are there you must you kept in mind whenever you're designing a particular effective drill so the first and foremost thing is it is always important to design fielding drills according to age and also level of the cricket that the players play what does it mean It means that you know in your cricket academy they are a different age group. This may be under 10. Under 12, under 14, under 15, under 16, like that. So, you can design the fielding drill according to the age group. So, if you have, you know, under 12, you have to put together under 10 and under 12. And you can set up a fielding drill for them. So, after that, if you have under 14 and under 15, you can add these 2 groups, or if you have under 16, you can add these 3 groups, and you can create a fielding drill. And also, according to the level of cricket they are playing. It means that in your cricket academy you have 50 subjects and students, and from 50 cricketers, 20 are just like elite according to their level. They are well-playing cricketers. So, you have to create the fielding drills; you have to add the fielding drills according to the level of... The experienced cricketer should be in a different fielding drill, and the non-experienced or low-level cricketer should be in a different area. Then you can develop and you can create the fielding drill for the cricketers; it will be effective for your session. The drill should be designed to practice fielding skills rather than just to complete and engage them in activities. What does it mean. It means that whenever you are designing a fielding drill, it should focus on fielding skills. So, whatever the fielding skills may be, they should be included in the particular drill. It is not like that, you know, just wanting to complete the fielding drill and engaging your players. It means that your fielding drill should

always focus on developing the fielding skills of the cricketers. The third one is that the intensity level should always be maintained in the practice session. So, whenever you are designing a fielding drill in your practice session, the intensity level of the particular fielding drill should be maintained throughout the practice session. It is always wise to design drills according to the periodization table and phase. So, whenever you set up a periodization phase in your cricket academy for a particular season, and whenever you are dividing the periodization phase, you have to add the fielding skills or fielding drills to that particular phase. Why. Because You know, in the very early phase of the periodization, we know that general fitness should be developed, and the general capacity should be developed. But when should you add the fielding drills. You can add a little bit, you know, fun and easy fielding drills from the first phase to the second phase and from the second phase to the third phase. Every phase should, you know, include fielding drills, but they should be developed from low to high. Start with more technical drills, then progress to more competitive drills, as I have mentioned. Now, specific drills will vary according to the format of the game being played and also the individual requirements of the players in a one-to-one process. It means that, you know, if you are coaching the players for the level of 50-hour matches or 35-hour matches, then the fielding level will be different. But if you are coaching the players for the T20 format, then it will be different. So, according to the format of the game, you have to set up or design the drills in such a way that the players will benefit from them. The sixth one is to work in small groups. To give maximum opportunity to practice the skills. So, you have a big field. You can set up small zones or small fielding zones where players engage themselves to practice fielding skills. It will develop the individual capacity of the players to field. It is just like micro-teaching, where you divide the players into different small groups, and they practice. Maximum opportunities to practice this. Every player will get maximum opportunities when small groups are created. It is always wise to design agility skills where they can improve quick angle movements, which are really needed in modern-day cricket. So, in modern-day cricket, as we know, it is a very fast game being played right now by the cricketers. So, the importance of agility is very important nowadays in fielding sessions. So, agility drills should be included with the fielding drills to develop agility. Why. Because quick movements or quick angle movements are needed during a cricket match. Team combination drills need to be designed during the competition phase to improve them directly. So, if you want to improve team spirit, you have to prepare the fielding drills in such a way that team combinations will be developed during the competition phase. So finally, you know, whenever you are designing a fielding drill, if you can base it on the above-mentioned guidelines, whatever I have given right now, then it will not only be more effective but also more purposeful. Which will be useful for long-term and immediate requirements of players and also help in developing team spirit. That's all about the fielding team. Thank you. Hello, everyone. Let's talk about, as a coach, whenever dealing with young cricketers, how you will create fun sessions during cricket coaching. So young children learn through activity and fun. And as you know, fun is the major motivator for kids in any sport. The prime reason children play sports is always to have fun. So, it is important for a coach to promote enjoyable participation in junior and youth cricket. So, Cricket should understand that young children participate for pleasure, and winning is only part of the fun. It is a junior coach's duty, or, as you know, an ongoing coach becoming a coach in the coming days, so your duty is to provide a platform or a training session where the kids can enjoy

themselves and inevitably have fun. Although many talk about kids having fun at any session, they seldom apply this or comprehend how to create fun. So, I will talk about some particular points that will help you to create a fun atmosphere during your coaching session. So, the first and foremost thing is to be well planned, organized, and resourced. It means that whenever you are going for cricket coaching in the morning or in the evening, you have to plan very well what you are going to do in today's cricket session. You have to be organized and also resourceful. This means whatever you have planned for a fun session and whatever resources will be required for your training session. It should be available. Coaches should get down to the level of the children. It means that you are at the age of 40, 30, or 25, and the players are 14, 16, or 18. You have to reduce your age to that certain level so that the children will find you as their real friend. They will share each and every problem of their lives, and they can have fun with you also. That's why it is required to get down to the level of the children. You have to talk like the children, and you have to think like the children for much more participation in the transition. Understand and feel what they see, so you have to understand. The feelings of the cricketers, the junior cricketers, what they want to do for fun, and what they are seeing to have fun. It is their duty to find out, to think beforehand which type of activity can create fun for the children. No individual differences. So, like, you know, I have my five fingers. Five fingers are in different places and different sizes, so they are not meeting each and every standard. Like this, children also have their different types of personalities, and personal traits are different. So, each and every individual has their own personality, so you have to think about the individual differences. The players who can motivate very early, but some cricketers, they are motivated after certain attempts. Novice players, the players who come for the first time to the cricket academy, will be inside. So, according to the individual differences, you have to know. Their differences are individual differences, and you create activities for them. Get involved. Do not be afraid to fail. You have to get involved with them, and do not forget You know, be afraid to fail. Whenever you are experiencing something or experimenting with something in a cricket session, you may fail. But don't think. Try new things. On to the cricket coaching session. Get involved with the children. Maintain a fun attitude. With lots of laughter. And a sense of humour. So, in the training session, you want to maintain a fun attitude. How. By lots of laughter. And a sense of hummer. With the children. Engage yourself. Make small groups. Have training sessions that provide maximum activity. Create opportunities for everyone to be a leader. Vary the type of training to ensure an interesting program. Include non-competitive teamwork. If it is non-competitive, there will be fewer chances of injuries. And players will participate more. Reinforce effort more than outcome. Treat all players equally. Treat them equally. Give lots of praise for improvement and effort. See the lighter side of mistakes. Do not take yourself too seriously in cricket coaching sessions. Avoid punishment. Praise in public. Whatever they have done well in the cricket session, praise them in front of others. Never criticize in front of their peers. When they are in peer groups, never criticize. You are like that; you are like that. Think about him, how he is doing, and you are not doing. These types of words should not be used during the coaching session. Match the player's age, level of maturation, level of fitness, and skill acquisition. Whenever you match the age of the players with their level of maturation and their level of fitness and skill acquisition, you can easily create fun. Be flexible to deal with the available facilities and environmental conditions. So, if the environmental condition is not good in the

cricket academy and the resources and the facilities are not too far, not too much, you have to be flexible. Whatever the resources you have, whatever the environmental conditions will be there in the cricket academy, be flexible with that and create. Thank you, everyone. This is all about how to create fonts in this training session. Thank you.