

**Semester V**  
**BSc-PE-DSE-3 (4)-301 (iv):CRICKET**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Prerequisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
<b>BSc-PE-DSE-3 (4)-301 (iv): CRICKET</b>	<b>4</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>ClassXII pass</b>	<b>NIL</b>

**Learning Outcome:** - The learner will be able to use the knowledge of cricket in the ground and will have a command of the basic and advanced rules and regulations of marking the ground and conducting a tournament.

**Learning Outcomes:** After completing the course, the students will be able to:

1. Organize -Select teams and conduct camps
2. Analyze Performance and Videos
3. Understand the Prerequisites of preparation and training
4. Marking, construct and maintain Fields,
5. Officiate and Coach with an understanding of Duties/responsibilities
6. Identifies Protocols of referees, judges, umpires, Roles of sports psychologists, sports physiotherapists, and fitness trainers
7. Train children, beginners, intermediate players (advanced sportspersons) seniors (high-performance sportspersons)
8. Organize Competitions
9. Train motor components through technical preparation
10. Conduct Tests (AAHPERD Youth Fitness Test, AAHPHER Health Related Fitness Test, Fleishman Physical Fitness Test, National Physical Efficiency Test, Indiana motor Fitness Test Skill tests – beep test, running between the wickets, different kinds of catches and Throw Evaluation of team performance) observe techniques, statistical techniques, and scouting charts.

**THEORY SYLLABUS (30 HOURS)**

**UNIT-I PERFORMANCE-RELATED ASSESSMENT (8 HOURS)**

- 1.1 Evaluation of players' performance during matches
- 1.2 Video analysis of skills and techniques, the importance of a third umpire
- 1.3 Assessment of Prospective Opponents

## **UNIT-II PREPARATION AND TRAINING (8 HOURS)**

- 2.1 Prerequisites of preparation and training Theory of cricket training process
- 2.2 Lead-up games for beginners in cricket, Teaching of cricket skills - preparing a lesson plan
- 2.3 Development of motor components with specific reference to cricket, Specific training methods for different positions (slip catching, close fielding, fast bowling)
- 2.4 Development of cricket-specific fitness components

## **UNIT-III ORGANIZATION (7 HOURS)**

- 3.1 Selection of a team and conduct of a camp
- 3.2 Short-term and long-term planning Playfield technology - planning, construction and maintenance of the cricket field
- 3.3 Conduct of a Tournament, short-term and long-term planning for the organization of a competition
- 3.4 Report writing, photography, analysis and commentary

## **UNIT-IV MEASUREMENT AND EVALUATION (7 HOURS)**

- 4.1 Fitness tests - Fitness tests- AAHPERD Youth Fitness Test, AAHPERD Health Related Fitness Test, Fleishman Physical fitness test, National Physical Efficiency Test, Indiana Motor Fitness Test
- 4.2 Skill tests – beep test, running between the wickets, different kinds of catches and throw
- 4.3 Evaluation of team performance – observation techniques, statistical techniques, scouting charts

## **PRACTICALS (60 HOURS)**

1. General & specific warming-up
2. Training means for development of different components of physical & motor fitness
  - (a) Speed
  - (b) Strength
  - (c) Endurance
  - (d) Flexibility
  - (e) Coordination
  - (f) Core stability
  - (g) Agility
3. Game officiating
4. Advancement of different techniques, organizing intramurals in the institution, organizing camping, scouting & giving commentary, coaching lesson-5 (five) Internal lessons.

## **SUGGESTED READINGS**

1. Jain, R., (2003) Play and Learn Cricket, New Delhi: K.S.K.,
2. Kutty, S. K., (2003) Fielding Drills in Cricket, New Delhi: K.S.K.,
3. Rachna, (2002) Coaching Successfully: Cricket, Delhi: Sports,.
4. Rachna, Jain, (2005) Play & Learn Cricket, Khel Sahitya Kendra,.
5. Sharma, Prahlad, (2003) Cricket, Jaipur: Shyam Prakashan,.
6. Boycott, G. (2010). Play Cricket the Right Way. Great Northern Books Limited, U.K.
7. Cricket (2008). Sports Skills: Cricket Fielding (Know the Game). A & C Black Publishers.
8. Hobbs, J. (2008). The Game of Cricket As it should be played. Jepson Press, USA.
9. Vanaik A. (2017). Officiating and Coaching, Friends Publication. New Delhi.

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**