

EFFECT OF SPECIFIC TRAINING ON RUNNING BETWEEN THE WICKETS SKILL OF THE GAME OF CRICKET

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Abstract

The topic focused on the effect of specific training on the running between the wicket's skill in cricket. This study was carried out over a period of 16 weeks, in which 8 weeks were specifically designated for training session at the Stratigian Cricket Academy. Fifteen boys between the age group of 14 to 17 years participated in the training. The focus was solely on boys within this age group. The training schedule was thoughtfully designed to cover topic essential to improving running between the wicket's skill. These included enhancing coordination, speed, agility, flexibility, and decision-making skills as well as improving running with the bat skills. In addition, the training programme included drills aimed to improve specific components of running between the wickets. These drills included running alongside the pitch, maintaining visual concentration on the ball, dragging the bat and communicating with teammates to make the runs. The training schedule was developed with specific recovery and rest intervals to ensure outstanding performance during drills. Practice sessions were held thrice a week, specifically on Mondays, Wednesdays, and Fridays. The training programme took place over the course of 24 days, with recreation taking place after each session. The participants had a well-rounded and entertaining learning experience because of these post-training activities, which included playing fun games that complemented the training themes and objectives.

Introduction

Specific training means training involving tuition which is applicable only to the learner present or future position within the enterprise to which the grant is given. Role of specific training is a training plan geared specifically towards equipping a learner/student with the resources and skill needed for a specific position. A targeted approach that focuses on improving the specific skills, movements, and demands of a particular sport. (Kaur, 2018)

The game of Cricket and its popularity amongst the different age group increases the intensity of the quality of the game. The nationwide popularity of cricketers and the followers of the cricketer lifestyle and game style is very common in youth. Most of the youth idealize their icons and want to become like them following the path and dream to play cricket at higher levels. Batsmen in the game of cricket are idealized and followed by the young generations to play like their idols. The factors affecting the performance a batsman can be determined by their playing style and records.

Batting is a major component in the game of Cricket. Batting is collecting value by hitting the ball and holding the bat and running to swap places with other runners, and if the ball hits the stump, then the batsman is declared out. (Mastri Juniarto, 2021), except these there are also some reasons for dismissals of the batsman bowled (law 32), caught (law 33), lbw (law 36), run out (law

38), stumped(law 39), retired(law 25.4), hit the ball twice(law 34), hit wicket(law 35), obstructing the field(law 37) , handled the ball, timed out(law 40) (club, 2017)

Run out is a method of dismissal in cricket ,governed by law 38 of the laws of cricket. A run out usually occurs when the natters are attempting to run between the wickets, and the fielding team succeed in getting the ball to one of the wickets before a batter has crossed the crease line near the wicket. If the batter is judged run out, the run does not count, and the bowler does not get credit of that wicket. a run out can also be affected when the batters are not attempting a run if one of them leaves the crease when the ball in play, it is a legitimate mode of dismissal and the international cricket council (ICC) playing conditions match MCC laws.

Analyzation in the sports or games is the process to view, read, observe, and assess the situation to hypotheses and work on the training session to improve the technique of the fundamental movements or reduce the chances of the injuries. There are various factors to train for better results in the field are speed, agility, coordination, decision making, flexibility, muscle strength in different phases from cognitive, associative, and autonomous.

In running between the wickets skill of the game of cricket, the batters put extra training programme for the better results for running by working on the factors specifically. In the process of analyzation to evaluate the study and plan the specific training schedule over minimize the negative factors, so that the performance can be improved, smoothly and effectively to reduce the stress factors and risk of injuries can be reduce.

Selection of the subjects

- Players played cricket from more than 2 years.
- Players must be from a specific academy.
- Player must regular on practice.
- Player must be in between the age group of 14 to 17 years.

Tools of the study

Duration – 8 weeks

Training time duration – 40 min

Days in a week – Monday, Wednesday, Friday

Administration of the test

the students were tested in the motor ability, endurance, speed strength, agility, flexibility and co-ordinative abilities by employing standard tests. And speed of the running between the wickets while running for 2 runs (double run) in per second with the help of NIVIA JS 307 STOPWATCH. After finding out the level of fitness through test the training schedule was prepared for eight weeks.

Result

The analysis was done SPSS version 16. The skills before and after 8 weeks was compared using INDEPENDENT T test.

Statistical Technique Employed

To determine the effect of training the data compared between the pre and post speed of the running. And the comparison of the data analyzed through the SPSS software.

Criterion Measures

To collect the data, actual speed of pre and post data of running between the wickets for double runs count in seconds with the help of stopwatch.

Participants In numbers	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Speed /sec	12	10	11.1	10	10.5	9.3	9.2	10.3	9.8	9.6	9.6	8.9	12.3	9.1	10.4

Table 1 table of pre data (speed of running between the wickets for double runs)

Participants In numbers	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Speed /sec	10.1	8.4	9	8.2	9	8	8.1	8.6	8.2	8	8.3	7.9	10.1	7.9	8.1

Table 2 Table of post data (speed of running between the wickets for double runs)

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-test	10.1400	15	1.00768	.26018
	Post-test	8.5267	15	.72651	.18758

From the given table, understand that mean of post-data is less than mean of pre-data i.e. $10.14 > 8.53$, also the standard deviation of post data is less than the standard deviation of pre data i.e. $1.01 > 0.73$.

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	Pre-test & Post-test	15	.947	.000

The results showed a significant positive relationship among the subjects who underwent the 8 weeks training programme.

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Pre-test - Post-test	1.61333	.39617	.10229	1.39394	1.83273	15.772	14	.000

Table 3. independent T test (comparison of data between table 1 and table .

Discussion and conclusion

The purpose of the article is to describe the problems that players faced because of the speed and agility. The fifteen subjects in the study showed that performance was affected by the subjects' speed. There was a significant positive relationship among the subjects who underwent the 8-week training programme. The study showed that the significant improvement on speed due to the specific training programme among subjects. The specific training programme is one of the best methods for increasing the agility, strength endurance and as well as physical fitness. Using innovative teaching techniques or improvements in technology during training may allow cricket players to fully develop into outstanding performers. Introducing new methods of

23.

learning like task-based learning, project-based learning, and guided discovery in the coaching style may assist the cricketers perform well.

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