

Cricket is most popular in our country but its birth place is England. In 16th century this game was started in England. According to a hand written article obtained from Bodleian Library in Oxford, the priests used to play the game named 'Cricket.' Moreover in 16th century the information available from other sources indicate that the students of 'Gildford grammer school' also used to play this game. Systematic game was started in the year 1700. In 1774 rules of game were framed. Because of popularity of game Empirical Cricket Council was established in 1909. After that it was named as International Cricket Council which is known as I.C.C. In short I.C.C. is framed by representation of different countries who are playing cricket. This body controls this game all over the world. This council plans different tournaments between countries like test match, one day cricket and 20-20. They frame rules of the game. This will be applicable to all playing countries.

Parsi community and British Army officers played very important role in developing this game in our country. In 1848 Parsis had established 'Orient Club'. In 1866 'Bombay Union Hindu Club' and in 1883 'Mohmedan Club' were established. In the year 1866 'Parsi Cricket Club' visited England to play cricket. In 1889-90 England team visited India to play cricket match, so this game became famous in India. First official match was organised between 'Bombay Gymkhana' and 'Pune Gymkhana' in 1884. Maharaja of Jamnagar Shri Ranjitsinhji and Shri Duleepsinhji gained lot of fame through this game. Today in their remembrance 'Ranji Trophy' and 'Duleep Trophy' tournaments are organised at the national level.

Though cricket is played in very less countries, then also, it is considered to be the world's popular game. Today test match, one day cricket and 20-20 games are played between various countries who play cricket. One day and 20-20 tournament is organised at world level. Because of popularity of this game, women cricket tournament is also organised at world level in all three formats.

Cricket Ground

The cricket ground is 180 yards long and 145 yards wide, so that 60 to 75 yards boundary can be drawn from the centre of the pitch.

Pitch

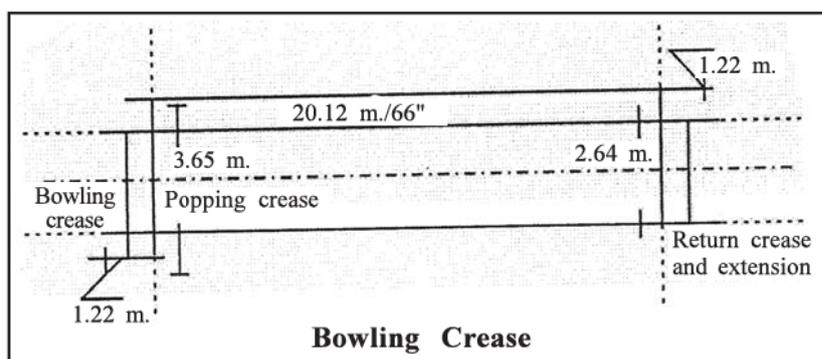
The ground between bowling creases is called as pitch. Pitch should be 5 feet wide from the centre of the wicket on both sides.

Wicket

There should be distance of 22 yards (20.12 mts.) in between the stumps of both sides. The stumps should be erected exactly opposite to each other. The ground is called wicket between two stumps.

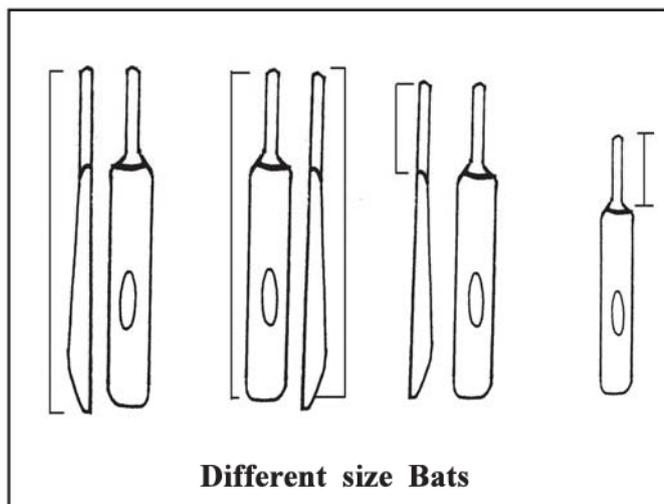
Bowling Crease

The bowling crease, which is the back edge of the crease marking, shall be the line through the centres of the three stumps at that end. It shall be 8' 8" (2.64 mts.) in length, with the stumps in the centre.



Popping Crease

The popping crease, which is the back edge of the crease marking shall be in front of and parallel to the bowling crease and shall be 1.22 mts. (4 feet) from it.



Equipments

Bat

The bat should be maximum 96.5 cm. long and 10.8 cm. wide.

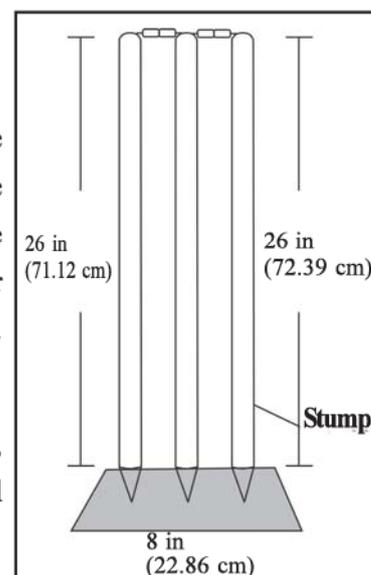
Ball

The ball is spherical in shape. The weight of the ball is not less than $5\frac{1}{2}$ ounces and not more than $5\frac{3}{4}$ ounces and shall measure not less than $8\frac{13}{16}$ inches and not more than 9 inches in circumference.

Stumps

At the end of wicket three-three stumps are fixed. The top of the stumps shall be 28 inches above the playing surface and shall be dome shaped except for the bail grooves. The portion of a stump above the playing surface shall be cylindrical apart from the dome top, with circular section of diameter not less than $1\frac{3}{8}$ inches nor more than $1\frac{1}{2}$ inches. Distance between stumps is 22 yards.

Above this pads, hand gloves, wicket keeping gloves, Helmet, Abdominal guards, Leg guards, Shin guards, Kit bag etc are required for Batsman and wicket keepers.



Players

Each team selects the 16 players, from which names of 12 players are declared before starting match and one player will be the 12th man. The eleven players participate for batting, bowling and fielding. Generally 12th man will be good fielder. If any nominated player has been injured or for any other reason may not play then 12th man will enter the field only for fielding, he has no right to bowl, bat or wicket keeping.

Dress

During the match all the players of the team wear white shirt or t-shirt and white pants and white shoes, while in one-day and 20-20 matches, each team wears the decided coloured dress.

Timing of Match Innings

In cricket game among two teams, one team chooses batting while other team does bowling and fielding. In test cricket, each team has to play two-two innings or upto 5 days play which

ever occurs early. While in one day match each team has to play limited 50 overs of one inning, which ever occurs early and in 20-20 match each team has to play 20 overs each or one inning, which ever occurs early. In test match if both innings are completed then team which scores more runs will be declared winner, but within 5 days if both innings may not complete then match is declared as draw, if at the end of both innings if runs of both the team are equal then tie will be declared. In modern time one day and 20-20 matches have become more popular. In both the matches one-one inning or decided overs is completed and which teams scores more runs will be declared winner or if runs are equal then tie will be declared. In 20-20 match, if both teams score equal runs, then super over will be played.

Skills

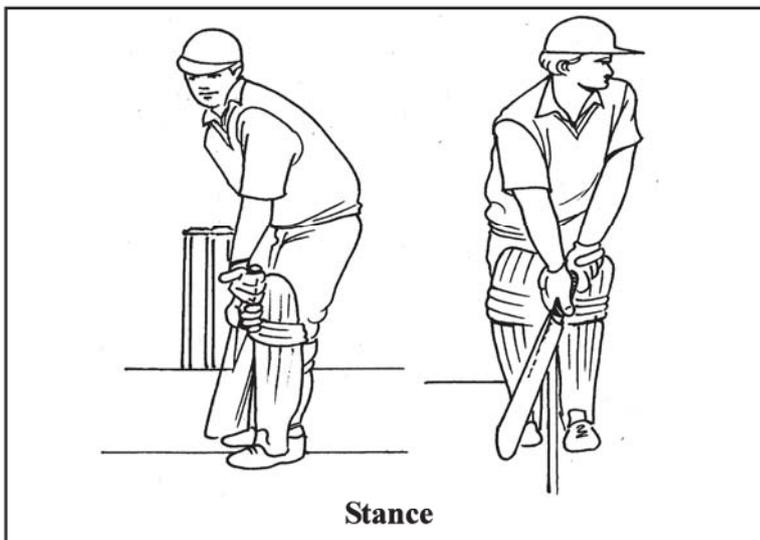
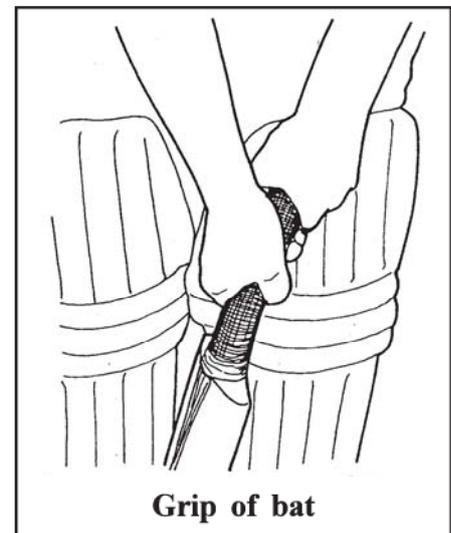
Skills of cricket game may be divided in to four parts : (1) Batting (2) Bowling (3) Fielding (4) Wicket Keeping. All four skills, now we will discuss in detail.

(1) Batting

In cricket game batting skill is very important. When batsman comes on the ground for batting, he should have basic knowledge of some of the things i.e. grip of bat, stance, types of bowling, speed of ball, arrangement of fielding, condition of pitch, weather, his batting order etc. Moreover if match is test match, one day or 20-20 accordingly one has to bat patiently.

Grip of bat

(For right handed batsman.) The bat is hold in such a way that the left hand is in the upper part of handle and right hand is below it holding the lower part of handle strongly.

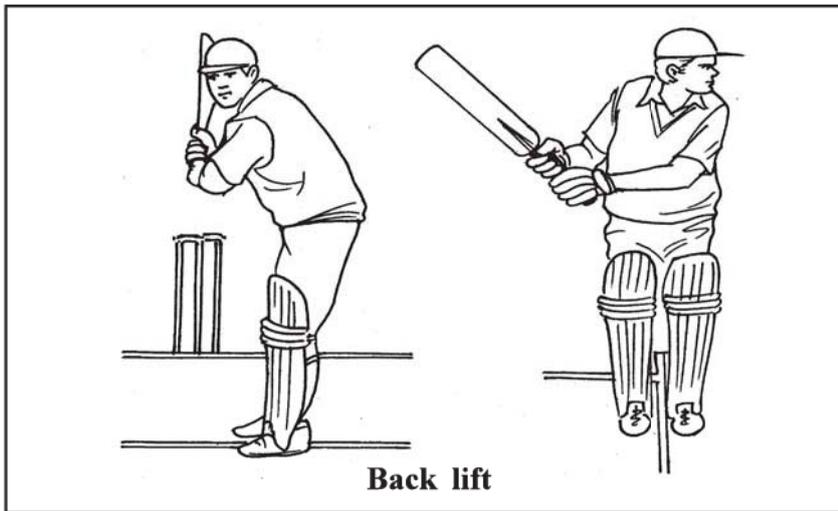


Stance

Stance as shown in figure is for right handed batsman. Left shoulder should be towards bowler and feet apart. Knees little bend, the eyes of batsman are towards the bowler and body should be little bend forward, from the waist.

Back lift

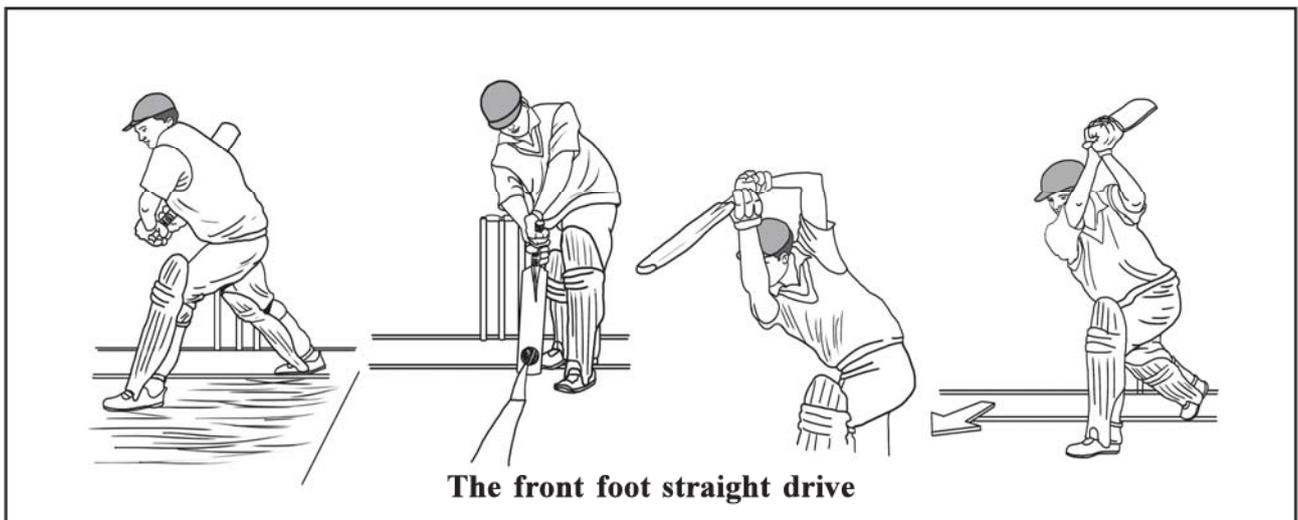
The skill of batting the bat from backside for playing the bowled ball is called back lift.



When the bat is taken back the lower edge of bat's blade should be parallel to the ground. The bat is moved ahead when the ball is to be hit. Both the elbows should be close to the body, so that the bat passes near to the body.

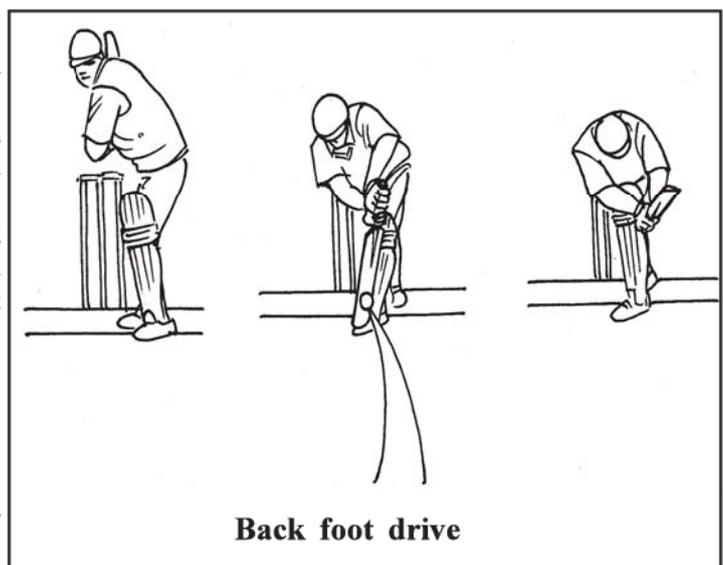
The front foot straight drive

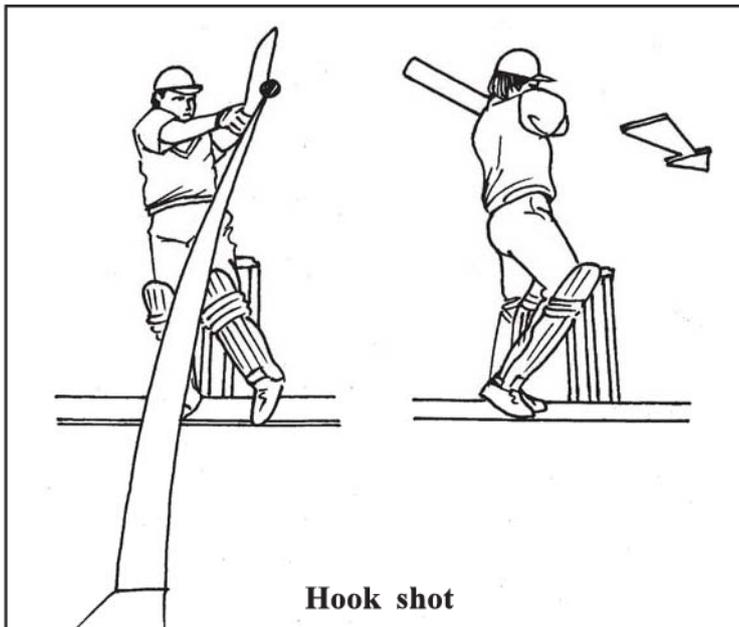
It is usually played to a full length delivery on or outside off stump. It is hit on off-side overpitch ball turned on the leg stump. The body weight is on the front foot, so it is called a front foot straight drive. The front leg, head, eyes, front shoulder, elbow and knee remains towards the bowler. The front foot toe is kept towards the side in which the ball is to be hit. The front foot drive includes the front foot on coverdrive, front foot ondrive, front foot offdrive.



Back foot drive

When the ball is short length and on the stump line or a bit off-side or leg stump or towards outside the leg stump the batsman keeps the body weight on the back foot and hits the ball. This is a back foot drive. In the back foot drive, the batsman moves his back foot towards the stump, keeps his body and the foot in the line of the ball. The front foot is brought towards the back foot and hence the body moves near the stump. The head is kept steady, the eyes on the ball, and the body weight is on the back foot. The bat is brought on the ball and a back foot drive is played but one should be careful when playing the back foot drive to get hit wicket.





Hook shot

When the fast bowler delivers a short pitch ball then batsman gets chance of hook shot. In this hook shot the back lift of the follow through makes a shape like a hook, so it is called a hook shot. Batsman goes little back and hits this type of short pitch ball to the fine leg or square leg. In fast or medium pace bowling short pitch ball can be played through hook shot. This shot gives plenty of runs, but faulty technique of batsman loses a wicket also, so it is

necessary that contact of bat and ball should be in time. In this type of shot, there are chances to catch out also. While playing this type of shot there are chances of injuries also.

Bowling

For getting batsman out, the bowling is very basic and effective skill. A good bowler always bowls in such a way that the batsman is being confused. The line and length are very important in bowling. The whole process of run up, grip and delivery and follow through are very important. To become a good bowler, all these aspects are very essentials, so good practice is required.

Types of bowlings

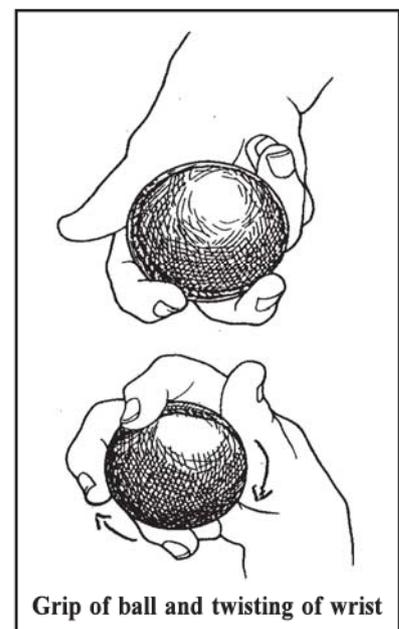
In cricket to stop a run and make batsman out, bowling is very useful.

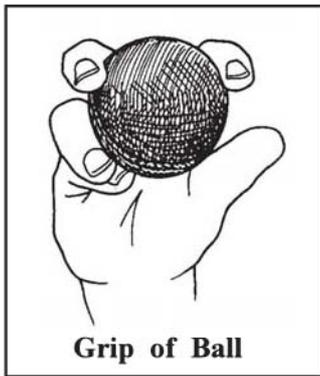
Spin bowling

Bowler takes short run up and delivers the ball with motion right or left side and changes the direction is called spin bowling. Spin bowling is miracle of grip, fingers and wrist. The types of spin bowling are leg spin, off spin, googly and top spin. There are a different grips for different spins. Main types of spin bowling are as follow.

Leg Spin

Leg spin bowling is also known as leg break. The ball is gripped in the first, second and third fingers on seam. The wrist is kept bent and backward part of the hand is kept upward. In leg spin bowling after delivery ball motions on opposite side of batsman i.e. ball spin from let stump to off stump. This spin delivery is a combination of wrist jerk and coordination of fingers.





Off Spin

Off spin bowling is also called off break. For this the ball's seam is kept at the bottom base tip of the first finger and the second and third fingers are spread around. While delivering ball rotates with the fingers and jerk of wrist which are important things. In this the ball after bouncing goes towards the batsman. In short, the ball moves from off stump to leg stump.

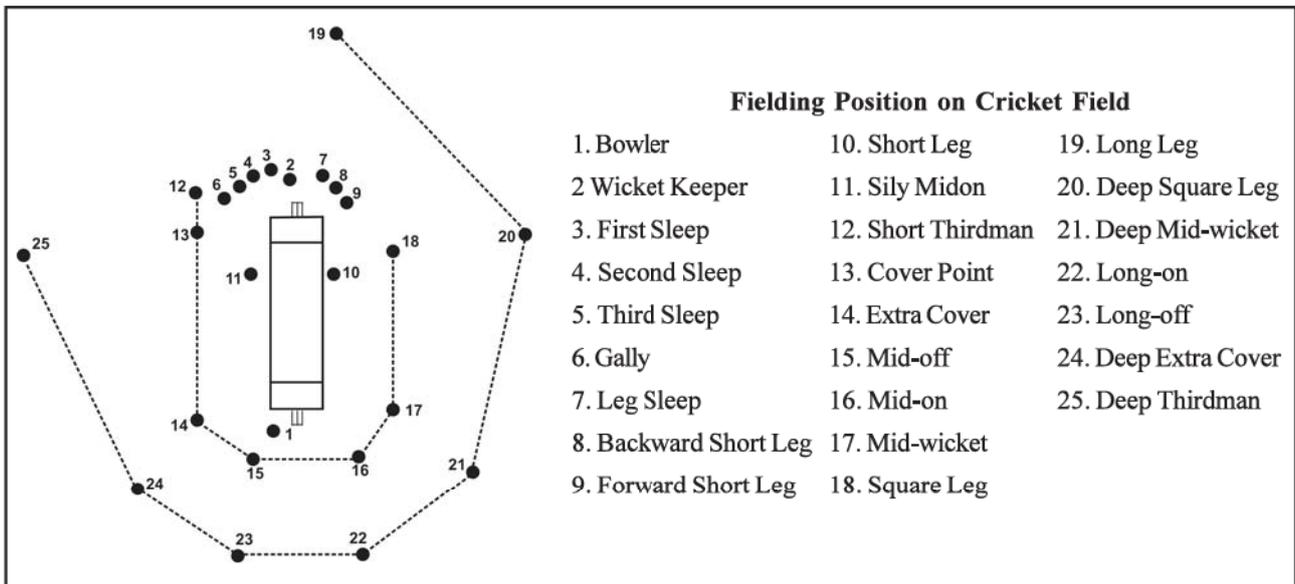
Fast Bowling

The ball is delivered with long run up with the fast motion is called fast bowling. This type of bowling is mainly done in the beginning or start of the match. If a fast bowler bowls with proper length, speed and line, then he succeeds in getting wicket. Consistent run, a speedy run up near crease, proper wrist movement maintains balance of the whole body push. While delivering the ball all these make the fast bowling worth.

In fast bowling the first and second fingers are kept on either sides of the seam, third and little finger are spread around the ball for grip. The thumb is kept on seam.

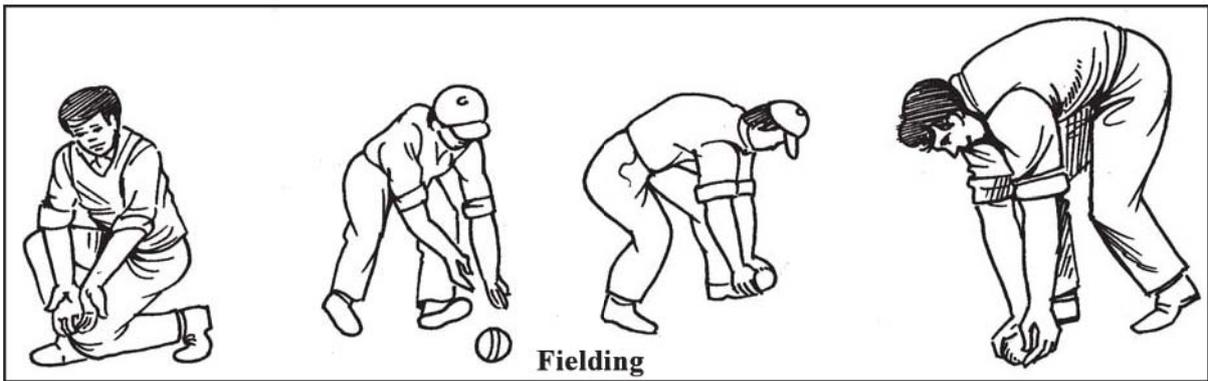
It is necessary that the fast bowler should have physical strength, endurance, tolerance, accuracy, intelligence, confidence and total control over the body. A fast bowler can bring variety by bowling inswing, outswing, yorker, bowncer, trimmer, beamer etc.

Fielding



(1) Stopping

Stopping ball which is hit by batsman reaches to oppose the ball as shown in the figure. In half sitting position, take both the leg forward and stop ball with the palm of the hands, if necessary change position according to direction and speed of ball.

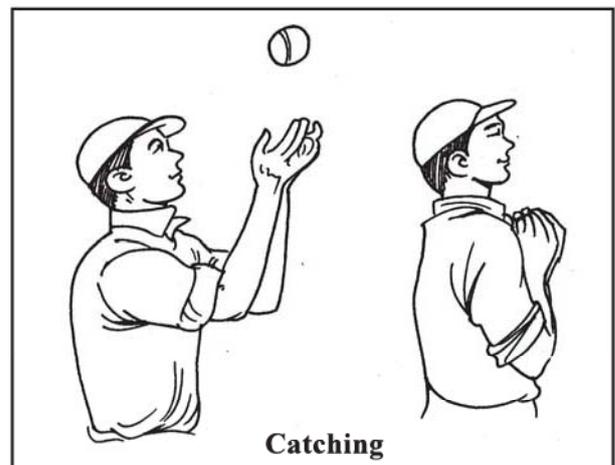


(2) Throwing

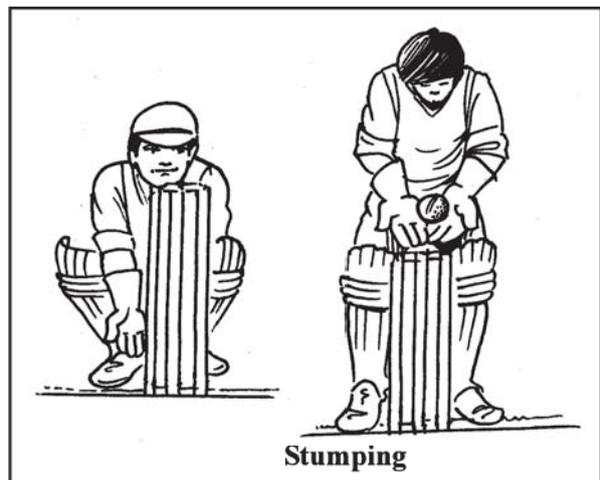
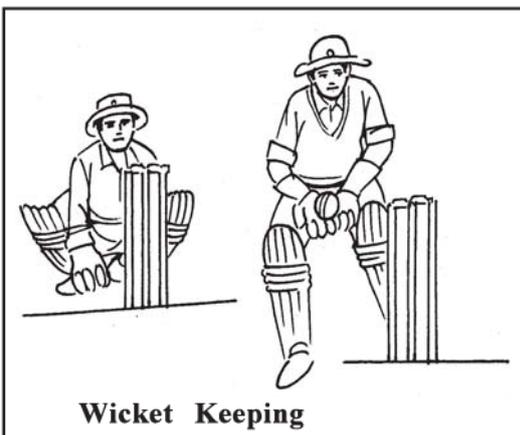
Stopped ball by fielder is very necessary to throw speedily and at accurate place immediately. While throwing a ball balance of the body and fast decision ability is required. There should be good coordination of wrist, elbow and shoulder for good throwing.

(3) Catching

Player should reach at proper place where the ball is hit by batsman and should see properly, then fingers of both the hands should be joined together in a cup shape positions, so that ball can be caught easily. For reducing reaction of the ball both hands should be brought little downward. According to situation, position of catching ball should be changed. The catching skill is very important for winning the match.



(4) Wicket Keeping



Wicket keeping is very important and tough work in cricket. To stop the ball going behind the stumps, to catch a tapped ball which has touched the bat or his body part, to stump out the batsman who has left his crease or to make run-out the batsman while taking a run. During fast bowling the wicket keeper should be placed at proper place far away from the stumps, while during spin bowling he can be near to the stumps.

Follow on Innings : When team batting first has a lead, according to the rules, they can keep their turn of playing reserved and compel the other team to bat.

Declaration : In a match a batting team can declare its inning at any point of time.

Start of Play, Interval and End : Umpire shall call 'Play' at the start of the match and he shall call 'Time' at the conclusion of the match. As per the rules an interval for lunch and tea shall be given.

Scoring : A scorer records the runs, wickets, balls etc. according to the umpire's indication in the scoring book.

Boundary : If ball goes out of the decided boundary after pitching, the batting team scores 4 runs, its call boundry, if the ball crosses the line without pitching then the batting team scores 6 runs.

Lost ball : If a ball in play cannot be found or recovered, any fielder may call lost ball.

Over : The ball shall be bowled from each end alternately in overs by 6 balls.

Dead ball : The ball becomes dead when it is finally settled in the hands of wicket keeper or a batsman is out then it is called dead ball.

No ball : If the bowler does not deliver the ball according to the rule then the umpire calls 'No ball'. The ball does not become dead on the call of No ball in this situation, batsman can play the shot or stroke, he can scores run also, he is not declared out if he is caught or bowled. Even if no run is scored on a no ball then the batting team scores one extra run. In one day and 20-20 matches if no ball is declared then batting team gets one free hit.

Wide ball : When the ball is out of reach of the batsman then it is called wide ball and batting team scores one extra run. The ball does not become dead on the call of wide ball. Runs scored by wide ball is called runs of wide ball.

Bye and Leg Bye : If the ball passes the striker without touching his bat or person any runs completed shall be credited as Byes to the batting side. When the ball touches any other part of the batsman except the palm or hand and ball goes away, any runs completed shall be credited as leg byes to the batting side.

The wicket is down : The wicket is put down if a bail is completely removed from the top of the stumps, or a stump is struck out of the ground, by the ball or striker's bat.

Batsman out of his popping crease : A batsman shall be considered to be out of his ground unless his bat or some part of his person is grounded behind the popping crease at that end.

Bowled : When the ball after touching the bat or batsman's body and directly falls on the stumps then the batsman is considered bowled out.

Caught : The striker is caught out, if a ball delivered by the bowler touching his bat and is subsequently held by a fielder as a fair catch before it touches the ground.

Handled the ball : Without the permission of the opposite team batsman of any end touches the ball and if opponent team appeals then the batsman is given out as handled the ball.

Hit the ball twice : The striker is out when the ball is hit twice. While the ball is in play, it strikes any part of his person or is struck by his bat before the ball has been touched by a fielder, he wilfully strikes it again with his bat or persons.

Hit wicket : The striker is out hit wicket if, after the bowler has entered his delivery stride and while the ball is in play, his wicket is put down either by the striker's bat or by his person.

Leg Before Wicket (L.B.W.) : The striker shall be out L.B.W. if he first intercepts with any part of his person, dress or equipment a fair ball which would have hit the wicket and which has not previously touched his bat or a hand holding a bat.

Obstructing the field : Either batsman is out obstructing the field if he wilfully obstructs or distracts the fielding side by word or action.

Run out : Either batsman can be declared 'run out', if he is out of his ground (crease) and his wicket is put down by the opposite side.

Stump out : If in receiving a ball, he is out of his ground (crease) otherwise then in attempting a run and the wicket is put down by the wicket keeper without the intervention of another fielder, the striker shall be stumped out.

EXERCISE

1. Answer the following questions in detail :

- (1) Explain the grip of bat stance and back lift in cricket.
- (2) Discuss in detail about Front foot straight drive and Back foot drive.
- (3) Explain the stages of bowling.
- (4) Write in detail about Leg Spin bowling.

2. Answer the following questions in one or two sentences :

- (1) Write length and width of cricket bat.
- (2) Write the distance between two wickets.
- (3) How many overs are there in one day match ?
- (4) How many balls are delivered in each over in 20-20 match ?
- (5) Where does the wicket keeper take position during fast bowling ?

3. Write the answers of the following questions by selecting correct option from the options given below :

- (1) How many runs are given to opposite team for No ball ?
(A) Four run (B) Two run (C) One run (D) Six run
- (2) How many players are there in one team in cricket ?
(A) Eleven (B) Twelve (C) Fifteen (D) Sixteen
- (3) How many innings are played by each team in Test match ?
(A) One-One (B) Two-Two (C) Three-Three (D) Four-Four
- (4) When is the batsman declared run out ?
(A) Wicket keeper puts down bails before the bat touches to popping crease.
(B) Before hitting the ball he loses the balance and falling down the stumps.
(C) Wicket keeper puts down bails after batsman reaches to popping crease.
(D) When ball is dead and he runs for scoring a run.

Activity

- Ask students to draw a Cricket Ground.