

Classification of Movement Skills.

Skill 1;

- The forward defensive

This skill is performed as a defensive shot played to a well-bowled ball. The shot is one of the firsts that is taught by a coach to a player when they start to play the game. It is an essential shot for defence while playing the game, and is one of the most regular played shots in the game of cricket.

MUSCULAR INVOLVEMENT

FINE _____ | _____ GROSS

The amount of muscular involvement needed to play this shot is fairly small, it isn't used to hit the ball a long distance but to block the ball, therefore is a fairly still shot.

ENVIRONMENTAL INFLUENCE

CLOSED _____ | _____ OPEN

The environmental influences do affect this shot quite a lot. Depending on the pitch and the weather conditions can change the speed of the shot, the amount of movement or even whether you even play that particular shot. For example if the pitch is hard it will bounce more and come quickly off the surface.

PACING

SELF _____ L EXTERNAL

The playing of this shot depends completely on how fast the ball is bowled. You have to play the shot depending on the pace of the ball to hit it and therefore defend it properly or even hit the ball at all.

DIFFICULTY

SIMPLE _____ | _____ COMPLEX

The forward defensive is one of the easier shots to perform in the game. It is a basic idea, but needs to be played properly to be effective and any use to the player. This shot is one that is always taught to the player first and is thought to be one of the main shots in cricket.

ORGANISATION

LOW _____ | _____ HIGH

It takes a certain amount of organisation to perform this shot, but as it is fairly simple to perform it can be adapted to any situation and made into an easy practice technique.