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BASIC CRICKET TECHNIQUES AND TACTICS!!



By
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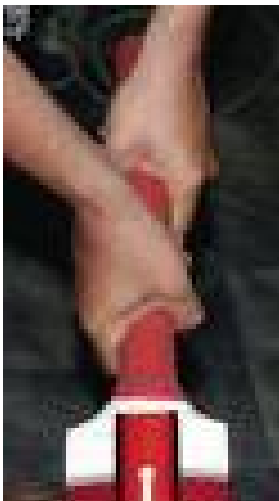
Cricket

Cricket is a combat sport as it involves striking and throwing a ball with the motive of the teams to score as many runs and bowl the oppositions out. The techniques that are used in cricket are batting, bowling, fielding, throwing and catching.

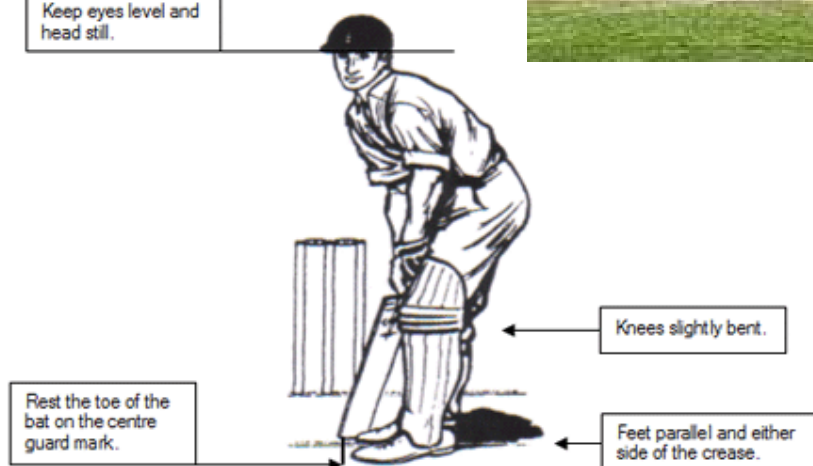
Batting

The technique for batting in cricket is to have a balanced stance, where legs are shoulder width apart and the bat is lifted straight at the hips. The bat should also be held with a 'v' grip. This is how a batsman would prepare themselves before performing the skill.

To execute a basic cricket shot, from the preparation phase the batsman must watch the bowler's hand and move his back foot back and across and then move his front foot so that he is inline of the ball and then he should swing the bat through from the hips, so that the ball hits the middle of the bat. The bat should follow through as you strike the ball and your feet should move into a comfortable position as you keep balance (commonly few steps forward or backwards)

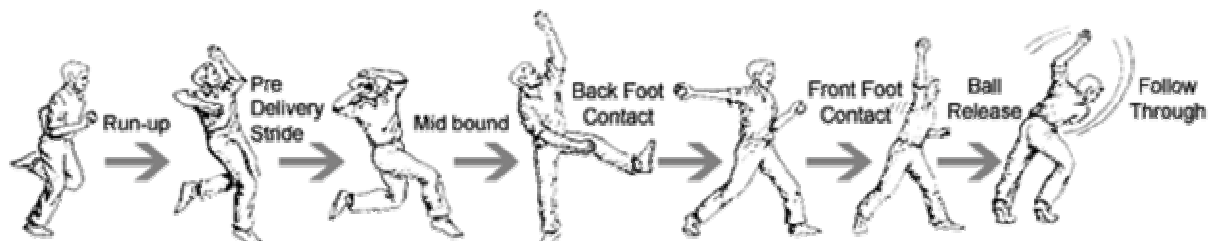


Keep eyes level and head still.



Bowling

The technique for bowling is to grip the ball with the first two fingers and the thumb. Holding the ball like this, you must run front on towards the wicket from a comfortable length towards the bowling crease where you will turn sideways and rotate your body moving the bowling arm from a sideways on position to over your head, through a coil position. The ball is released above the head and the other hand follows through the flow of this movement and the bowler will move forward a slowly come to halt. (Differs depending on type of bowler)



Fielding

The basic technique in fielding is being able to walk in, dive, and perform the barriers. Walking involves watching the ball as the batsman performs the shot and walking in too steps as the bowler bowls so that you're on the balls of your feet and ready to move in any direction, in order to field the ball.

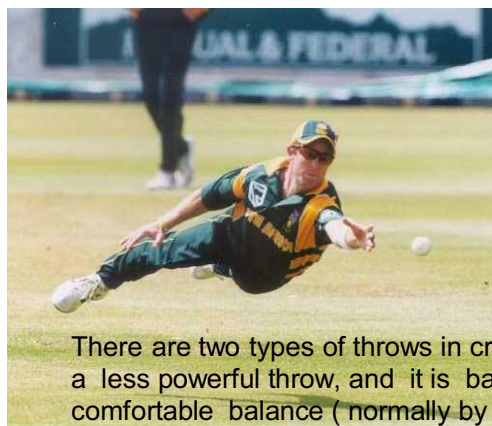
There are two types of barriers, the long barrier and the short barrier. The long barrier is performed by getting into the line of the ball and bending down sideways down so the knee and ankle are together and in a straight line together, acting as a barrier as you hands gather the ball. Your body acts the barrier hence the name. The short barrier is performed by squatting down with both feet together in a 'v' position.



Figure 10



The basic technique to dive, to prevent runs is to, follow the ball and begin to hunch, and as you get low, just push forward onto your stomach with your arms in front of you with your legs flexed.



There are two types of throws in cricket, the chain throw and a flat throw. The chain throw is a less powerful throw, and it is basically performed by gathering the ball and getting in comfortable balance (normally by taking 2-3 steps), and then pushing the ball forward. The arm should finish in front of you.

A flat throw is a more powerful throw. It is basically performed by stepping into a sideways on position from where the arm follows through quickly.





There are two main techniques for catching in cricket, the Front hand catch (English) and the back hand catch (Australian). The front hand is used when the ball is coming low below or at waist height. It is performed by presenting the palms with both hands together and guiding the ball into the hands cupping and bringing the arms into the chest, to take off the pace and cushion the catch.

The Australian technique is when you are catching the ball from above head height or its coming at you fast for example in the slips. This catch is basically performed by having the palms of hands facing up with fingers facing up and as the ball comes, you must lock them and bring it towards the chest.



Why techniques are performed the way they are? And how do these fulfil their purpose?

Batting

The basic technique for batting is performed balanced stance, where legs are shoulder width apart as it is a comfortable and stable position, from which transferring weight on to the back or front foot is effortless and easy to do. This is important as it allows batsman to get into the correct positions to play any shot. Also being balanced will allow the batsman to comfortably move forward and backwards in the crease as they prepare themselves to get in the line of the ball as they play the shot. This is very important as it gives them full control of the ball as they are in reach of the ball and can connect with it, with full anticipation on where they want it to go.

Also the back lift of the bat should be at the hip as it is a secure height to keep the bat and it is in the middle, which means it allows the batsman to get under and over the ball easily according to the delivery they are facing. Also holding the bat at this height means the bat will be held in a straight position, in line with their stumps, which gives them a cleaner strike and higher guarantee of playing the ball from the middle of the ball in full control of the ball. Also holding the bat at this position means that the follow through of the shots selected will be smoother. It is important for the follow through to be smooth and controlled as it is a primary way of selecting the power and control of shots.

Having a 'v' grip is also important as it means that you're holding the bat with full control and comfort, which will allow you to play a full variety of the shot with good posture and positioning of the bat, without feeling uncomfortable. For it is common to feel that your straining your wrists if you're not holding the bat correctly as you play shots and follow through.

Using these techniques will effect an batsman's performance as it will give them a higher chance to play a longer, solid innings, as their technique will be good, which means that they will be in control of the shots that they select to play and will play them with comfort. Even if they make mistakes because they will execute the shots with a good technique it will give them a higher probability not get out. This can be a good advantage for the team as, it will give the team and player confidence as performing with good techniques will feel good and create motivation and a sense of good spirit among the players.

Bowling

Bowlers should follow this basic technique whilst bowling as it is the simple frame of a successful bowling technique.

The entail grip the ball with the first two fingers and the thumb, is important as it gives you a good grip that allows you to have control and accuracy as you deliver the ball.

As you run towards the wicket from a comfortable length towards the bowling crease where you will turn sideways and rotate your body moving the blowing arm from a sideways on position to over your head, through the coil position, is an important aspect of bowling as it builds up the momentum for the delivery and it prepares and positions the bowler so that they can deliver the ball in a position where they are fully balanced and in control of realising the ball in the area they want. Also it prevents any injuries that can occur, for example it is common for bowlers to get side strains and back injuries.

The follow through is important as it makes sure that you don't injure yourself by forcing yourself to halt and stop all the momentum that your using to bowl the ball. Also it keeps you balanced, and keeps you prepared to field the ball if necessary.

Following these basic principles to bowl, will make sure that the bowler is able to bowl without injuring himself, and able to bowl a good delivery which will be hard for the batsman to score off. Also having a sound technique means that the bowler will have a better chance in applying pressure and increase the chances for them to take wickets as the batsman will not be able to pick up weakness in the bowler and take advantage of it.

Fielding

Fielding breaks down into the ability to perform the barriers, catching, diving and throwing correctly with the correct techniques. It is important for the players to have these solid techniques whilst fielding as fielding is an important aspect of the game, and can make the difference between winning and losing. Also performing the skills like this is important as it can prevent any embarrassment and any injuries. Performing the long barrier by getting into the line of the ball and bending down sideways down so the knee and ankle are together and in a straight line together, acting as a barrier as your hands gather the ball is important and safe way of performing this skill as you are able to stop the ball even if you can't gather it straight away, your body acts as a second line of defence.

Whilst performing the short barrier it is important to have the feet in 'v' shape as it cups the ball and stops the ball as well as gives the player a good base, so that they can collect the ball and throw if needed.

Using the correct technique whilst diving to field is very important as it makes the effort more efficient and it is also safer as, performing it with a poor technique can cause serious injury, and a prime example is Jaysuriya, who dislocated his shoulder. Therefore it is important that you get low, just push forward onto your stomach with your arms in front of you with your legs flexed, as this is the safest way to dive as you don't apply pressure upon any limbs causing any damage and you're still in control of your movement. It is very similar to a rugby dive for a try.

Throwing is an essential part of fielding in cricket and by throwing using the correct techniques in the two main types of throws is important as it enables the player to get the ball back to the wicket keeper quickly, which prevents runs and may lead to a run out. Also it makes the skill easier to perform and can reduce the risk of any extra strain or injuries that can occur, if the technique is poor. In both the techniques it is important for the player to step into the throw as they pick the ball up as it ensures that they are stable, and in a good position to throw. Also it creates better power and accuracy. Getting into a correct position is important as it prevents any muscle strains as the momentum of moving from a sideways on position to stepping into the throwing position will generate the power, that some players try to generate using just their arms which can cause injuries.

Catching is vital, and using the correct technique to catch is one of the most important aspects of the game, as not only does it give the players opportunities to get each other out, but it also makes the process safe. Using either the English or Australian technique means that the player is in a safe position to catch the ball and has less risk of hurting their fingers as catching, as it can be common to break fingers. Also these techniques allow more security when catching as you cage the ball into your body, which means that you keep hold of the ball taking its pace off, which guarantees that you keep hold of it.

Performing these fielding skills means that the athletes are doing the skills safely and also are in better positions as performing the skills which means that they can apply pressure and meet objectives and cut runs out in the field.

Tactics

There are many different tactics that are used in cricket. The tactics that are used are used to enhance the performance of the primary skills and help meet goals and objectives. The common tactics that are used are different types of bowling deliveries, field settings, power plays, aggressive/ defensive batting, types of bats and batting and bowling partnerships.

Deliveries

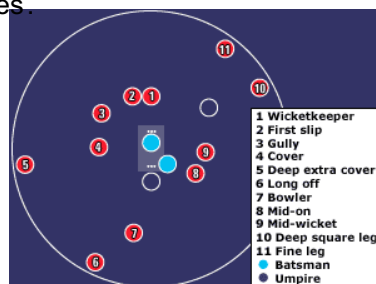
Different types of deliveries are used by bowlers as a method to keep batsman at the crease unsettled and to prevent them from making runs and increasing the chances of them making some sort of mistake which can lead to them taking a wicket. Depending on the type of bowler, fast or spin, the bowlers bowl different types of deliveries with a bowling strategy, for example a fast bowler will bowl a great deal of fast balls that move away from the batsman and then is likely to bowl a odd ball that moves into the bowler or is slower in pace or even shorter in length. This done as it catches the batsman by surprise and can cause them to make a mistake which may mean they get out. The different types of deliveries for pace bowling are in swing, out swing seamer, off cutter, leg cutter and slower ball. The varieties of deliveries that spinners can bowl are the top spinner, dusra, googly, wrong one, arm ball and the faster one.



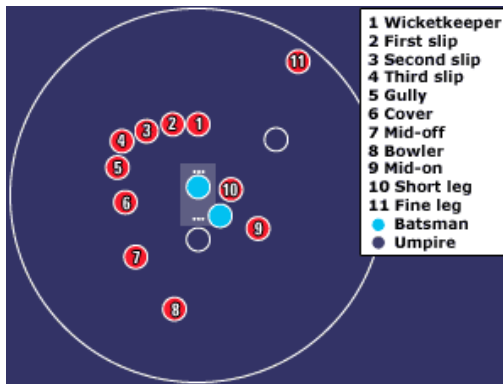
	Full	Good Length	Short	Totals
Far Outside Off	1%	3%	1%	5%
Just Outside Off	8%	45%	20%	73%
On the Stumps	2%	7%	3%	12%
	11%	55%	24%	
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Field settings

Another tactic used is setting different field settings. Field settings are basically how a team positions their fielders, around the pitch. There are many types of field settings, which can be categorized into two groups, defensive and aggressive. Defensive field settings are settings where the players are positioned in main scoring areas, with the prime aim to stop runs, and keep the run rate down, to start to apply pressure as the batsman are not able to score freely with boundaries.



In contrast to this attacking/ aggressive field settings are those where the players are positioned, in catching positions, that apply pressure and intimidate the batsman, causing him into playing false shots. Examples of defensive field settings are having the fielders placed 5 around the boundaries, and 4 inside the inner circle. This setting makes it hard for fielders to get any boundaries or easy singles. An example of an attacking field setting is having as most of the players placed in close catching positions all around the bat, in the batsman's face, so that it unsettles him. Field settings can be changed as many times in a match, depending on the preferences of the team's captain and bowlers. Also this tactic can be linked with the bowler's tactics of bowling specific types of deliveries and setting the field accordingly. For example fast bowler having fielders mainly behind the batsman so that he can set up the batsman with a short bouncer.



Batting Power plays

Power plays is another tactic that batsman can use which allows them to adjust the field so that there is only two fielders outside the ring, which allows them to score as many boundaries as they can within the allotted 5 over's that it lasts. Batsman can use this once within their innings. It is commonly used near the end or mid section of the inning, as there is a good established partnership or good platform set up.



Batting attitude

Aggressive/defensive batting is a tactic that batsman can use depending on the course of the game and what it requires that batsman to do. The choice on when to apply these tactics can be pre planned or pre-meditated and improvised. Aggressive batting is when batsman take attack to the bowlers by walking down the track, and playing attacking, and slogging shots. This can unsettle the bowlers and allow the batsmen to score easily as the bowlers are under too much pressure, which makes them bowl poorly. It's common for batsman to use this tactic against spin, for example coming down the track to play lofted shots. Defensive batting is a tactic that can be played to steady and build partnerships if the pitch conditions are hard and wickets have been lost. Also in test matches it is commonly used to draw games that are out of reach to win.



Types of bats

Types of bats that are used are also another tactic that is used by batsman which links with the style of batting (aggressive or defensive). There are 3 main types of bats, heavy, medium and light. Batsman decides what types of bat to use depending on how they are going to bat. They are likely to use heavy bats when they are looking to score quick runs, and are looking to hit big shots and score plenty of boundaries. These types of bats are used mostly in the short format of the game such as T-twenty cricket. Medium weighted bats are used by batsman that are looking to play long innings and have to play a variety of shots. Light bats are normally used for batsman when they have to go into pressure situations where quick wickets have fallen. Light bats are used for this as it means that they can play controlled and precise shots.



Batting and Bowling Partnerships

Batting and bowling partnerships is also another common tactic used. Batting partnerships is where the team line it is planned specifically to cater a particular game plans. For example having a left hand batsman batting with right hand batsman, so that the rhythm of the bowler is disrupted, and runs are scored. Bowling partnerships are selecting a combination of bowlers that will contrast and create pressure because of their difference or similarity, for example bowling Extreme pace from one end and slow leg spin from another. This keeps the batsman unsettled.



Why are tactics used? And what are their benefits?

Deliveries

Bowlers will use different types of bowling deliveries, so that the batsman that they are bowling to, are unable to score freely against. This tactic is performed by the bowler doing something slightly different with each ball so that it creates confusion, and keeps the batsman guessing about what comes next. Commonly bowlers will ball different lines and lengths and mix it up with change of pace, if the pitch doesn't provide any assistance for them. However if the pitch is lively and they are able to gain assistance off the pitch, i.e. movement of the seam of the ball, it is common for the bowlers to bowl particular types of deliveries that move in different directions.

By using this tactics and bowling in such ways, it sets up batsman and the change in delivery commonly catches them by surprise and gets them out. It also upsets their rhythm and flow, and builds pressure on them which leads them into making mistakes.

Field settings

Captains and bowlers will use field settings to position the fielders, around the pitch, depending on the situation. There are two types of settings that are used, attacking and defensive. Setting a defensive field setting would be done by a captain when they are protecting a low target or the batsman is scoring easily. A defensive field would be a where the fielders are placed mainly outside the ring, and around the boundary, saving 4 runs instead of the single. This is a traditional defensive setting as majority of the fielders are in fielding on the boundary preventing any big shots, and trying to create pressure, and lowering the run rate by allowing minimal 1n's and 2's. They are also placed so far back as they will be able to collect the ball more cleanly as the pace of the ball will slow down as it reaches to them, it makes it unlikely to cause a miss - field.

In comparison attacking field settings are more aggressive and are aimed to apply pressure upon the batsman, and this is achieved by placing the fielders more near the batsman in close catching positions and on the ring. This way they are preventing the batsman from scoring, and will force them into playing shots that involve risk. The closeness of the fielders applies pressure for the batsman as it means that they have to check their shot and make sure the ball doesn't fly up in the air.

Field setting make sure that the bowling team is able to apply and suppress any runs that the batsman may be scoring, and by choosing the correct setting along side make sure that the bowler can bowl according deliveries to the field setting it is the most common and useful way of trapping and getting batsman out.

Batting Power plays

Batting power plays are taken when the batsman in the middle want to take it. Taking a power play is normally a way that a team, speeds up the scoring. It is commonly used by the batting team, near the end of their inning, as it is a way of boosting their final score as it gives them a chance to free their arms and strike for boundaries, as only two fielders are aloud outside the ring.

Using this tactic whilst batting can help teams meet their target of a score that they aim to get when they bat first and can also make the difference, and be the time in a match when trailing to get close to their target, as it is easier to score big shots, without the worry of being caught in the deep.

Batting attitude

Batsman should change their attitude for defensive to aggressive depending on the situation, and how they feel at the crease. Being aggressive should mean that the batsman plays attacking shots, which take on the bowler's deliveries. Moving down the track is effective as the batsman is getting close to the ball and creating space, and the correct angles so that he can achieve the maximal runs. This tactic is performed like this as it unsettles the bowler and helps the batsman achieve aims of scoring quick runs alongside putting pressure on the bowler and fielders.

Defensive batting, should involve playing shots along the floor, and with soft hands. This will irritate and frustrate the bowler, as he won't be able to get the batsman out and will feel the batsman is dominating as he is not troubled by the bowling. This will be useful in partnerships where one person is scoring and the other is just there supporting them.

Performing these tactics can be beneficial as it helps team win games as they can change the game situation, and apply pressure on the opposition, and relieve pressure of themselves, making the targets and objectives easy to obtain.

Types of bats

Different types of bats are used by batsman in different situations, so that they can adapt and get the most out of the situation they are batting in. Also using different bats means that the batsman will have an advantage, depending on what they would like to do. For example using a heavier bat, helps score the big shots.

Bowling and batting partnerships

Bowling partnerships is a tactic that is used, as some bowlers who have contrasting qualities who bowl together as a pair, can create a lot of pressure for batsman as they can keep the run rate down and trouble the batsman as they are making the batsman work extra harder to make their runs. The benefits of using this is that it leads to batsman to lose concentration through tedium, as it can get tough and makes them prone to play false shots.