

Cricket

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PE Assignment

* History of Cricket :-

There is a consensus of expert opinion that cricket may have been invented during Saxon or Norman times by children living in the Weald, an area of dense woodlands and clearings in south-east England. The first reference to cricket being played as an adult sport was in 1611, and in the same year, a dictionary defined cricket as a boys' game. There is also the thought that cricket may have derived from bowls, by the intervention of a batsman trying to stop the ball from reaching its target by hitting it away.

Village cricket had developed by the middle of the 17th century and the first English "county teams" were formed in the second half of the century, as "local experts" from village cricket were employed as the earliest professionals. The first known game in which the teams use county names is in 1709.

In the first half of the 18th Century cricket established itself as a leading sport in London and the south-eastern counties of England. Its spread was limited by the constraints of travel, but it was slowly gaining popularity in other parts of England and Women's Cricket dates back to the 1745, when the first known match was played in Surrey. In 1744, the first Laws of Cricket were written and subsequently amended in 1774, when innovations such as lbw, a 3rd stump, - the middle stump and a maximum bat width were added. The codes were drawn up by the "Star and Garter Club" whose members ultimately founded the famous Marylebone Cricket Club at Lord's in 1787. MCC immediately became the custodian of the Laws and has made revisions ever since then to the current day.



The first instances of cricket

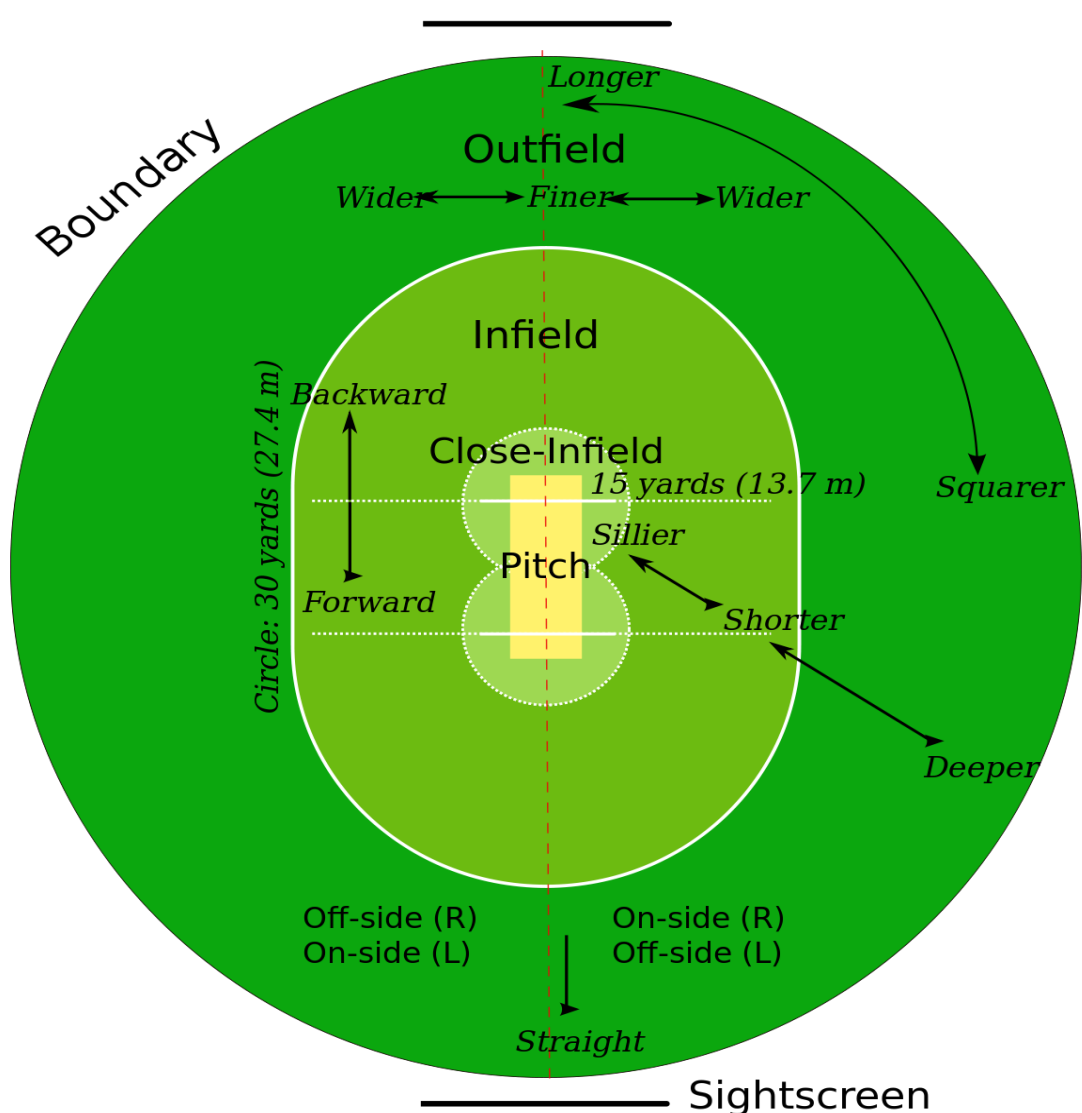
Rolling the ball along the ground was superseded sometime after 1760 when bowlers began to pitch the ball and in response to that innovation the straight bat replaced the old “hockey-stick” style of bat. The Hambledon Club in Hampshire was the focal point of the game for about thirty years until the formation of MCC and the opening of Lord's Cricket Ground in 1787.

Cricket was introduced to North America via the English colonies as early as the 17th century, and in the 18th century it arrived in other parts of the globe. It was introduced to the West Indies by colonists and to India by British East India Company mariners. It arrived in Australia almost as soon as colonization began in 1788 and the sport reached New Zealand and South Africa in the early years of the 19th century.

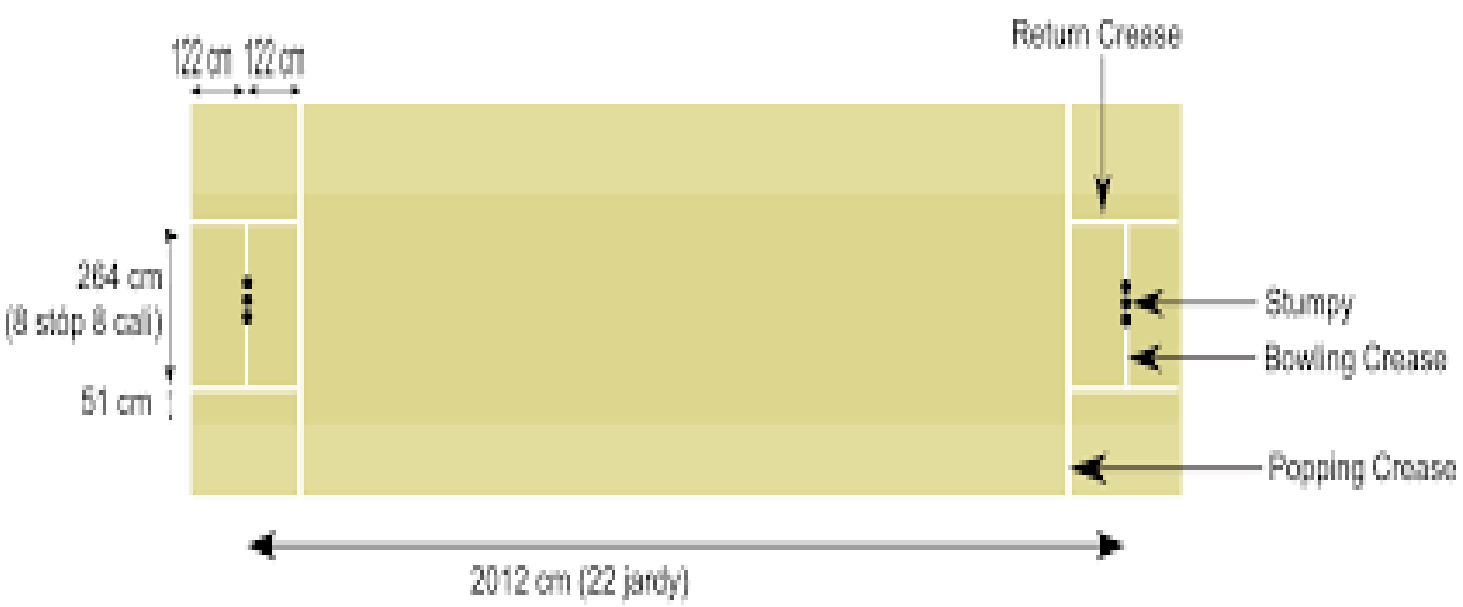
* *Ground Measurements :-*

The pitch is a rectangular area of the ground 22 yards/20.12 m in length and 10 ft/3.05 m in width. It is bounded at either end by the bowling creases and on either side by

imaginary lines, one each side of the imaginary line joining the centres of the two middle stumps, each parallel to it and 5 ft/1.52 m from it. If the pitch is next to an artificial pitch which is closer than 5 ft/1.52 m from the middle stumps, the pitch on that side will extend only to the junction of the two surfaces. See Laws 8.1 (Description, width and pitching), 8.4 (Junior cricket) and 7.2 (The bowling crease).



Another image that depicts the dimensions of the Pitch:-





** Skills required in Cricket :-*

1. Hand-Eye Coordination and Batting Technique :



Cricket requires a variety of skills that are commonly used in a number of sports. Hand-eye coordination, throwing or catching a ball, balance and intense, long-term concentration are just a few. Through consistent practice and by applying these skills to the elements of cricket, such as a batsman watching the ball at all times, you will see a dramatic improvement in your game.

Batting Skills

Bob Woolmer, former head coach of the South African cricket team, wrote in "The Art and Science of Cricket," that batting has five basic principles: "Watch the ball, keep your head still on release of the ball, judge length accurately, allow your hands to lead your body and feet into the correct position and select the correct shot."

Your grip on the bat should feel natural, using the same tension as when you pick the bat up from the ground. Try to relax at the crease since tension will restrict your movement and have a negative impact on your technique. Lift the bat up as the bowler approaches, keep your head still, focus on the ball and commit fully to the shot you select.

2. Bowling Skills



Whether you're a fast bowler, medium-paced bowler who swings the ball in the air or spin bowler who gets the ball to move dramatically off the pitch, bowling has a foundation of skills that each player must learn. Woolmer wrote that by focusing on "momentum, balance and timing" within the context of the run-up, the set-up, the unfold, the delivery and the follow through, bowlers will become consistent and accurate and will be able to take wickets.

Bowlers should start off slowly and gain speed and momentum as the run-up progresses into the set-up.

3. Throwing & Catching :-



Catching is a basic fielding skill and is one of the most important aspects of cricket. In a match, you'll need to field overhead, chest-level, and ground balls, so work on mastering a range of catching grips and fielding techniques. Additionally, catching a cricket ball demands excellent hand-eye coordination, so do practice drills regularly to improve your abilities.

* *Rules in Cricket :-*

- Cricket is played between two teams each made up of eleven players. (Sometime in junior competitions you will find 8 player teams).
- Games comprise of at least one innings where each team will take turns in batting and fielding/bowling.
- The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat.
- The fielding team tries to get the batsmen out by...
- Hitting the wickets with the ball when bowling
- Catching a batsman's shot on the full
- Hitting the batsman's leg in front of the wicket (LBW)
- Or hitting the wickets before the batsmen can run to the other end of the pitch
- The batmen try to score as many runs as possible before getting out by...
- Hitting the ball and running between the wickets and making it to the other end before the fielders can hit the wickets with the ball. Each time you run one full length of the pitch it equals 1 run.
- Hitting the ball to the boundary along the ground is 4 runs.
- Hitting the ball over the boundary on the full equals 6 runs.
- The fielding team must get 10 batsmen out before they can change over and start batting.
- The aim of the game is to score as many runs as possible before the fielding team takes 10 wickets. The team with the most runs wins.

* List of Arjuna Awardees :-

1. Jhulan Goswami



2. Zaheer Khan



3. Yuvraj Singh



4. Virat Kohli



5. Ravichandran Ashwin



6. Rohit Sharma



7. Ajinkya Rahane



Others include Cheteshwar Pujara, Harmanpreet Kaur, Smriti Mandhana, Ravindra Jadeja, Poonam Yadav, Deepti Sharma and Ishant Sharma.

* Shiv Chhatrapati Awardees :-

1. Rohit Sharma (2015-2016)



2. Ajinkya Rahane (2016-2017)



3. Smriti Mandhana (2017-2018)

