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(54) **CRICKET TRAINING BALL**

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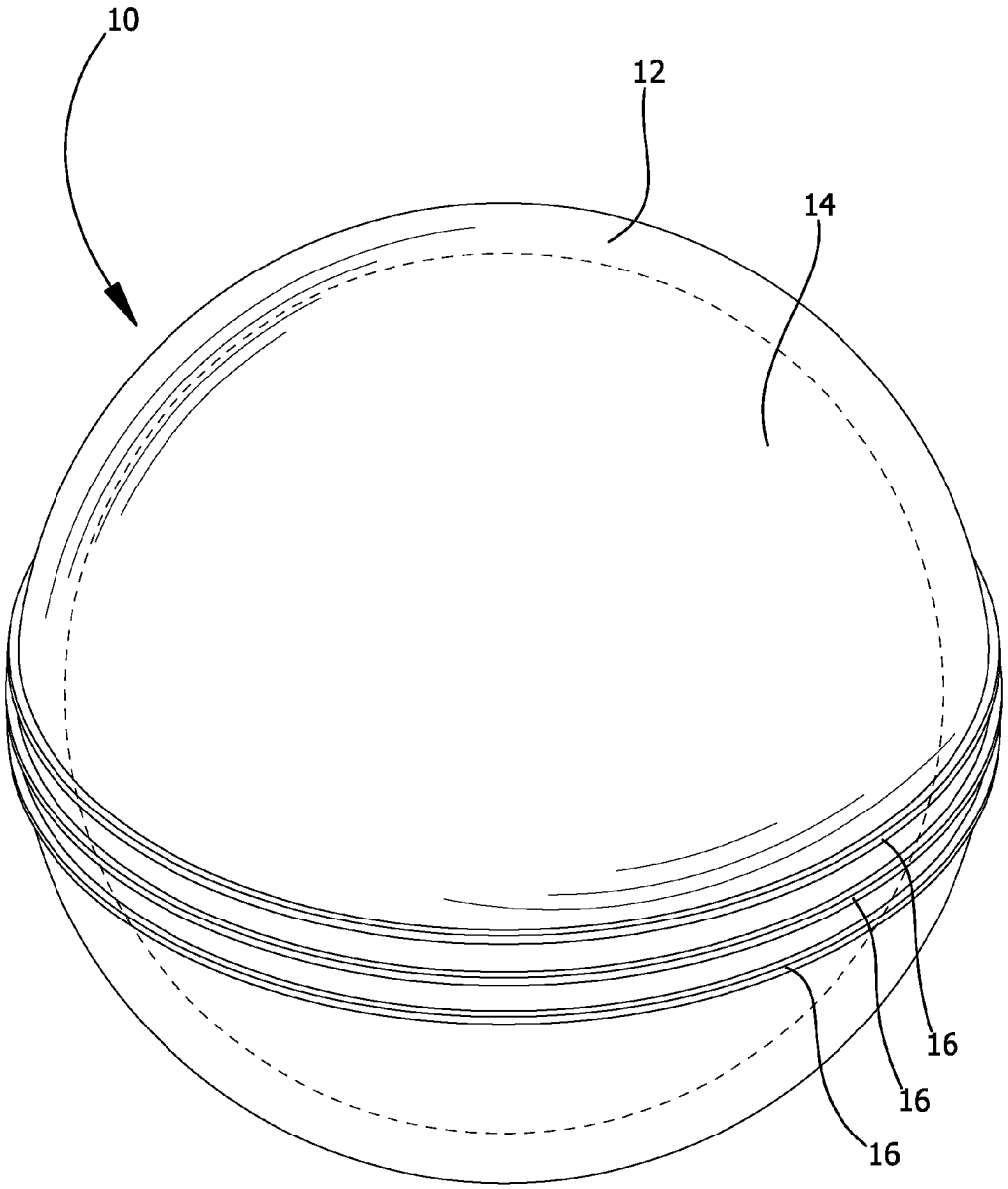
(57) **ABSTRACT**

A cricket training ball generally includes an outer layer, an interior body, and at least two or three grip rings, which are designed to mimic the location and feel of circumferential stitching of a standard cricket ball. The outer layer, the interior body, and the at least two grip rings together having a combined weight of approximately 2.0 to 2.5 times the maximum weight of a standard cricket ball in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.



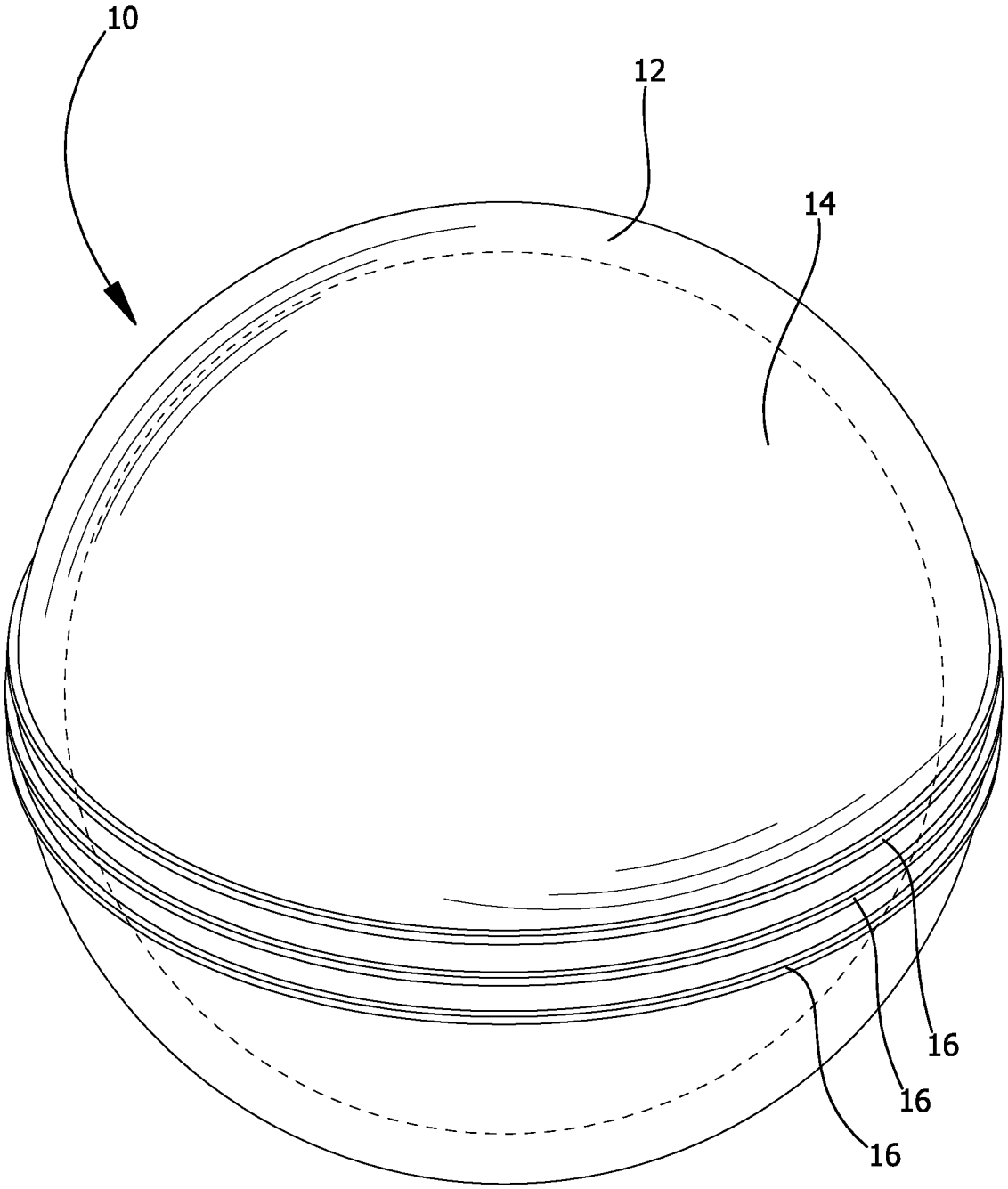


FIG. 1

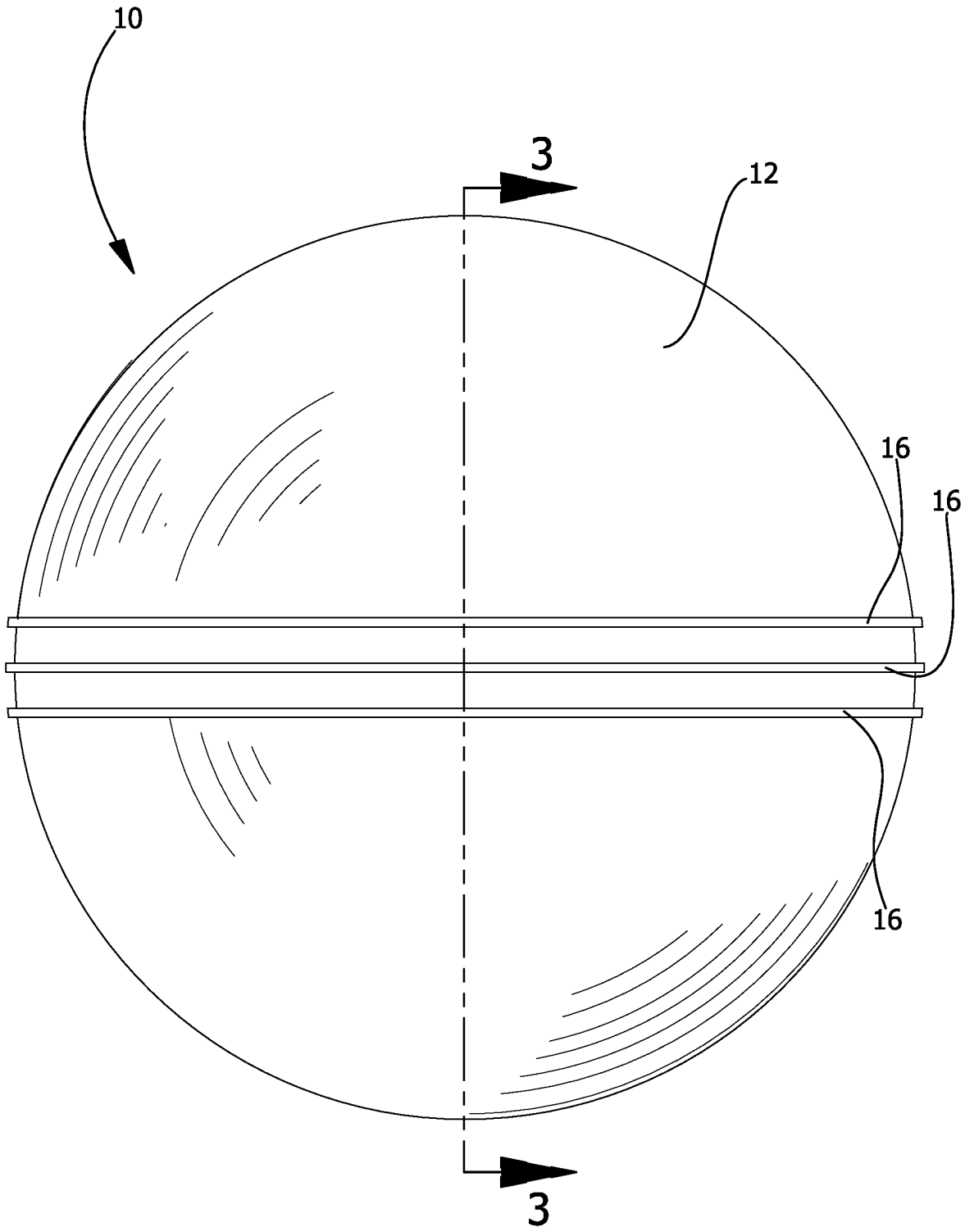


FIG. 2

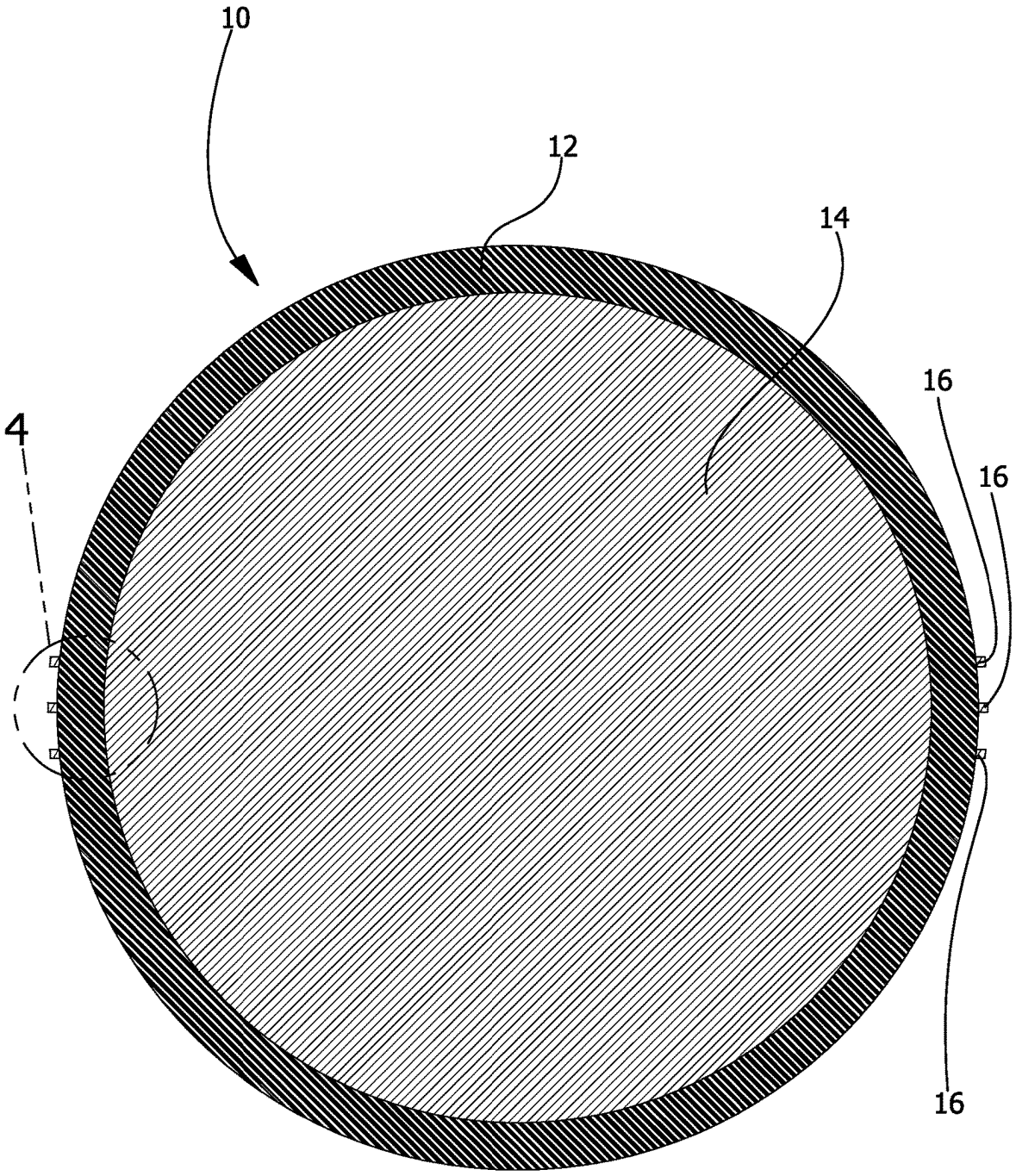


FIG. 3

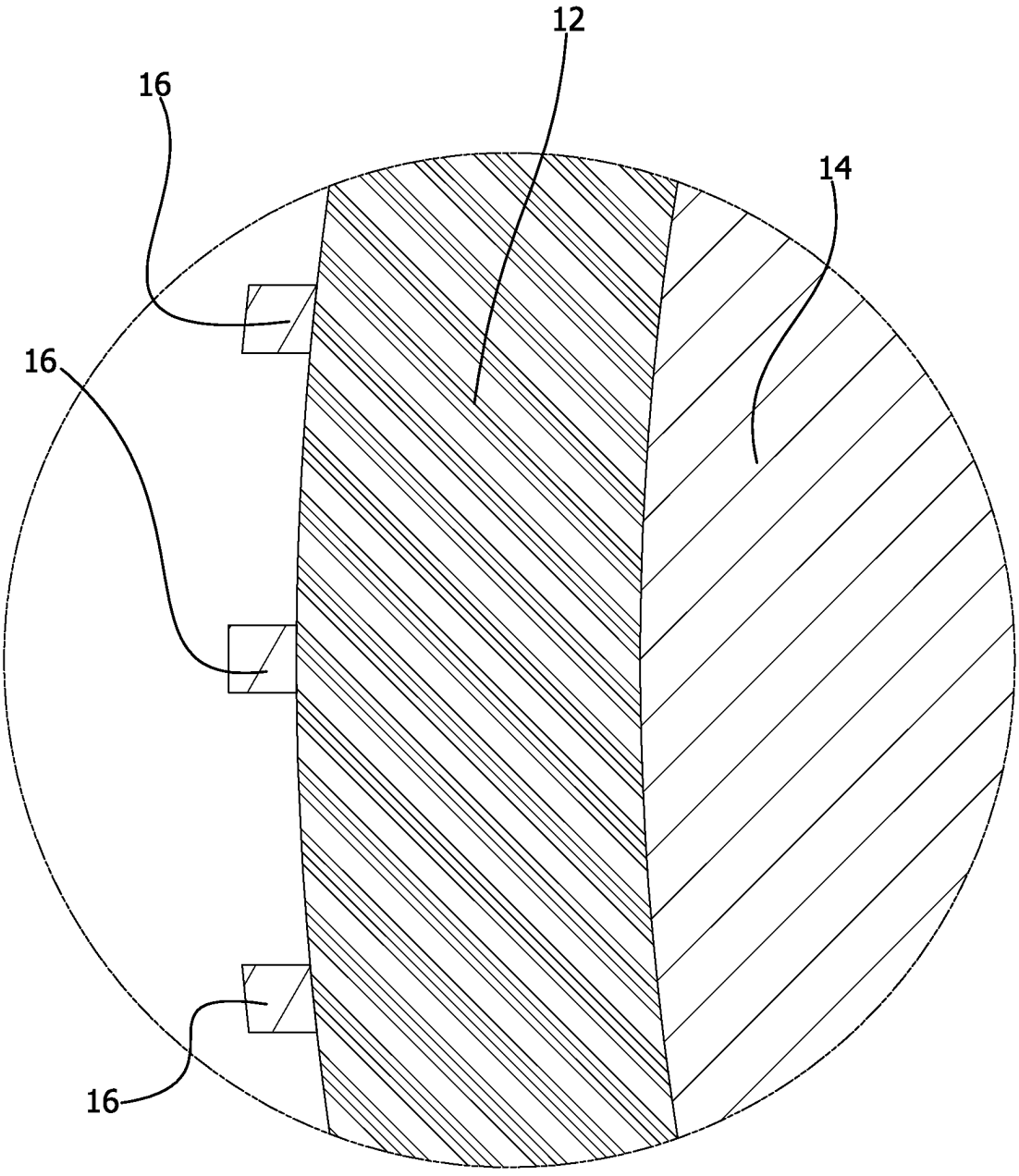


FIG. 4

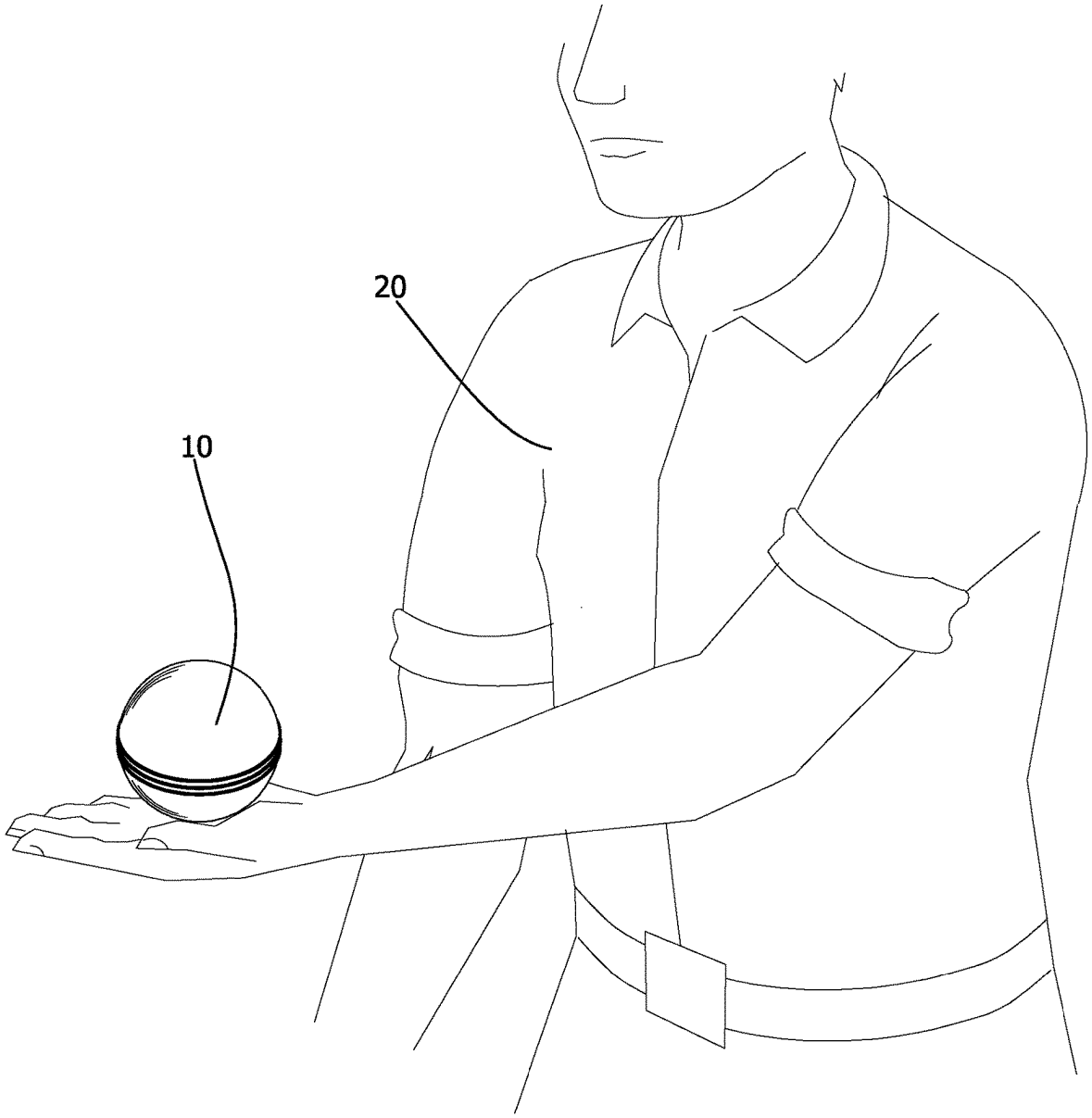


FIG. 5

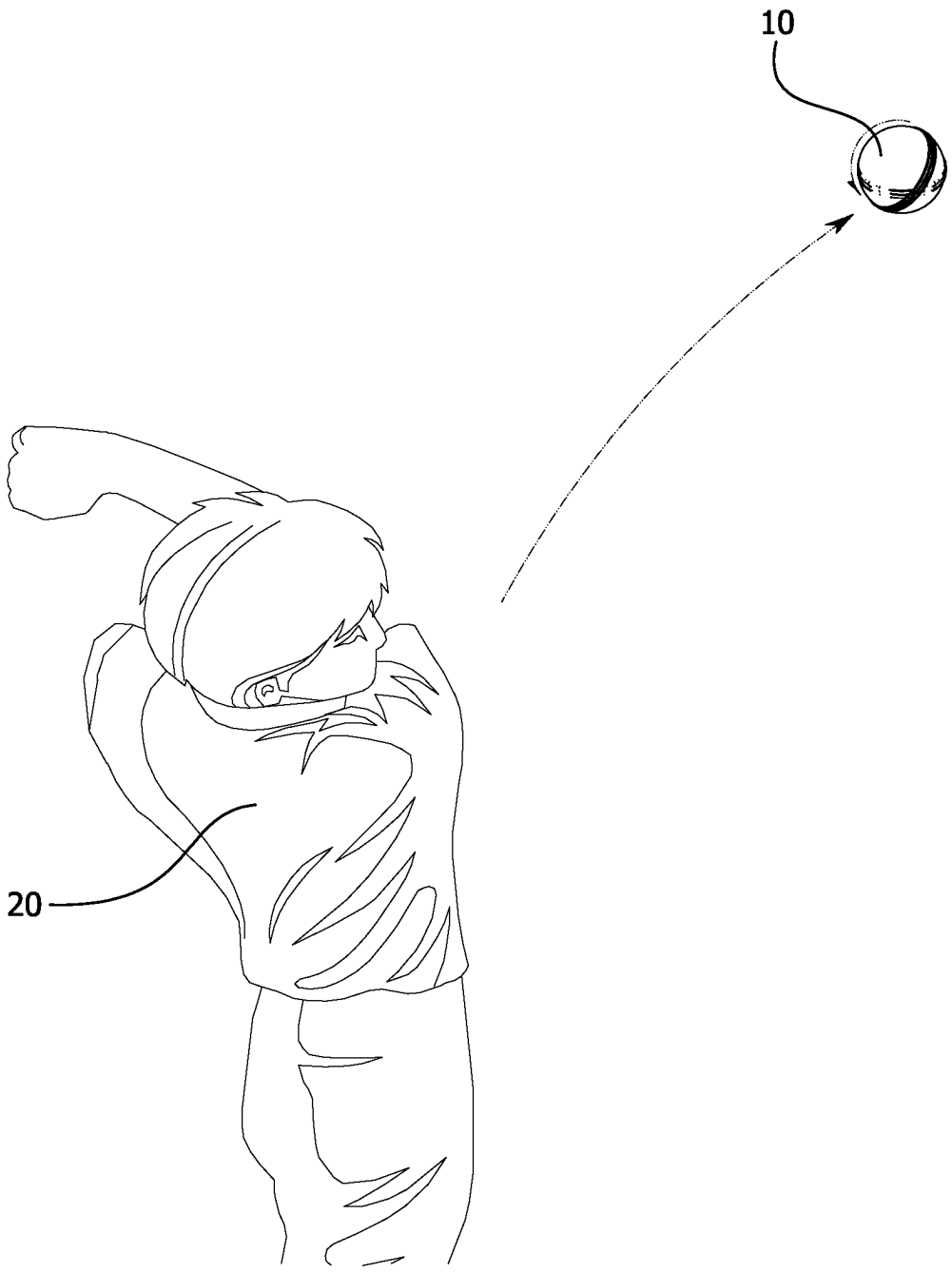


FIG. 6

CRICKET TRAINING BALL

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] Not Applicable

STATEMENT REGARDING FEDERALLY SPONSORED RESEARCH OR DEVELOPMENT

[0002] Not Applicable

THE NAMES OF THE PARTIES TO A JOINT RESEARCH AGREEMENT

[0003] Not Applicable

INCORPORATION-BY-REFERENCE OF MATERIAL SUBMITTED ON A COMPACT DISC OR AS A TEXT FILE VIA THE OFFICE ELECTRONIC FILING SYSTEM

[0004] Not Applicable

STATEMENT REGARDING PRIOR DISCLOSURES BY THE INVENTOR OR JOINT INVENTOR

[0005] Not Applicable

BACKGROUND OF THE INVENTION

(1) Field of the Invention

[0006] The disclosure relates to cricket training devices and more particularly pertains to a new cricket training ball for training in spin bowling. In the game of cricket, spin bowling is a type of pitching technique that involves certain muscles in the arms and hands. A cricket training ball that strengthens such muscles and improves spin bowling technique could be useful. A cricket ball is made with a core of cork is layered with tightly wound string, and covered by a leather case with a slightly raised sewn seam. The covering is constructed of two or four pieces of leather. The equator of the ball is stitched with string, usually in six rows of stitches that define three seams. The two outer seams provide additional grip for a bowler's fingers and strengthening of the cover. The central seam joins the leather pieces. According to British Standard 5993:1994, which defines standards for cricket ball and is incorporated by reference herein, a standard cricket ball must meet the following specifications:

[0007] Men and boys 13 and over—weight of 156 to 163 grams and circumference of 224 to 229 millimeters, which equates to a diameter of 71.3 to 72.9 millimeters;

[0008] Women and girls 13 and over—weight of 140 to 151 grams and circumference of 210 to 226 millimeters, which equates to a diameter of 66.8 to 71.9 millimeters; and

[0009] Children under 13—weight of 133 to 143 grams and circumference of 205 to 221 millimeters, which equates to a diameter of 65.3 to 70.0 millimeters.

Based on these specifications, a standard cricket ball has a maximum weight of 163 grams and a maximum diameter of 72.9 millimeters. A cricket training ball that exceeds this maximum weight and/or maximum diameter could be useful to strengthen muscles relating to spin bowling and improve spin bowling technique.

(2) Description of Related Art Including Information Disclosed Under 37 CFR 1.97 and 1.98

[0010] The prior art relates to cricket balls. The prior art, as best understood, does not disclose a cricket training ball that exceeds the maximum weight and/or maximum diameter of standard cricket balls to strengthen muscles relating to spin bowling and improve spin bowling technique.

BRIEF SUMMARY OF THE INVENTION

[0011] An embodiment of the disclosure meets the needs presented above in a cricket training ball generally comprising an outer layer, an interior body, and at least two grip rings. The interior body is positioned within the outer layer. The at least two grip rings are positioned parallel and adjacent to one another and to encircle the outer layer. The at least two grip rings are designed to mimic the location and feel of circumferential stitching of a standard cricket ball. The outer layer, the interior body, and the at least two grip rings together having a combined weight of approximately 2.0 to 2.5 times the maximum weight of a standard cricket ball according to British Standard 5993:1994 in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.

[0012] There has thus been outlined, rather broadly, the more important features of the disclosure in order that the detailed description thereof that follows may be better understood, and in order that the present contribution to the art may be better appreciated. There are additional features of the disclosure that will be described hereinafter and which will form the subject matter of the claims appended hereto.

[0013] The objects of the disclosure, along with the various features of novelty which characterize the disclosure, are pointed out with particularity in the claims annexed to and forming a part of this disclosure.

BRIEF DESCRIPTION OF SEVERAL VIEWS OF THE DRAWING(S)

[0014] The disclosure will be better understood and objects other than those set forth above will become apparent when consideration is given to the following detailed description thereof. Such description makes reference to the annexed drawings wherein:

[0015] FIG. **1** is a perspective view of a cricket training ball according to an embodiment of the disclosure.

[0016] FIG. **2** is a side view of an embodiment of the disclosure.

[0017] FIG. **3** is a cross-sectional view of an embodiment of the disclosure.

[0018] FIG. **4** is a close-up, cross-sectional view of an embodiment of the disclosure.

[0019] FIG. **5** is a perspective view of an embodiment of the disclosure in use.

[0020] FIG. **6** is a perspective view of an embodiment of the disclosure in use.

DETAILED DESCRIPTION OF THE INVENTION

[0021] With reference now to the drawings, and in particular to FIGS. **1** through **6** thereof, a new cricket training ball embodying the principles and concepts of an embodiment of the disclosure and generally designated by the reference numeral **10** will be described.

[0022] As best illustrated in FIGS. **1** through **6**, the cricket training ball **10** generally comprises A cricket training ball **10** for spin bowling training includes an outer layer **12**, an interior body **14**, and at least two grip rings **16**. The interior body **14** is positioned within the outer layer **12**. The at least two grip rings **16** are positioned parallel and adjacent to one another and to encircle the outer layer **12**. The at least two grip rings **16** are designed to mimic the location and feel of circumferential stitching of a standard cricket ball. The outer layer **12**, the interior body **14**, and the at least two grip rings **16** together having a combined weight of approximately 2.0 to 2.5 times the maximum weight of a standard cricket ball according to British Standard 5993:1994 in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.

[0023] In accordance with at least one possible embodiment, the cricket training ball **10** has a diameter approximately 10% to 40% greater than the maximum diameter of a standard cricket ball according to British Standard 5993:1994 in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.

[0024] In accordance with at least one possible embodiment, the interior body **14** includes silicone.

[0025] In accordance with at least one possible embodiment, the outer layer **12** includes rubber.

[0026] In accordance with at least one possible embodiment, the at least two grip rings **16** comprise rubber ridges that project above the surface of the outer layer **12** by about one to two millimeters.

[0027] In accordance with at least one possible embodiment, the at least two grip rings **16** comprise three grip rings **16**.

[0028] In accordance with at least one possible embodiment, the cricket training ball **10** has a diameter in the range of 80 to 100 millimeters, or possibly in the range of 70 to 90 millimeters, or possibly in the range of 90 to 110 millimeters, or possibly in the range of 70 to 110 millimeters, including any whole number values or ranges of whole number values therein.

[0029] In accordance with at least one possible embodiment, the cricket training ball **10** has a weight in the range of 380 to 420 grams, or possibly in the range of 360 to 400 grams, or possibly in the range of 400 to 440 grams, or possibly in the range of 360 to 440 grams, including any whole number values or ranges of whole number values therein.

[0030] In use, a user **20** throws or bowls the cricket training ball **10** in a normal manner. The increased weight strengthens the muscles of the user **20** such that, when the user uses a standard cricket ball of lesser weight, the user **20** has much easier control over the standard cricket ball. The increased diameter also serves to strengthen the muscles of the user **20**. Similarly, when the user **20** uses a smaller standard cricket ball, the user **20** has the feeling that the standard cricket ball is lighter and easier to handle and control, especially for spin bowling.

[0031] With respect to the above description then, it is to be realized that the optimum dimensional relationships for the parts of an embodiment enabled by the disclosure, to include variations in size, materials, shape, form, function and manner of operation, assembly and use, are deemed readily apparent and obvious to one skilled in the art, and all equivalent relationships to those illustrated in the drawings and described in the specification are intended to be encompassed by an embodiment of the disclosure.

[0032] Therefore, the foregoing is considered as illustrative only of the principles of the disclosure. Further, since numerous modifications and changes will readily occur to those skilled in the art, it is not desired to limit the disclosure to the exact construction and operation shown and described, and accordingly, all suitable modifications and equivalents may be resorted to, falling within the scope of the disclosure. In this patent document, the word "comprising" is used in its non-limiting sense to mean that items following the word are included, but items not specifically mentioned are not excluded. A reference to an element by the indefinite article "a" does not exclude the possibility that more than one of the element is present, unless the context clearly requires that there be only one of the elements.

I claim:

1. A cricket training ball for spin bowling training comprising:

an outer layer;

an interior body being disposed within said outer layer;

at least two grip rings being disposed parallel and adjacent to one another and to encircle said outer layer;

said at least two grip rings being configured to mimic the location and feel of circumferential stitching of a standard cricket ball; and

said outer layer, said interior body, and said at least two grip rings together having a combined weight of approximately 2.0 to 2.5 times the maximum weight of a standard cricket ball according to British Standard 5993:1994 in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.

2. The cricket training ball of claim **1**, wherein the cricket training ball has a diameter approximately 10% to 40% greater than the maximum diameter of a standard cricket ball according to British Standard 5993:1994 in order to strengthen arm and hand muscles used in spin bowling and to improve spin bowling technique.

3. The cricket training ball of claim **2**, wherein interior body comprises silicone.

4. The cricket training ball of claim **3**, wherein said outer layer comprises rubber.

5. The cricket training ball of claim **4**, wherein said at least two grip rings comprise rubber ridges that project above the surface of said outer layer by about one to two millimeters.

6. The cricket training ball of claim **5**, wherein said at least two grip rings comprise three grip rings.

7. The cricket training ball of claim **6**, wherein the cricket training ball has a diameter in the range of 80 to 100 millimeters.

8. The cricket training ball of claim **7**, wherein the cricket training ball has a weight in the range of 380 to 420 grams.

9. The cricket training ball of claim **1**, wherein interior body comprises silicone.

10. The cricket training ball of claim **1**, wherein said outer layer comprises rubber.

11. The cricket training ball of claim **1**, wherein said at least two grip rings comprise rubber ridges that project above the surface of said outer layer by about one to two millimeters.

12. The cricket training ball of claim **1**, wherein said at least two grip rings comprise three grip rings.

13. The cricket training ball of claim **1**, wherein the cricket training ball has a diameter in the range of 80 to 100 millimeters.

14. The cricket training ball of claim **1**, wherein the cricket training ball has a weight in the range of 380 to 420 grams.

15. A training method for cricket spin bowling using the cricket training ball of claim **1**, said method comprising the steps of:

throwing or bowling the cricket training ball repeatedly;

strengthening muscles relating to cricket spin bowling; and

throwing or bowling a standard, lighter, cricket ball with increased control and improved spin bowling technique.

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