

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

## Course Outline for KIN CR1

### CRICKET 1

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN CR1 — CRICKET 1 — 1.00 units

An introduction to the sport of Cricket. This course will introduce the student to the fundamentals of cricket including; batting, bowling and fielding.

1.00 Units Lab

#### Grading Methods:

Letter or P/NP

#### Discipline:

- Physical Education

#### Family: Kinesiology Cricket

|                     | <b>MIN</b> |
|---------------------|------------|
| <b>Lab Hours:</b>   | 54.00      |
| <b>Total Hours:</b> | 54.00      |

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- Evaluate the five basic components to bowling, namely the run-up, bound, coil, release and follow through
- Illustrate the fundamental batting skills of grip, stance, back-lift and step.
- Assess the batsman's shot selection based on the line, length and speed of delivery.

#### V. CONTENT:

- Examine the five basic components to bowling
  - The run-up
  - Bound
  - Coil
  - Release
  - Follow through
- Fundamentals of batting
  - Grip (e.g. How to create "V" by pointing your thumb and forefinger down between outside edge and centre of back of bat).
  - Stance (e.g. positioning of feet and application of body weight).
  - Back-lift & step (e.g. front shoulder roll down as the bat is lifted).
- Batsman's shot selection, which depends on the bowlers:
  - Line
  - Length
  - Speed of delivery

#### VI. METHODS OF INSTRUCTION:

- Demonstration** - Instructor will demonstrate correct technical components relating to batting and bowling fundamentals, for example, run-up, bound, coil, release and follow through.
- Individualized Instruction** - Instructor will assess and enhance fundamentals of batting and bowling technique, for example, grip, stance, back lift and step.
- Observation and Demonstration** - Students will observe then demonstrate ideal shot selection based on the line, length and speed of delivery.
- Student Presentations** - Students will provide a presentation designed to illustrate optimal conditioning exercises for cricket as well as warm-up and cool-down activities.
- Research** - Students will conduct a research project to examine how sport science research can be applied to the sport of cricket.

#### VII. TYPICAL ASSIGNMENTS:

- Design an 8-week training program to enhance an athlete's strength and flexibility and illustrate how it prepares the athlete for cricket competition.
- Students will undertake a Cricket performance analysis. They will advise their peers on what they are doing well, and what they need to improve, (based on data sheet highlighting key areas of batting, bowling and fielding).

- C. Students will be asked to design activities and drills that will improve their technical and tactical understanding of batting, bowling and fielding.
- D. Identify the psychological skills required to achieve optimal performance in cricket, and detail how the athlete can utilize these skills applying evidence from sport psychology literature.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Research Projects
- 2. Class Participation
- 3. Class Performance
- 4. Final Class Performance

##### B. **Frequency**

- 1. Research projects: Once per semester
- 2. Class performance: Weekly
- 3. Class participation: At every class
- 4. Individualized Instruction - At every class
- 5. Demonstration - At every class
- 6. Student Presentations - Once per semester
- 7. Research - Once per semester
- 8. Observation and Demonstration - At every class

#### IX. TYPICAL TEXTS:

- 1. Davis, K., & Buszard, N. (2016). *Cricket: 99.94 Tips to improve your game* (2nd ed.). Champaign, Illinois: Human Kinetics.
- 2. Davis, M., & Collins, S. (2016). *Batting (Wisden Coaching)* (2nd ed.). London, United Kingdom: Wisden.
- 3. Davis, M., & Collins, S. (2016). *Bowling (Wisden)* (3rd ed.). London, United Kingdom: Wisden.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS: