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Course Outline for KIN CR2

CRICKET 2

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN CR2 — CRICKET 2 — 1.00 units

Cricket 2 will provide students with instruction in the art of batting, bowling and fielding at an intermediate level of play.

1.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Cricket

	<u>MIN</u>
Lab Hours:	54.00
Total Hours:	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:

- Analyze the various grips for effective swing and seam bowling
- Compare and contrast front foot batting shots with back foot batting shots
- Demonstrate cricket fielding techniques, for example; Overarm throw, close catching, long barrier, and one handed pick-up and throw.

V. CONTENT:

- Grips for seam bowling
 - Basic grip: seam positioned vertical, the ball is held in the fingers, resting on the third finger and thumb, with the middle and index fingers either side of the seam.
 - Inswinger: Grip the ball with the first two fingers close together on the seam, with the seam in a vertical position. The thumb should be on the seam underneath. Angle the seam towards leg slip, but keeping it vertical. The shiny side of the ball should be furthest from the batsman.
 - Outswinger: Grip the ball with the first two fingers close together on the seam, with the seam in a vertical position. The thumb should be on the seam underneath. Point the seam of the ball towards the slips with the shiny side of the ball to the right of the seam.
- Front foot batting shots & back foot batting shots
 - When and how to play: Forward defense, straight drive, leg glance, sweep shot.
 - When and how to play: Backward defense, drive, square cut, leg glance, pull, and hook shot.
- Cricket fielding techniques, for example; Overarm throw, close catching, long barrier, and one handed pick-up and throw.

VI. METHODS OF INSTRUCTION:

- Observation and Demonstration** - Students will observe then demonstrate ideal shot selection (front or back foot shot) depending on the line, length and speed of delivery.
- Student Presentations** - Students will provide a presentation designed to illustrate why the grip for swing and seam bowling influences the delivery (i.e. in-swinger or out-swinger).
- Demonstration** - Instructor will demonstrate technical components of front foot & back foot batting shots. For example; When and how to play: Forward defense, straight drive, leg glance, sweep shot. When and how to play: Backward defense, drive, square cut, leg glance, pull, and hook shot.
- Research** - Students will conduct a research project to examine how sport science research can be applied to the sport of cricket.
- Individualized Instruction** - Instructor will assess and provide guidance for individuals on: A) The various grips for effective swing and seam bowling, B) Front and back foot batting shots, and C) Cricket fielding techniques, for example; Overarm throw, close catching, long barrier, and one handed pick-up and throw.

VII. TYPICAL ASSIGNMENTS:

- Design a presentation which illustrates the technical movements of the following batting shots:
 - Forward defense, straight drive, leg glance, sweep shot.
 - Backward defense, drive, square cut, leg glance, pull, and hook shot.

- B. Based on a performance criteria information, students will advise their peers on what they are doing well, and what they need to improve, with regards to their swing and seam bowling action and grip.
- C. Students will design activities and drills to enhance their fielding techniques, for example; Overarm throw, close catching, long barrier, and one handed pick-up and throw.
- D. Identify the physiological demands of cricket, detailing which energy systems are utilized in the following activities: fast bowling, wicket-keeping, and fielding on the boundary.

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. Observation and Demonstration - At every class
- 6. Research - Once per semester
- 7. Student Presentations - Once per semester
- 8. Demonstration - At every class

IX. TYPICAL TEXTS:

- 1. Davis, Ken, and Neil Buszard. *99.94 Tips to improve your game*. 2nd ed., Human Kinetics, 2016.
- 2. Davis, Mark, and Sam Collins. *Batting (Wisden Coaching)*. 2nd ed., Wisden, 2016.
- 3. Davis, Mark, and Sam Collins. *Bowling (Wisden Coaching)*. 3rd ed., Wisden, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS: