

NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Level-0 Certificate Course in Cricket Coaching

Subject Co-ordinator - Prof. Abhijit Thander

Co-ordinating Institute - Visva Bharati University, Santiniketan

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

- Lecture 1 - How to Grip a Bat (Set-up)
- Lecture 2 - How to take Stance in Batting
- Lecture 3 - Back-Lift in Batting
- Lecture 4 - Front Foot Drive in Batting
- Lecture 5 - Role of The Coach - Part 1
- Lecture 6 - Role of the Coach - Part 2
- Lecture 7 - Front Foot Defence
- Lecture 8 - Leg Glance
- Lecture 9 - Skill Acquisition
- Lecture 10 - Basic Laws of Cricket
- Lecture 11 - Key Points
- Lecture 12 - Back Foot Defense
- Lecture 13 - Back Foot Drive
- Lecture 14 - Warming up and Cooling down
- Lecture 15 - Back foot Leg Glance
- Lecture 16 - Pitch Dimension
- Lecture 17 - Key Points
- Lecture 18 - Step Out
- Lecture 19 - Sweep Shot
- Lecture 20 - Traditions and Etiquettes of Cricket
- Lecture 21 - Traditions and Etiquettes of Cricket (Continued...)
- Lecture 22 - Key Points
- Lecture 23 - Square Cut
- Lecture 24 - Pull Shot
- Lecture 25 - Hook Shot
- Lecture 26 - Running Between the Wickets
- Lecture 27 - Goal Setting
- Lecture 28 - Key Points
- Lecture 29 - Goal Setting English

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- Lecture 30 - How to Coach
- Lecture 31 - Grip of Basic Bowling Action
- Lecture 32 - Key Points Pace Bowling
- Lecture 33 - Run Up
- Lecture 34 - Sports Parents
- Lecture 35 - Off Spin Basics
- Lecture 36 - Off Spin Stock and Variations
- Lecture 37 - Inswing
- Lecture 38 - Out Swing
- Lecture 39 - Off Cutter and Leg Cutter
- Lecture 40 - Key Points
- Lecture 41 - Leg Spin
- Lecture 42 - Base Up and Two Hand Pick Up
- Lecture 43 - Long Barrier and Retrib
- Lecture 44 - Key Points Wrist Spin, Stock and Variations
- Lecture 45 - Key points ground fielding base up and attacking
- Lecture 46 - Key points ground fielding defensive and retrieve
- Lecture 47 - Underarm Overarm and Crowhop Throw
- Lecture 48 - Importance of Fitness
- Lecture 49 - Fitness
- Lecture 50 - Key Points Throwing
- Lecture 51 - Weight Training for Cricketers
- Lecture 52 - Catching Techniques
- Lecture 53 - Catching Parallel and High Catch
- Lecture 54 - Key Points Catching
- Lecture 55 - Key Points Catching Parallel and High Catch
- Lecture 56 - Pitch Preparation
- Lecture 57 - Wicket Keeping Standing UP
- Lecture 58 - Wicket Keeping Standing Back
- Lecture 59 - Key points of wicket keeping skill
- Lecture 60 - How to coach
- Lecture 61 - Efficient Conduct of a Practice Session
- Lecture 62 - How to Shoot Videos
- Lecture 63 - Methods and Approach of Batting
- Lecture 64 - Tactics in Cricket
- Lecture 65 - Chucking in cricket
- Lecture 66 - Myth and true in Cricket
- Lecture 67 - Diet Chart
- Lecture 68 - Beat the Heat

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- Lecture 69 - Motivation
- Lecture 70 - How to conduct Fielding Drill
- Lecture 71 - Warmup and Cooling Down Exercises
- Lecture 72 - Revisions of Batting Setup and Front Foot Shots
- Lecture 73 - Revisions of Cut, Pull and Hook Shots
- Lecture 74 - Revisions of Bowling Skill