

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 26: Running Between the Wickets

Now we are going for a drill of running between the wickets. While running between the wickets, we will show you how to run and how to take the ball. In the coaching session, we have to do it like this. Here we have a mat, but in the coaching session, we have to give a longer distance and practice running between the wickets for all the batters. So, first, we will go with the players, how we can do running between the wickets. So, first, we will concentrate on the single run. So, how will we take the single run. So, after Okay. Very good. So, we have seen, after playing the shot, he says yes and takes a single run. Now, we will see another single run. Here. Here, a mistake is made by the batter. After playing the shot, she carries the bat in her right hand. So, she is going for a run right now. Now, her face and her body turn here. This side. The leg side of the batter. So, on which side was she playing the shot. She was playing the shot on the off-side. So, the off-side is completely blocked. So, in which hand should she have held the bat. Top hand. Now, you can See, this will be the situation. In a coaching session, the batter does this most of the time. But we have to check it in this net session where we have to practice running between the wickets. Okay, go. Now we will go for two runs. How we have to play two runs. Okay. Yes. Now see. Where they should call for two. So, this batter has phase two after reaching this place. Okay, but maybe she is not ready. So, whenever the batters run together, they come to the middle of the pitch. Then they will decide to run two or not. Okay. So, come here. Now I am approaching there, and she is approaching there. Okay. Now we are playing with the bat. Two, okay. Now they will run for twos, okay. So, in the middle of the pitch, they have to say two, but if the fielder stops the ball at that time, we have to say Wait, wait, wait. Or no, no, no. Okay. So, here, 'no' can be said, or 'wait' can be said. That I won't take the run, Okay. So, in this way, we have to do it. In the coaching session, we have to learn to run between the wickets so that we can run beautifully. And we can do running between the wickets with the right technique. Minimum fault. Now, as a coach, how will we practice them. There will be no corrections here. We have understood how to do it. Now, I will say one or two. And they have to go for that. I will tell you. As a coach, the coach will tell which side he will play. You play the ball on the left side. After you play the ball on the left side, the coach will rectify if the bat is in the right hand or not, and if the body weight is in the right position during the turning time. You have to tell him this. Okay. So, go. Left side of the shot, Run, yes, very good. So, as you can see here, after playing the shot on the left side, both were holding the bat with their right hands. They were holding the bat properly. Now, both are able to see the shot. Okay. I will tell you. Ready. Here we saw that the shot was right, and they did the

running between the wickets. As you are doing the simulation of running between the wickets, here we can't see the maximum effort. But here we have to make the maximum effort by bat drag and bat drag to run it. We have to do the bat drag low. Low and then do the bat drag. Okay, yes, it will be good. Okay. Now, again. See. Here, they are running between the wickets properly. After playing the shot on the left side, both were holding the bat with their right hand. Low and then they dragged the bat. So, we will do a drill. I will show you in this session. That is, if you find that your batter is unable to drag the bat or during the turn, they are unable to lower their body height. If it is difficult to lower the body height, then we can go for this drill. The back can't reach the maximum, can't drag. And I can't activate the maximum distance. Sometimes the players show that they are coming closer to the popping crease, and they are making runs and still, they can't. How can we do this, With the help of the chair drill, we can solve this problem. That's what's happening. You can see a batting tee, and just above the batting tee, I have to place the ball. Then I have to insist the players run so that their body weight and height will be as low as possible, and they will drag the bat. So, the problem of dragging the bat will be solved. So, I am demonstrating how to do this. If the bat can't be dragged from a distance. And if you can't make the body height low, then use this chair as a drill. So, you can see that I have kept my bat outside the popping crease. And I have put the ball inside the popping crease. Now, this is the responsibility of the batter. Make a run, drag the bat, and touch the cone. The ball will fall, then drag it around. Okay, to develop the running between the wickets, you can do this. Thank you. So, we have seen running between the wickets. How will we do run between the wickets in different parts and with it. So, thank you, everyone.