

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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## **Lecture 47: Underarm Overarm and Crow hop Throw**

So welcome to this session again. That is the fielding session. Earlier, we saw defensive fielding—how to do it—and one part of attacking fielding: two-hand interception or two-hand pick-up. One more part of attacking fielding is called the one-hand pick-up or underarm throwing technique. This is an attacking fielding move done just on and around the pitch, cricket pitches right next to it. When the batsman takes a shot, plays it, and goes for a run, and is right next to the pitch, a fielder comes running, picks up the ball, throws it to the stumps, and runs him out. So, we have seen—several times—we have seen Jonty Rhodes. Mohammad Kaif, Virat Kohli, Yuvraj Singh. So, prominent fielders, we have seen this technique for a long time. Now, we will discuss this technique. The underarm throwing technique is a good-looking throwing technique. It is an attacking throwing technique. It is used to run out the batsman on and around the cricket pitch. To do this fielding, the body stays very low, comes to the ball, and throws. So, before we learn more about this, we will see how this technique is done. So now, we will see how this underarm throwing technique is done with a stationary ball. Now we have seen the front view of the ball, and now we will see the side view of the ball. So, we have seen from the side view, and now we will see from the front view of the ball. Now we will see how to do it part by part. So, with the short step, we have to run towards the ball. If I am a right-handed thrower, my right leg just by the side of the ball will go. I have to pick up the ball with the help of my right hand. While picking it up, my palm will be towards the ball and my finger direction will be towards the ground. Okay, now from this position I have to keep my body height low. Low okay, then pick up the ball and come to this position okay see this position is very vital pick up the ball from this position back foot will come forward towards the target look at the position body low I'm looking towards the target, and I'm trying I'm in a position to throw the ball now whenever I'm throwing the ball my wrist will be cocked like this okay cocked like this elbow Will be straight okay and throw the ball towards the target. Now, where should be the ball thrown where the ball is to be thrown that is the base of the target, so the fielder should target the base of this stump to throw the ball. Here the action will be. After picking up the ball. To maintain this position, look at the target wrist cock throw. So, whenever I am throwing the ball, my elbow becomes straight. Throw the ball and follow-

through will be towards the target. That is the main key point of underarm throwing technique. So how will we do this underarm throwing technique step by step. How will we develop it step by step. We will discuss that and show some drills. Players will do that and how we will correct them. We will discuss that. Underarm throwing technique or what we call one arm pick up and throw. What we discussed was how we talked about the key points and the importance of the underarm throw. Now, in the coaching session, we will practice step by step in a progressive way and develop this technique with the help of certain drills. We will practice and do that. First, I will show you how to do this drill. Then the players will perform, and we will develop them progressively. So first, I will show you. So, from the mark where I am standing with the ball, I have to take one step back. Then, if I am a right-handed thrower, okay. As a right-handed thrower, my right leg will go just close to the ball. Mind it. Just close to the ball. The ball will go to the side, and I have to pick it up like that. Okay. I have to hold it like that. Look at this. Okay. So, let's go. Let's go. Okay. So come forward. Take one step away from the marker. Now you have taken one step away. Now I will come on. Go. Very good. Look at the ball. Yes. Go back. Very good. Go. Very good. Okay. Very good. Go. Very good. Go back. Go. Very good. Okay. So, here we show how to keep the leg in one step. And the player performed the same. At the same time, you can make some corrections. That is, if the foot doesn't go near the ball, you have to make more corrections. For the right-handed throw, the right leg will go near the ball. But instead of that, any player who is near the ball with the left leg must correct that. Okay. Now, the second step—I will show you. Second step. One and two. Okay. See. One. Okay. And two. Look at my wrist. Okay. Here, the wrist will cock. Like this. So, when I say two, the wrist must be cocked. The front leg and back leg will move to the front foot. Only the position will change. One position. Second position. The back foot will move to the front foot. Pick up the ball and cock the wrist. See. My body will be toward the target. See. Okay. I'll show you. One. Two. Okay. Come back. Ready. One. And two. Wrist cock. Look at the target. Look at the target. Very good. Go back. Go back. Go back. Go back. Go back. Go back. Ready. Go. Very good. Wrist cock. Wrist cock. Wrist cock. Wrist cock. Here, wrist cock. Yes. One second. Do it. Ready. Go. One. Very good. Your leg doesn't touch the ball. Here. Okay. Go back. Ready. Go. Very good. Okay. Wonderful. The whole body is low. There is movement toward the target. Position. Now, this will be the position. If the back leg is straight, I have to make some corrections there. These corrections are necessary for us. Here, we have to keep in mind that if my player's left leg is not straight, then I have to extend it. Make it a little bigger. Yes. Yes. We have to get maximum reach. Here. Because this is the place where they have to throw the ball. That's right. Okay. Here. Once again. Ready. Go. Very good. So, this will be the position. Now, number three. Here. Once again. Now for the next drill, we will see how we will go to the next drill. Now we will do the number three drill. In this drill, we will throw the ball towards the net. We should tell the players. Investment has to be done so that their front foot. The target should be the base of the stump. That's why we should have little bit cones

over here for the target. So, we will show you the technique from the sideview. We have taken a batting tee. For the target, because this is as low as possible, we have to select the target because of the stump's base. We have to target, so we have taken a batting for the target because our target has to be as low as possible for the height, so the height should be. You know what the base of the stump. This is the stump and this is the base. See this is the base of the stump, so the target should be up to this, so this marker T is very effective for the target. Okay. That's why I have selected this batting T to hit the ball onto this cone as a target. So first I will perform it. What to do. How to do it. Okay. So, what did we do earlier. 1, 2, now 3. Okay. So, we have to follow through on 3 with the ball in front. Okay, so once again. One, two, and three. And you have to run toward the target. Okay. Okay, come to this position. Okay. Okay. Okay. So, come to the position. One. Pick up the ball. Two. And three. Throw the ball and go. Run toward the target. Okay. You have to run toward the target. Once again. Go. Okay. So, one. Two. Pick up the ball and throw. Nothing good. Place the ball. Now, this is with the stationary ball in two steps. Now, they have to go back, jog, and throw the ball. So, go back, forward, pick up the ball, and throw. Ready. Start. Run. Very good. Come on. As a coach, we have to use these types of words during the coaching session. Very good. Well done. Why. Because it encourages the fielders. There will be a fielding session. Are you ready. One. Pick up the ball and throw. Very good. Wonderful. The target. Each and every time. What is the fault. Because, you know, your whole body should be toward the target. Then only it will be. So, whenever you throw the ball, it should be in line with your body. Then it will go directly toward the target. If you throw like this, it will go, you know, just right or left of the target. So, try to aim toward the target. Okay. Your follow-through, you're hitting, and your running should be toward the target. Okay. Ready. Run. Pick up and throw. Very good. Now we have touched on... So, see how the players are, you know, encouraging themselves by doing this drill. It's a very interesting drill. They're running and doing this drill with the help of the stationary ball. Now it's time for the moving ball. How they should approach the moving ball drill. Okay. So, I'll show you. Now see, I'll show you how to do this skill with a moving ball. Understood. Roll the ball this way. You have to play the ball towards the target once again. We have to go for this drill with the moving ball, and we have to hit the target. Okay. So, our performers will perform this drill, and we will check it out and correct the techniques whenever necessary. Now, how to hit the ball when you are teaching the underarm throwing technique. So, the way you have to feed the ball is to teach them the underarm throwing technique. Go. Very good. Go back. Very good. Go back. Ready. Run, run, run. Very good. Go. Go back. Come, come forward. Very good. So, as you know, good players expect the ball to come to them. And an excellent player always wants the ball to come to them. Okay. So, from here, I can understand what is important about technique. If you don't use this technique, when the ball comes to you, you will miss the target. Or if you want the ball to come to you, then automatically you will reach for the ball and hit the target. Once again. Ready. One. Come. Very good. See. Come. Come forward. See. Very good. So whole

body momentum towards the target. They are targeting the, you know, they are targeting to hit the, you know, hit with the ball and their body momentum, their targets, their body movements towards the target, whatever we have taught in the basic key points and in the stationary ball, they perform it with the rolling ball. Okay. So, in this way, you have to develop this technique. You have to teach; you have to coach during the training session as skill acquisition to develop the underarm throwing technique. Thank you. Okay, so we have seen various parts of the underarm throwing technique, how we did the underarm throwing technique and how we progressed it. Now, after the underarm throwing technique, a very important part of ours is called throwing technique. After Receiving the ball, we have to throw it. So, earlier in the fielding session, we saw attacking fielding and defensive fielding, where there was a two-hand pick-up and a long-barrier. So, we received the ball. After that, the ball went to the throwing position. But we did not see how to throw it. So now, we will concentrate on the throwing technique and see how to perform it. So, basically, if the ball is at a distance in the overarm throwing technique, we try to throw the ball using this technique. So, how should it be done. How will we perform the overarm throwing technique. Now, how will we execute the overarm throwing technique. Now, we will show you how to do it and explain it step by step. So, the overarm throwing technique is very important. What do we do in the overarm throwing technique. See, when we were doing the two-hand pick-up, after that, we came to this position. See, then from here, I am demonstrating how the overarm throwing technique should be performed. Okay, see the overarm throwing technique from the front view once again. This will be the overarm throwing technique from the sideview. This is called the overarm throwing technique. So, the overarm throwing technique has to be kept in mind. So, by receiving the ball at the long barrier, we can practice the overarm throwing technique. And by receiving the ball with a two-handed interception, we can practice the overarm throwing technique. Now, see the key points to keep in mind. After receiving the ball, both hands will be spread, see, like this. Okay. Now, the front elbow should be pointed toward the target. Look at this position. Right. The thumb will be down. Try this. Okay. Now, the back of the backhand—Were. Elbow over the shoulder, wrist above the shoulder. The wrist will be cocked, and the back of the palm should face the target. We have to maintain this position. Knees should be flexed, and the body should be centered between the hips. So, whenever I pick up the ball and go to spread my arms, at that time, the arm should be like this. Now, we will keep the backhand open. We haven't cocked our wrists yet. Then, I cock the wrist. Now, I will cock the wrist with the ball. Cross seam. Why is it cross seam. It will swing in the air before reaching the designated spot. The ball will move. That's why we have to take the ball in a cross seam. Okay. So once again. See, pick up the ball. See, look at my arms. And cock your wrist. Now, you have to turn your body forward. Open your chest. See, look at this position. My back foot is fully open. My body is fully open. And I am ready to throw the ball like that. See this position. And now I have to throw it. And follow-through will be maintained. This is the main copybook style of how to

throw overarm. How to use the overarm technique. Overarm throwing technique to throw the ball. So, from a Side view, part by part, I'm showing you: receive the ball, then spread the arms, wrist cocked, come to the throwing pose, open chest, back foot open. Look at this position and throw the ball. Okay, now in this way, we have to teach the players also in the coaching session. So, after that, we will discuss how we will teach the kids the overarm throwing technique, what steps they need to take, what different drills they need to use, and how we will teach them the overarm throwing technique in a progressive way. So, we have already discussed the overarm throwing technique. The day before, we learned about the overarm throwing technique. We learned the key points. It's importance, how to throw these. And then I gave a demonstration. Now, it's time to go for suitable drills to develop this technique and how you should use these drills in the coaching session. So, I will show you how to do that. We have players, and they will perform those drills. So first, I will show you the standing drill on how to throw. So, first, a cone is required—9-inch, 10-inch, or 12-inch, whatever size cone you have. You should have a cone. Now, from a marker, place a marker in front of the net. From the marker, you have to take one step behind it and place the cone over it. Now the drill is ready. I have already set this up. Now we have to take this position and okay, and throw the ball. So, what to do. Check it out. Okay, players, look at me. Without having the follow-through, I see my left foot turning back. Okay, that foot is turning back. Okay, see the ball. In this position, both knees will be flexed. Okay, look at my feet. This will be the first drill, a standing drill they have to perform. Come forward. This is the extension of two-hand interception or long barrier. So, we have learned the fielding technique, long barrier. Two-hand interception. We were picking up the ball there. We were running. Now it was time to throw the ball. So, extension. The extension of the fielding technique is this throwing drill. So, we have learned the retrieval technique. We have learned the underarm throwing technique. We have learned the two-hand interception technique. After picking up the ball, the throw that we will make is what we are learning now. Overarm throwing technique. Okay. Now take your position. Take your position. Yes. Both knees should be flexed. Okay, sit centered on your hips. Okay, take position. Arms extended. Okay, and throw. Very good. Take the ball. Take the ball. Okay, very good. Take your position and throw. Very good. Throw hard. Throw hard. Throw at a certain speed that automatically your back foot will be dragged. Automatically dragged over your back foot. If you throw very hard. Ready. Take position. And throw. Very good. So this is a certain technique. Standing technique to throw the ball. Now follow through comes. What will the follow-through be. Now we will include the follow-through with this grip. So, what should the follow-through be. Okay. The ball. Arms are spread. Okay. Now, throw the ball, and your back foot will come forward. Okay. See. Once again. Throw. Okay. Come forward. Go. Take position. And throw. And follow through. Very good. Once again. Ready. Take your position. Take your position. Tight. Tight. Tight. Tight. Tight. Tight. Throw. Very good. Okay. Take your position. Throw. Very good. Wonderful. So, we have seen how we will develop the overarm throwing technique

in our coaching session. Now, the point comes. If the overarm throwing technique is standing, if the position of my hand is not right, if the body position is not in the correct rotation, then I have to do some drills initially. What are the drills. For overarm throwing, I'll show you. You have to sit like that. Okay. You have to sit like that. Your arm should be on your knee. Take your position and throw. Okay. So, we have to do it. So, we have seen how we can get out of the hand in the first step if we cannot stand. OK, so now we have seen how we will make the players do different drills in the coaching session through which we will develop the overarm throwing technique. I can throw using the overarm throwing technique from one place, but it is not necessary. The ball will always reach my target. So, it is always seen in match situations or during field practice that if I throw using the overhand throwing technique from far away, the ball will not reach the wicket. It will drop far away and then reach the wicket. With this overhand throwing technique, I have to add something. I have to add something so that the ball reaches the end. If my target is the stump, then I have to reach the stump from the boundary line. When we play friendly matches, we build a ground of 40–45 meters. So, sometimes it is seen that the ball cannot be thrown from the boundary line to the center of the wicket by the wicketkeeper. This is because of the overhand throwing technique. Why. Because their hands do not have that kind of power or strength. In that case, if we add a technique to the overhand throwing technique, then it is seen that the ball will go a little further. The name of the technique is Crow Hop Throw. Here, I have to throw the ball from a static position. That's why the ball doesn't go far. So, I have to create momentum. So, if I throw while generating momentum, then I have to do a little hop and throw. So, in this way, the ball will go far. So, Crow Hop Throw. Why is it called Crow Hop Throw. We have seen that. We have seen how crows hop on the ground and how they do it. That is how we got the name Crow Hop Throw. So, Crow Hop Throw. How it should be. The same technique will be applied whenever we use the overarm throw. We will just Add the hopping to it. How to add this, I am showing you. See I pick up the ball. I picked up the ball. Now from this position, I have to hop. See. Then, an over-arm throwing technique will be applied. More momentum will be gained by the player, and he will throw a little bit longer distance than before. Again, I will show you. See. Okay, from the side view now, step by step, if we don't increase, we have already learned the over-arm swing technique. What we need to do is, after picking up the ball, my back foot goes in front of the front foot. See it's a cross okay, then in front of the front foot will go then I have to create this transition again this transposition and throw pick up the ball cross. See now with movement other things will be as same as over arm throwing technique, we have seen part by part how we can use our back foot and from there we will again take the stance of over arm throwing technique and throw. That's very important for longer-distance throwing. If you throw from a long distance, crow hop throw is very important. And this is the only thing you can learn in the coaching session. What will you learn. Let's go with the drills. Now we are going to show you the different types of drills to develop the crow hop throw. We have already discussed the crow

hop throw: what it is, its importance, and how to throw it. Now we will practice the same thing with the help of the players, and I will show the drills one by one. So, to practice this drill, first we will go for the stationary drill. The player will stand stationary on the ground and perform the crow hop technique. So, you can see I have prepared a station to show you how to perform the crow hop throw. So, this is our stationary drill for the crow hop technique. So first, after receiving the ball, the position will be like this, and you have to go for a crow hop throw. See. Okay. So, this will be the technique. So, this is the station I have prepared. Now, I will show you from the stationary position how to perform the crow hop throw technique. So, you have to stand like this after receiving the ball from a two-hand interception or the long barrier technique. Okay. Then, you have to perform the crow hop throw technique. So, what is the crow hop throw technique. So, from this position, your hands should be there. You have to hold the ball. Now, you have to bring your back foot forward. Okay. Then, you have to prepare the same stance over here. And throw. See. Okay. See. Okay. Okay. From the front view. Okay. Bend. Spread your wings and throw them. Come one by one. The ball is in your hand. The ball is in your hand. Okay. Okay. A little bit behind. Okay. Hands will be here. Okay. Jump. Okay. Take the stance to throw. Okay. Go back. Go back. You have to reach up to this. Now, take the stance. Okay. No, the ball will be here. Okay. Now, you have to jump. Very good. Once Again. Come. You. Very good. Yes. Very good. Yes. Very good. Now, in this way, from a stationary position, you have to develop this drill one by one. Now, how to use it. If you think that he or she is unable to move their feet using the crow hop technique, not able to jump, okay, then one specific drill is there; you can go for that. What is that drill. We'll be here and jump. So, if there is a problem with jumping, you can develop the jump like this. Okay. See, in this way, the pair has to jump from the cone. And take the position for the crow hop throw. If there is a problem, she is unable to jump, then we can place a station here and do it. Okay. Let's see the drill. My player cannot do it at this height. So, we can reduce the height also. Okay. Now. Very good. So, this is one of the drills. How to do this. So, after developing the crow hop throw, we have already learned the overarm technique. How to go for the overarm throwing technique. Now, so, after doing that, you know, the crow-hop throws, the athletes will go and throw the ball. So, in this way, if you go for this technique and develop progressively, then the crow hop technique will be applicable for the players will be able to practice well, and we will be able to prepare them for the crow hop throw. So, thank you. So, what we have seen now is how to develop the crow hop throw part by part, how they will maintain the throw, and how they will throw long distances. We have seen that, and we will discuss their various corrections. Now, it's time for another session, which is catching. Catching is very important in cricket. Catch miss, match miss. We know this. So, let's go with the catching session. Thank you.