

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

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## **Lecture 69: Motivation**

Hello everyone, let's talk about the motivation in cricket. Motivation actually is an external, or sometimes it is an internal, force that applies to the athlete for a maximum effort or sometimes for better performance. So, there are some principles in motivation in cricket, as you know. Motivation is a road map or is a path where you wish to travel. Your mission, your statement, and no external lies within. A key component, a key element, is the personal pride that plays a vital role during the motivational work that is the self-esteem, inner calling, meaning and purpose of life, ego, self-image, and self-miss. So, these are the factors that are directly related to the motivation that helps to motivate an athlete internally. And whenever we talk about goal setting, the most important aspect of motivation is to set a goal. Whenever you set a goal, you will get motivated. Now, if we talk about goal setting as a motivational factor, the goals pathway. You have to set the goals prior to any tournament, any practice, or any decision. You have to identify. You can record. You can provide something, establish something, and involve yourself. Monitor. Reward. Cost. So, the goal pathway would be like this. So, when we talk about commitment, The difference between a dream and a fantasy. The ability to stick with the program. Method of philosophy. Apply it daily over a long period. Do not give in during times of adversity. And attitude. Not aptitude. That determines attitude. Unhelpful attitudes are important with involvement and rationalization. Fear of trying and not screening, being distracted by others, overload symptoms, overtraining syndrome, and know-it-all syndrome. So, you know, these are the things that are directly related to motivation. These are the points you have to keep in mind when dealing with an athlete regarding motivational factors. When we talk about positive thinking, always think of what you want. Never think of what you don't want. So, sometimes... We call goals smarter goals. As we have already been taught during our last lecture on goal setting. S for specific, M for measurable, A for achievable, R for realistic, T for time-bound, E for evaluate, and R for reflect. What does it mean. Smarter goals. Your goal should be specific. Specific goals should be there. Whenever you set a goal. Your goal should be measurable. Whenever you set a goal, it should be measurable, everyone. That should be achievable. So, you have set a goal that should be achievable. It means you set a goal to play for India. That is not achievable. So, if you are dealing with children, your achievable goal should be that they should play in the inter-school tournament or the district tournament as per there That is achievable. Your goal should be realistic. There should be a time limit. You can evaluate the goal and reframe the goal. So, some exercises are there. Motivational exercise, what we can say. That is exercise number one. You can use it during your coaching program.

You can ask your players Whenever you are in the coaching session, what are your long-term coaching goals. 8 to 10 years from now, what is the dream for yourself. As a coach, you should exercise this one by doing what. Were. How do you want to get there. Why do you want to achieve that dream. These are some of the questions. What are your medium-term coaching goals. As a coach, five years from now, what do you see yourself doing. So, as a coach, what are your short-term cricketing goals. One year from now, what do you see yourself doing. That's a question, and you should exercise it. It will give you motivation. What are your mini-term coaching goals. What is your plan for the next one to three months. And what are your micro-term goals. It means, what is your plan for the next week. So, if you exercise this goal-setting regularly, you will stay motivated. Let's talk about synchronizing performance goals. The area: long-term goal, short-term goal. In the area, if it is technical or performance-related. So, the long-term goal should be to sustain and improve the player's strike rate. To sustain and improve the player's economy rate. And the short-term goal should be practicing taking singles by defending with soft hands. Maintain line and length consistently with the stop. So, the area: technical or performance-oriented, long-term goal, short-term goal. When we talk about tactical or developed strategies, this is the area. So, the long-term goal will be to score freely against all types of bowlers. And exploit the weaknesses of different types of batsmen. And the short-term goal will be working out strategies, making runs against the variations of bowlers and new variations in bowling. Whenever the area is physical, it means health and fitness. So, maintain, increase, or decrease body weight and improve speed and endurance. The short-term goal will be to stick to a nutritional weight-increasing or weight-loss diet. Get a yo-yo score of more than 60. If the area is mental, it means concentration and visualization, and the long-term goal will be improved focus during the match. Visualize good performance. Short-term goal: practice concentration techniques, regular visualization, and meditation. If it is, the area is behavioural. Discipline and lifestyle. Be on time or early for every session and match. Implement time management skills. Environment, if the area is environmental, personal, and social. So be cheerful and enthusiastic. Develop a network of people who support this long-term goal. And in the short-term goal, prioritize personal activities and keep the right government. These are the synchronized performance goals when we talk about the area, long-term goal, and short-term goal. Let's talk about optimism. The belief a player has in their capability to perform a task. Subjective judgment to meet the demand. This is the optimism. Outcomes from being optimistic elicit positive emotions, improve concentration, help set and pursue challenging goals, increase effort and persistence, and affect game strategies frequently. There are certain principles and triggers for opinion. Previous accomplishments, exciting experiences, verbal permission, physiological state, and interventions to increase self-efficacy. When you talk about this self-belief, self-righteousness, and personal responsibility in developing excellence. Self-righteousness is the best source of motivation. Dimensions of optimism. How we respond, not react. How we interpret situations. How we look at current and future performance. Performance always versus sometimes. Passiveness, general and specific. Area of control, internal or external. Optimist. Interpret success as permanent. I usually succeed. Generally, I am a good player. Internally, I earned it. Sometimes when I talk about the goals, motivation, and what we need to do, it means you also have to. There are certain two types of things side by side. We have to know this. Clarify your goals. Not well on the problem. Look for the solution. Decide what you want to change. Try many solutions until

you find the right one. See the problem as something you do not have. Find and use resources that can help build solutions. Focus on times when you have coped in the past. Find past experiences where you have faced similar challenges and dealt with them successfully. Clarify the main issue. Simplify the situation and break it down into smaller parts. These are the things you have to follow in coaching. Let's talk about focus in cricket. Attention to the right thing at the right time is focus. Selectively attending to certain cues, thoughts, or behaviours. Disregarding everything that is not important for the task. Certain principles define focus. Their critical cues must be identified at critical moments. Drills should be given for attending to these cues. Focus is a skill that can be learned. Must learn to concentrate on just the next moment; that is the present focus. Use routines to regain focus on the right things. Expect and anticipate surprises and distractions. So, there are different types of focuses, are there. Four types. What are they. Broad, external, broad, internal, narrow, external, narrow, internal. So, these are the focus, different types of focus. So, broad external focus is a cricketer must match the type of focus to the situation. In broad external focus, batting and fielding settings. Bowling, set up of batsman. Fielding, batsman, stance, and bat. So, you can understand where the focus will be. So if the batting is there, fielding setting, how is the fielding setting there. You have to focus it. Whenever setting the bowler, the setup of the batsman should be kept in mind when the bowler will bowl. Due to the fielding, batsman's stance, and backflip. According to the stance and the backflip, the captain or the wicketkeeper will understand where the batter will hit the ball. So, in this situation, they can set the field. Broad internal focus. Batting. Tiredness and batting. Bowling. Rhythm of hands and legs moving in the run-up. Fielding. Angle towards the basket. Narrow external focus: batting—wrist at release; bowling—top of the stump; and fielding—outer edge of the bat. So these are the things. So, during a match, a batter, a bowler, and a fielder should focus on these things. Wrist at release, top of the hand, and outer edge of the bat. So narrow internal focus remains: Batting—thoughts in the mind; bowling—grip on the ball, feeling, sense of anticipation. So, causes of poor focus. Whenever a fielder has poor focus, what should be the causes. When you are overloaded, thinking about too many things, focusing on wrong aspects of the game, distracted by thoughts and feelings, focusing at the wrong time, and past and future events. So, what should be the batting routines. Basics: Have a plan and clear goal for every session. Keep your talk short and simple. Concentrate, watch the ball, and react exactly. Prepare the same way every time. List out the ways to execute your plan. Visualize yourself achieving better. So, during matches, better keep your gear ready, get your body ready, stretch on the spot, jog, go through your plan in your mind, and watch and study the bowlers carefully. Rehearse shadow tactical technical points. Practice shifting your channels of focus. During the matches, while inside, while walking to the crease, do positive self-talk. This inning will be a good one. Forget technical biomechanics. Just reset automatically to the merit of the body. Check your body for tension and breathe deeply. Stretch regularly. Be aware of your breathing. Do your pre-delivery and post-delivery routines. So, when we talk about bowling routines, the basics. There is a clear goal plan for every session. Keep it short and simple. Rhythm, stock ball, line, and length. You can prepare the same way every time. List out ways to execute your plan. Visualize yourself achieving the plan. During matches, while bowling, study each batsman for weaknesses. Plan your field setting for every batter. Rehearse in your mind the technical points. Keep your body ready. Stretches and limbering down. Do positive self-talk. This spell will be a good one. My plan is going to work.

So, these are all about the motivation and the other factors that work during a match and during the practice sessions. As a coach, you must work on it. Thank you.