

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Week 12

Lecture 71: Warmup and Cooling Down Exercises

Hello, everyone. Let's go for a warm-up session. So today, I'll show you how to do a proper warm-up in cricket. So, this is the station. You can see the station for the warm-up. And the players are standing over there. So, I'll show you how to prepare the body before any match or tournament. So, let's start the warm-up process. Thank you. First of all, we will start the warm-up by doing some mobility exercises for the whole body. Then we will start the warm-up process. Now they will start the warm-up process by running and gradually increase the intensity. So first, they will start by slow jogging. Slow jogging first. Slow jogging. Okay, go back. Go back. They go for their normal warm-up by doing some slow jogging. It is up to you. According to the weather and according to the humidity, you can go for the normal running up to a certain level. Then you can increase the speed. You have even a 25% increase in speed for the warm-up. So, they will increase the speed up to 25%. Increase the speed up to 40 percent, so according to them, they will increase their 40 percent of speed, so gradually, what we say in theory is that gradually the body temperature will be increased, so gradually we have to increase the, you know, intensity of the warm-up. All will go together and go back. So I have given a 60% speed increase according to their level. Go back. Now 70%. I have given a 70% speed increase. What they will do. Now, see, they have increased their body temperature up to a certain level. Now, according to the weather, if you see, sweat has come out. Or, if you see that they are a little bit, you know, feeling tired, or their respiratory rate or heart rate has increased. So from that position, you can go for the other exercises. Now, first, go for the dynamic stretching. They have started the dynamic stretching. Trying to touch the hand with the leg. No, no, no, don't jog. Jogging and... jogging also, okay. Yes. Watch properly how we are going through the warm-up process and how you, as a coach, can increase the position of the warm-up. Thank you. So, watch carefully how they are performing. Go back once again. Alternate any type of movements you can go for during the warm-up session, and according to the level of the match, the duration of the match, and the warm-up process, it will be. Thank you. This leg. Thank you. Thank you. I think it's clear to you how the warm-up should be processed. Look at them. I'm going to pop it just a couple of times. We should do it like this. So, the

channel warm-up has been completed with the dynamic stretching. Now we'll go with some specifics related to cricket. The cricket specific movements they are performing during the warm-up to avoid injuries and prepare the body for the main activity. Thank you. So finally... Finally, we have completed the general warm-up with some specific movements related to cricket. Now they are ready for the main activity. Thank you. So, the general warm-up and some specific warm-up exercises have already been performed. Now, they are performing individualized warm-ups. They are the first bowlers. They have the medicine ball with them and will perform different types of exercises with it for the first bowlers. So, let's start. Watch carefully the medicine ball exercises for these individualized bowlers for the best. © transcript Emily Beynon Come on, come on. Different types of exercises for the baseball. Now they will perform; whenever they go for the delivery stride, they jump and go for the delivery stride. The maximum load is taken by the legs. So, what should the exercises be. I am showing you. And stitching. Okay. Like this. So, that is the only thing he says. One more exercise. They will go for the lunging exercise, and they will throw the ball like this. Okay. One more. The arms will be stretched, and the legs will be stretched. With the medicine ball, they will get an extra load. Now, the release moment. During the release moment, different types of loads are taken by the baseball players. So, with the help of the medicine ball, we go further. This will be the release position. And what to do. From the release position, stretch the arms and finally release. Okay. Understood. Thank you. These are some specific exercises for individual warm-up before going into the main match. In individual warm-up, they can have one single stump, and they can also pull. Okay, let's go to the batters. The batters are going for their personal warm-up. Let's go. With the TheraBand, the batter will perform some exercises. That's, for example. Make your own arrangements, own drills, or own stretching exercises during the warm-up. I'll show you some exercises for your ready reference. First, we will perform some stretching exercises for the picket batting technique, and by seeing the technique, you can understand what exercises are for what technique. She is performing whenever a batter goes for a different defence. So, she is exercising her muscles with the help of the mat. Now she is performing well execution of the yellow exercise. performing some batting technique-related exercises. This is my favourite section, the poolside. Now... if your muscles work, you can go for some other exercises. So, for example, she has performed some exercises. Now, one more exercise. So, see, she has to roll the bat like this and look for this moment. Or this moment. Okay, for this moment. One exercise for one hand, and you have to repeat it on the other hand also. This is all about some exercises related to batting, some stretches. Let's go for the other exercises related to Pairs Bowling and the Squinters. Thank you. As in bowling, this position is very important: the upright position of the bowler, and she's trying to release the ball. If the players have partners, they can go for partners' work also. Thank you. Arm stretch with the rubber band. another exercise she's performing. Thank you. Thank you. Thank you. Thank you. Thank you. Thank you. You can also use the same method to create a new layer. You can use the same

method to create a new layer. Thank you. Thank you. Thank you. Thank you. Thank you. So, thank you. So we have completed it. We have shown you an example of the specific warm-ups, and you can use the rubber band, and you can use the medicine ball. This is just an example, and you can create your own. You can use different types of sources from which you can collect the exercises, and you can input them into your warm-up studio as specific warm-ups and for the individual warm-ups. Now we will go for the cooling-down process. Now, in the cooling-down process, what we know is that all the players can go for a slow jog and come back. This is a traditional cooling-down process. Then they will go for some sessions. For the latest format of cricket, in cooling down, players play a very, very, very low-intensity game. Then they will go for these static stretching exercises. So, we will show you this one. Thank you. Music, music. So, what we are seeing right now is the players enjoying the low-intensity game for the cooling-down process, and then suddenly they have to call off the session. So, you know, having a monotonous cricket coaching session, now they are enjoying a lot during the cooling-down session with this game. Thank you. Come back. Now they have enjoyed it, and as a coach, I think that these low-intensity exercises, this low-intensity game, have been applied, and now they will go for the cooling-down exercises, which are static stretching exercises. Music, music. Thank you. Do, do. Thank you. © Transcript: Emily Beynon Thank you. Thank you. Music Thank you. Thank you. Thank you. Thank you. Thank you. So, we have seen the cooling-down process also, how they performed a low-intensity game. After that, they go for static stretching exercises and some passive exercises also to cool their bodies as part of the cooling-down. So, that's all about the warm-up process and the cooling-down process. Thank you.