

# CRICKET SKILLS

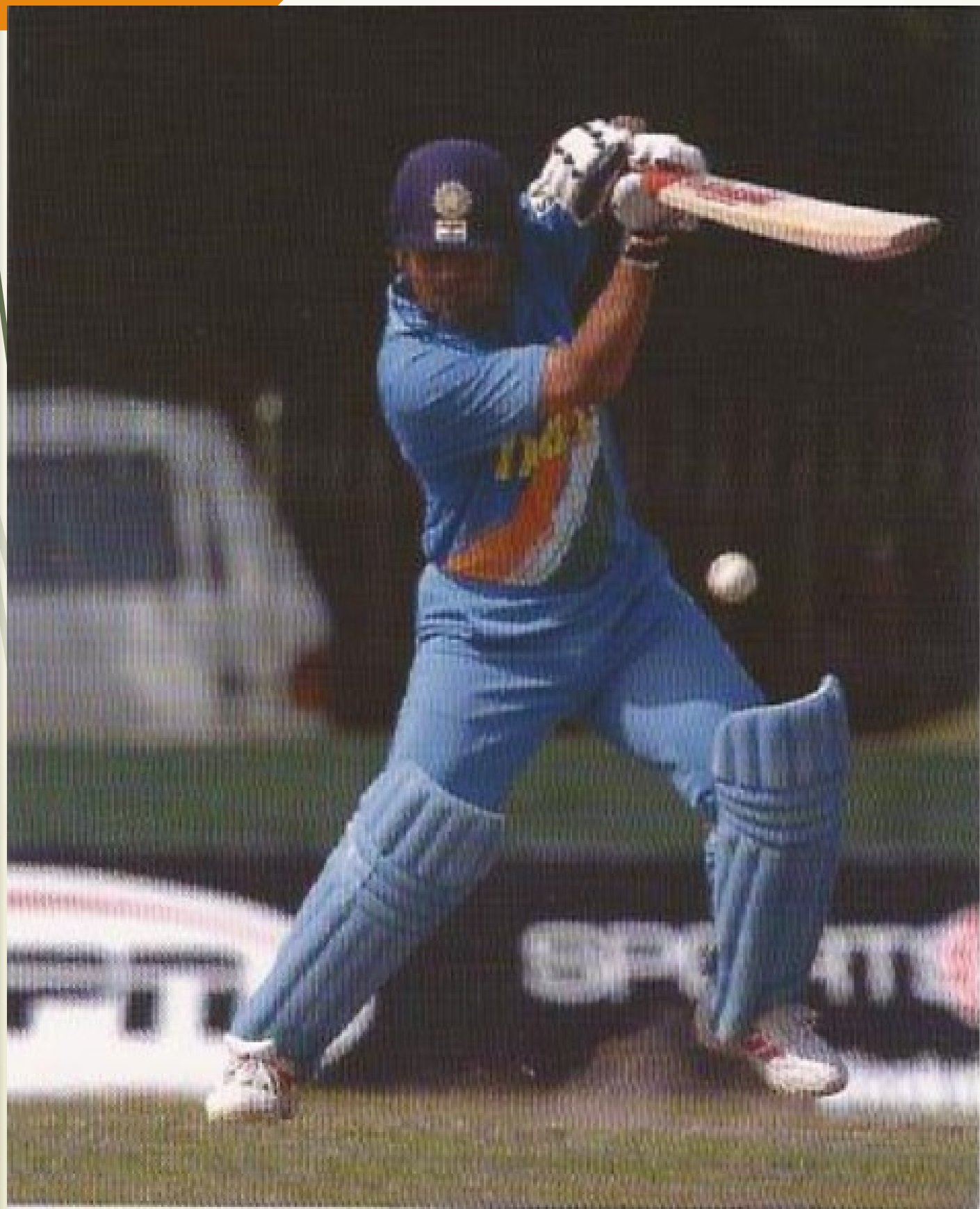
BATTING

BOWLING

FIELDING & THROWING

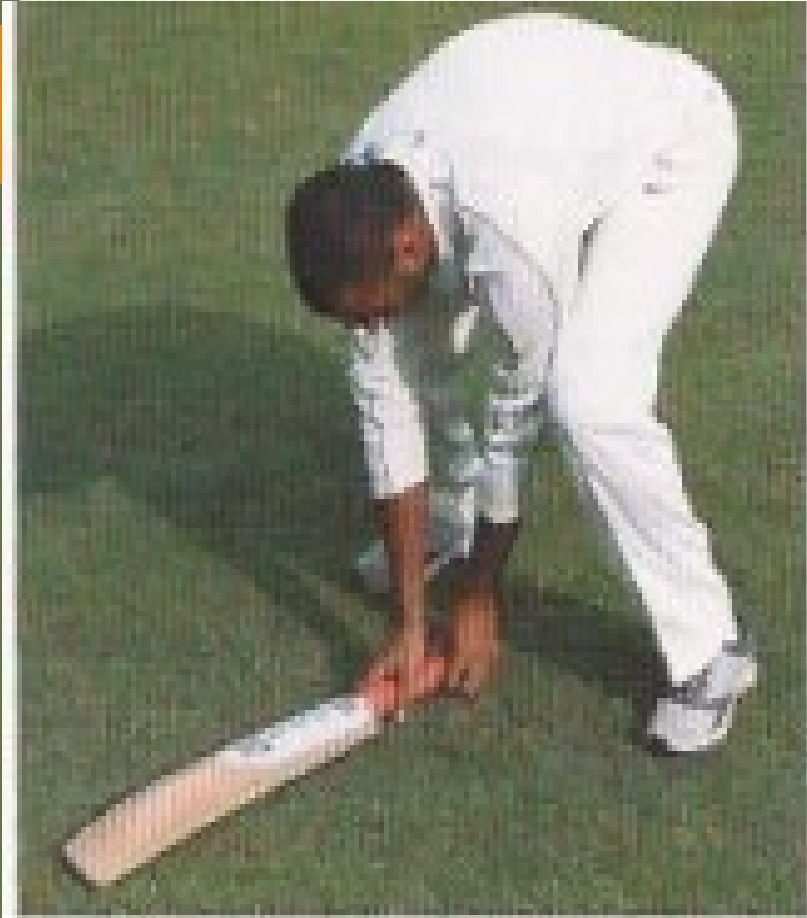
WICKET KEEPING

# INTRODUCTION

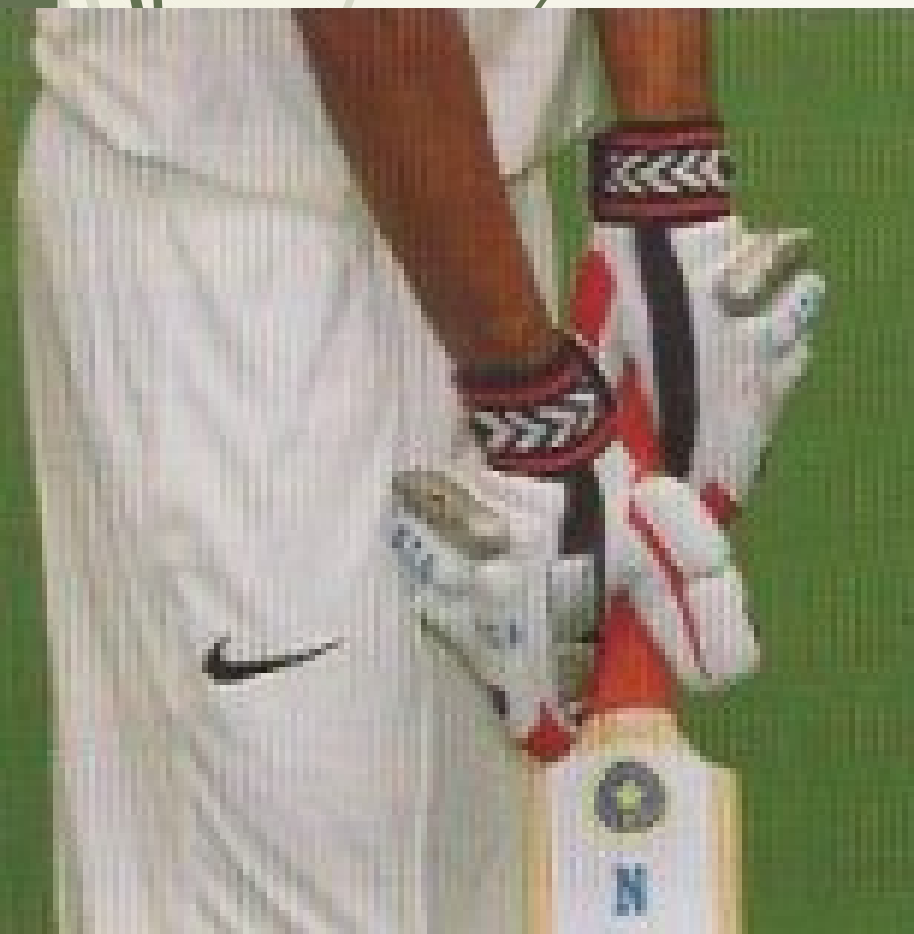


The whole idea of cricket is to score more runs than the opposition. But, you can't do that if you are back in the pavilion. It is important that a batsman's game is built around a solid defence and technical proficiency. No player has all the shots, but he should be able to handle deliveries that test his weaker areas safely. And, a good technique will give him a greater chance of survival on difficult or deteriorating pitches. A batsman must also develop the ability to identify and remember the gaps in the field so that he can work the ball for a single. This rotates the strike, particularly for a more talented or in-form partner, and keeps the scoreboard ticking. Good batting does not require immense power. Indeed, most of history's greatest batsmen have been small of stature. Balls are hit most effectively with exquisite timing based around good footwork. The following pages address conventional shot-making, but a player is encouraged to improvise as this can upset bowlers' lines, and prove most effective in the shorter forms of the game. However, even in T20, you have to keep the good balls out, and a sound technique provides the right foundation for success. The aim is to hit the ball with the meat (sweet spots) located in the area 10 cm below the splice

# GRIP



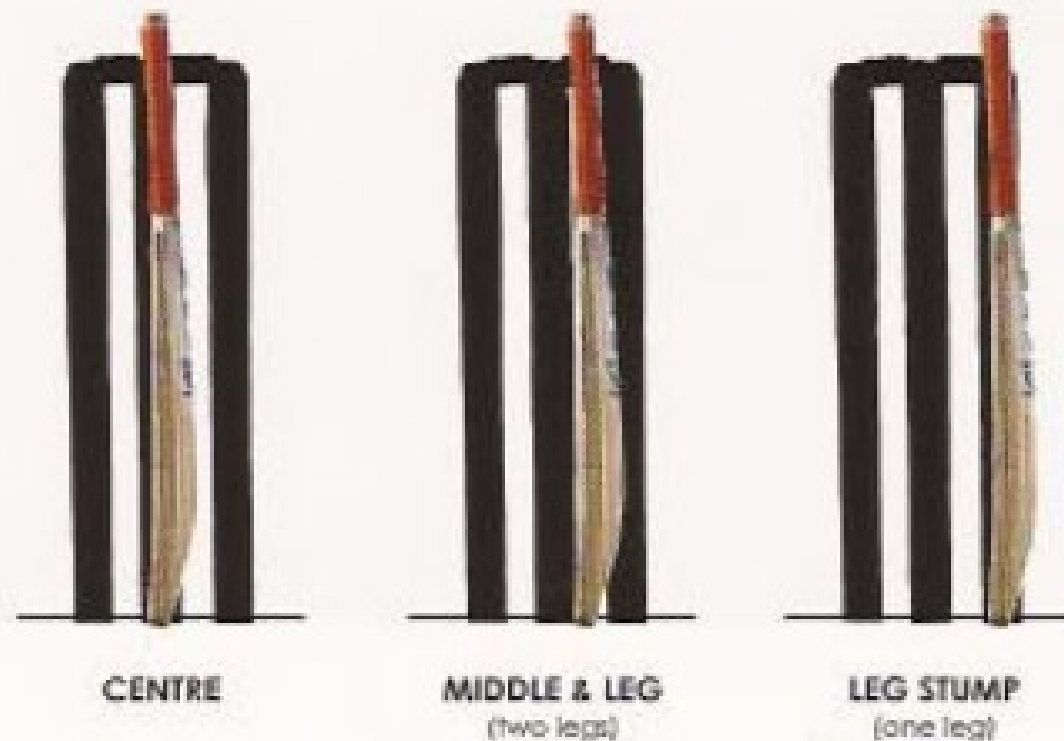
A proper grip is essential for power and control on both sides of the wicket, and is not unlike that used to wield an axe. The simplest way to discover the correct grip is to lay the bat on the ground with the handle pointing towards the feet, then pick it up with both hands. The Vs formed by the thumb and forefinger of each hand should be aligned towards the outside edge of the splice of the bat. The knuckle of the index finger of the top hand will be aligned with the outside edge of the bat, and the back of the hand will face extra cover. The hands should be close together in the middle of the handle so they act as a single pivot point.



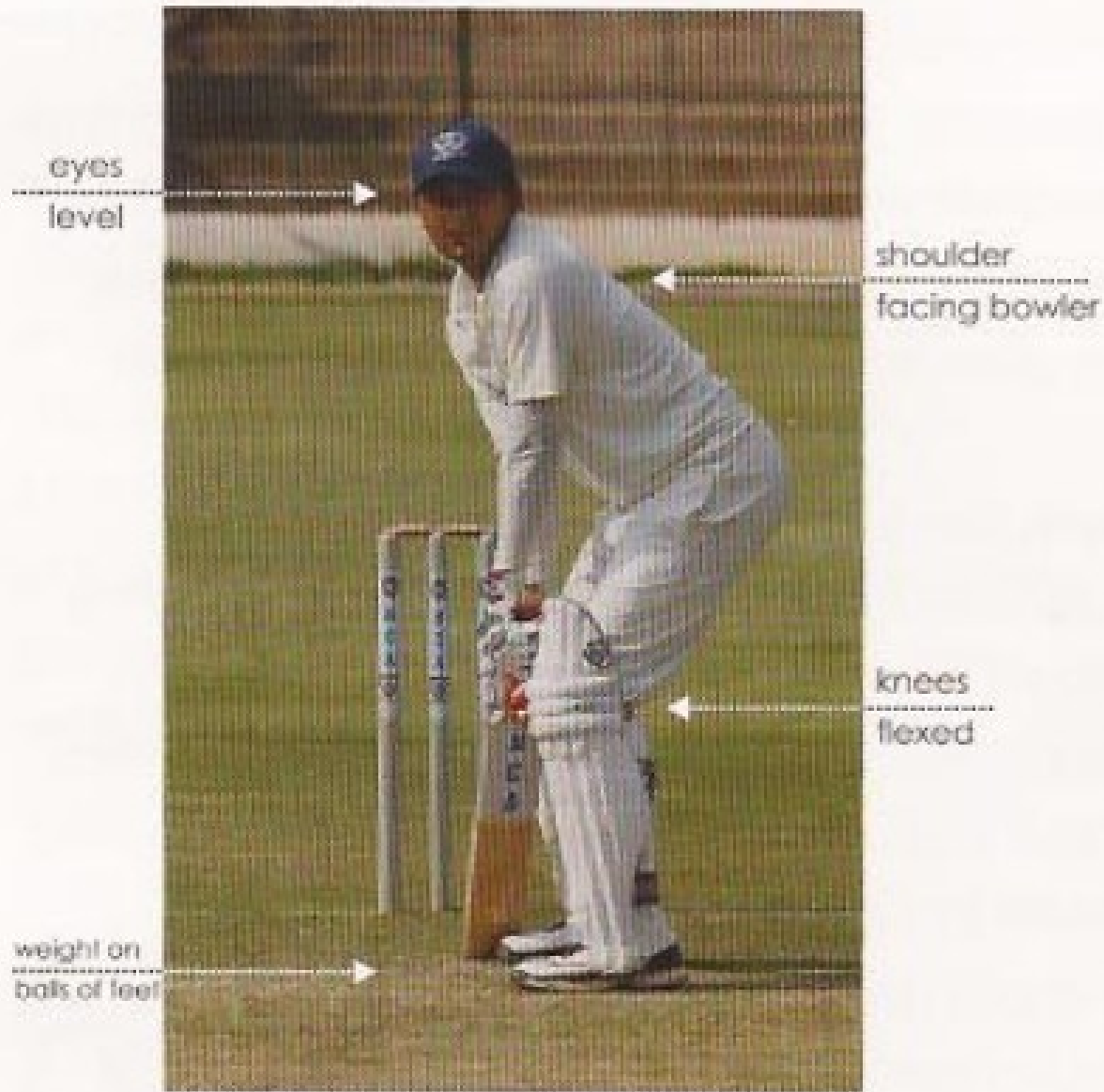
# GUARD



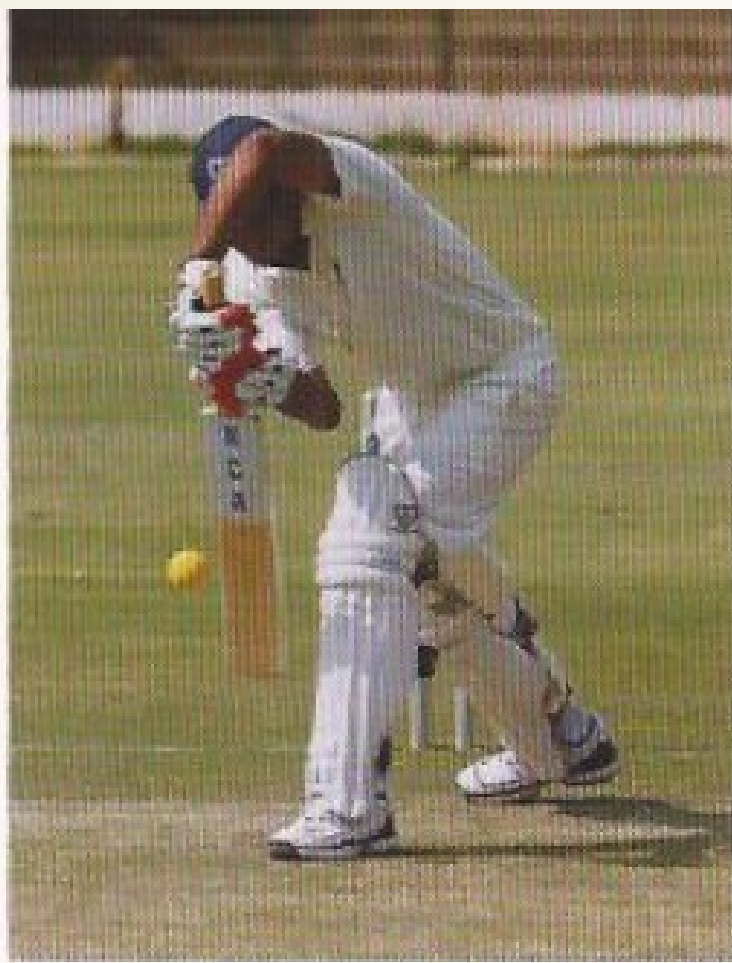
A batsman takes guard when he arrives at the crease so that he will know where the stumps area And can protect them while batting. Most player stake centre. The batsman should place his bat vertically on the popping crease, side-on with the face pointing away from him. The umpire will direct him to shift the bat until it is aligned between the middle stumps at both ends. The batsman will then mark the spot with his sprigs, or chalk in the case of an artificial pitch. Two other popular guards are leg stump (the line between the umpire's middle stump and the batsman's leg stump) and two legs (the line from the umpire's middle stump to between the batsman's middle and leg stumps). Some batsmen are more comfortable with these guards as they know that a ball hitting their pads in their normal stance will miss leg stump.



# STANCE

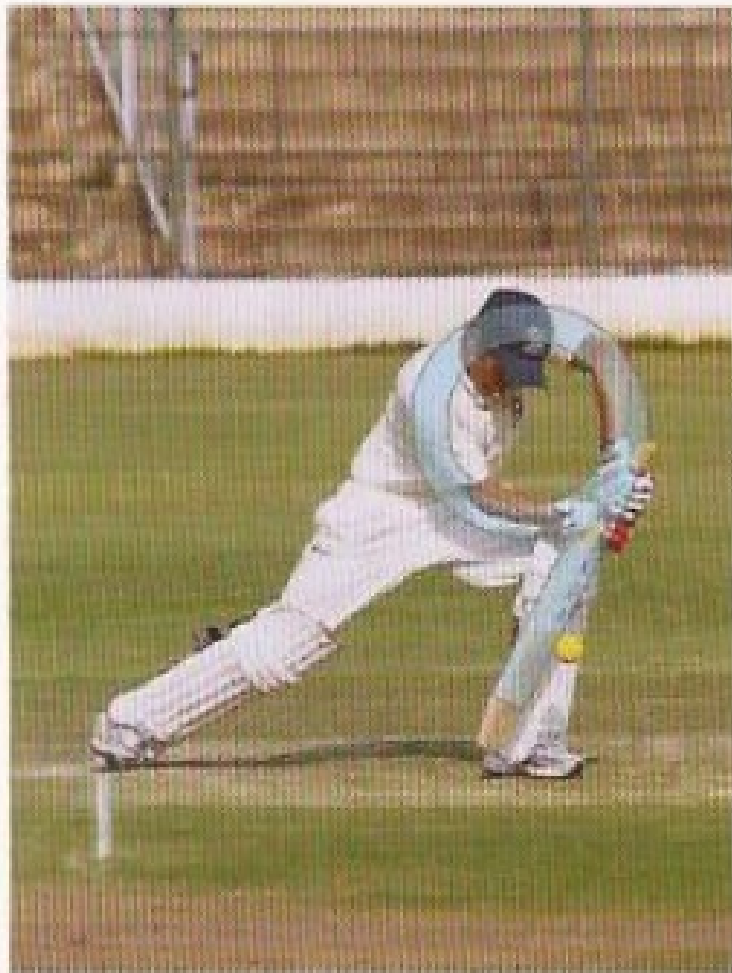


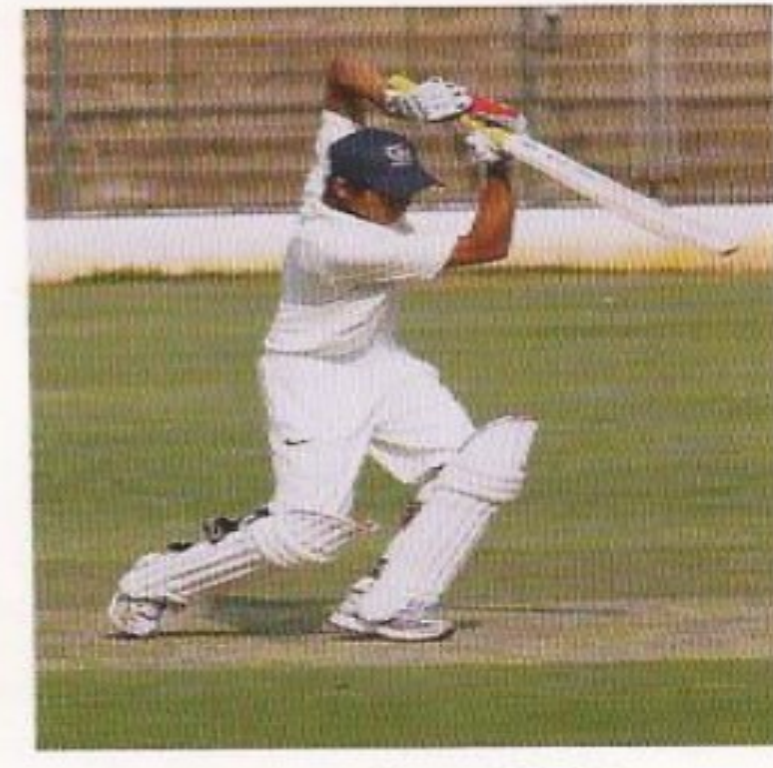
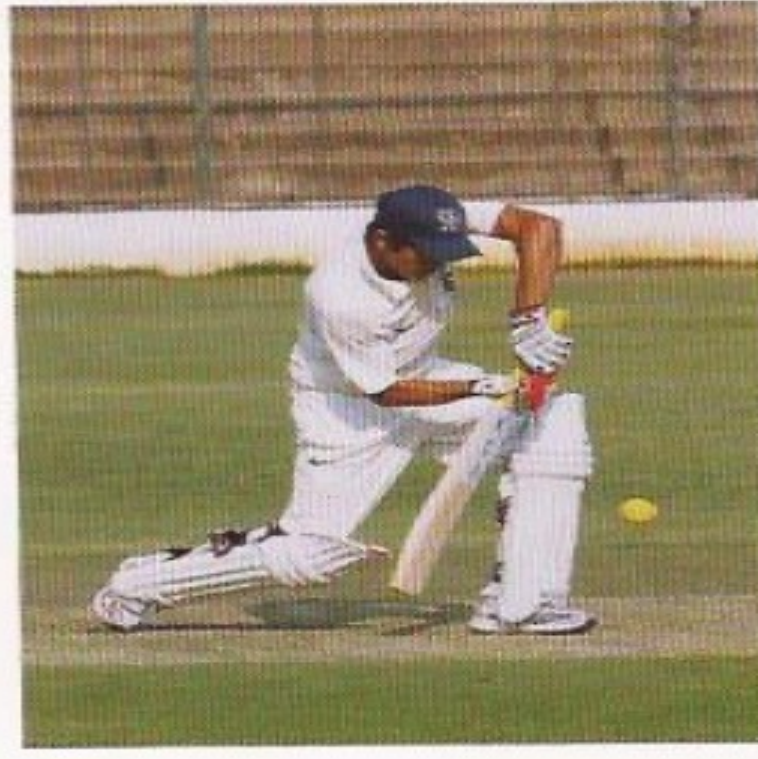
The batsman must start in the best position to play his strokes efficiently with minimal movement. He should stand side-on in a comfortable upright position with his head and front shoulder facing the bowler for optimal vision. His feet should be shoulder-width apart parallel to, and either side of, the popping crease. (He should turn his body approximately five degrees to the left if the bowler goes around the wicket or for a left-arm bowler over the wicket.) His knees should be slightly flexed, with the weight evenly balanced on the balls of his feet. His head should be still and eyes level in a line vertically above the toes. His top hand will rest comfortably against the inside of his front thigh, and the bottom of the bat behind the little toe of his back foot. Some players prefer to be "pre-loaded" with the bat raised into the backlift as it helps them to keep their eyes level. The rear knee should not impede the backlift, and his shirt should be tucked in so that it does not get caught in the handle.



## FORWARD DEFENCE

This shot is generally played to a good-length delivery on the stumps. particularly early in a batsman's innings, or on an unpredictable pitch. The phases of batting described previously are observed, and the batsman moves his front foot forward to a position slightly inside the line of the ball. The body weight is transferred into the front foot through the front knee which also brings the head down over the ball. At the top of the backswing, the shoulders rotate vertically, and the bat accelerates before decelerating just prior to contact under the eyes. The head should be still, eyes on the ball. The ball makes contact with the full face of an angled bat which is kept close to and in front of the pad. While the hands are forward of the pad, it is important to let the ball come to you, not push at it. The heel of the back foot will lift to allow the body weight to move forward. But, the back foot itself should not move as the back leg straightens. A high top elbow, the bat, and a relaxed bottom hand will form a figure 9 as the top hand controls the shot.





When batting against slower bowling, a player may decide to leave his crease and advance towards the delivery to create a different length. This will open up more scoring opportunities. But, it must be planned in advance and movement left until the last moment so that the bowler cannot adjust his delivery. Using either a crossover step (back foot behind the front foot) or "click" (where the two feet meet in the same plane), the batsman makes two quick, long strides towards the delivery. It is vital that the head remain steady and the eyes level throughout, as the batsman advances towards the appropriate line. He should also be prepared to defend (even get back in his crease) should the bowler see him coming and make effective adjustments to the delivery.

## Leg Glance



• Contact in line with front leg



• Wrists turned on contact



• Body remains upright

Contact in line with front leg • Wrists turned on contact • Body remains upright  
This shot is an extension of the on-drive, played in line with the front leg, to a similar delivery. By turning the face of the bat at point of impact, the batsman uses the pace of the ball to run behind square leg. By memorising the gaps in the field, and turning the wrists appropriately, the batsman is able to open up more scoring opportunities from this mis-directed, full delivery. But, it is vital he remain upright, head steady and eyes level, and not fall inside the line of the ball. It is also important to meet the delivery with the full face of the bat, and not turn the wrists prematurely.



## Square cut



• Follow through above shoulder



• Arms fully extended



• Back foot to off-stump

This is an attacking horizontal stroke played to a short delivery bouncing between knee and chest height outside the off-stump. A large step is taken, and the back leg flexed. The back foot stabilises parallel to the crease, and the body weight transferred onto it. The hands and front elbow are high and kept close to the body as the bat is taken back above the anticipated height of the bounce. The wrists are cocked, and the front shoulder turned towards point. As the ball draws level with the back leg, the shoulders are rotated powerfully away from the ball. The bat accelerates down horizontally, and contact is made with the arms fully extended. The wrists are rolled as balance is maintained over the back foot, and the ball is struck towards point. The hands and bat follow through to finish above the front shoulder.

## Pull



• Back foot points down pitch



• Head in line with the ball



• Body pivots in follow through

This is an attacking horizontal stroke played to a full toss or short delivery pitched on or around leg stump and reaching the batsman between knee and chest height. Again, a decisive step is taken back and across towards the off stump, but the back foot points straight down the pitch. The front leg withdraws to the leg side as the back foot pivots, and the head remains slightly forward of the base and in line with the ball. Body pivots in follow through anticipated height of the bounce, the hands in close to the body and the wrists cocked. The shoulders are now rotated, and the bat accelerated horizontally down and across. As always, the eyes remain fixed on the ball throughout, and contact is made in front of the body with the arms fully extended. The wrists are rolled as the ball is struck in the direction of mid-wicket, and the bat follows through naturally.

prematurely.

## Sweep



- Bat comes from high to low



- Bat horizontal at contact



- Wrists rolled

Bat comes from high to low • Bat horizontal at contact Wrists rolled The sweep shot is played most safely and effectively to off-spin bowling, and opens up scoring opportunities from a good-length delivery. The front foot will move in a line with middle and leg stumps, with the bat coming from high to low, and horizontal at impact. The wrists are rolled, and the ball is played into a gap behind square leg. The sweep is a risky shot when played against the spin and/or on a wearing pitch with variable bounce.



Thank you

# VARIOUS BOWLING SKILLS





# Bowling



- ▶ **Bowling**, in cricket, is the action of propelling the ball toward the wicket defended by a batter. A player skilled at bowling is called a *bowler*; a bowler who is also a competent batter is known as an all-rounder. Bowling the ball is distinguished from *throwing* the ball by a strictly specified biomechanical definition, which restricts the angle of extension of the elbow . A single act of bowling the ball towards the batsman is called a *ball* or a *delivery*. Bowlers bowl deliveries in sets of six, called an *over*. Once a bowler has bowled an over, a teammate will bowl an over from the other end of the pitch. The Laws of Cricket govern how a ball must be bowled. If a ball is bowled illegally, an umpire will rule it a *no-ball*. If a ball is bowled too wide of the striker for the batsman to be able to play at it with a proper cricket shot, the bowler's end umpire will rule it a *wide*.
- ▶ There are different types of bowlers, from fast bowlers, whose primary weapon is pace, through swing and seam bowlers who try to make the ball deviate in its course through the air or when it bounces, to slow bowlers, who will attempt to deceive the batter with a variety of flight and spin. A spin bowler usually delivers the ball quite slowly and puts spin on the ball, causing it to turn at an angle while bouncing off the pitch.



# TYPES OF BOWLING



- 1.FAST BOWLING

- 2.SPIN BOWLING

- FAST BOWLERS

- **Fast bowling** is a key aspect of cricket, and it refers to the type of bowling in which the bowler delivers the ball with a high speed to the batsman. The goal of fast bowlers is often to surprise or intimidate the batsman with sheer pace, bounce, or swing. Fast bowlers typically focus on attacking and generating more pace than other types of bowlers, such as spin bowlers.

- **Speed:** Fast bowlers aim to bowl at speeds that exceed 140 km/h (87 mph), with some exceptional bowlers reaching speeds over 160 km/h (100 mph).



# FAST BOWLING

## Fast Bowling:

- ▶ Fast bowlers aim to deliver the ball at high speeds, typically over 85 mph (137 km/h) and sometimes even over 95 mph (153 km/h) in international cricket.
- ▶ Fast bowlers use **pace** to intimidate the batsman and can generate **bounce**, **movement** off the pitch, or swing through the air to deceive the batter.
- ▶ There are two primary types of fast bowlers:
  - ▶ **Fast bowlers:** Focus on speed and power.
  - ▶ **Fast-medium bowlers:** A blend of pace and accuracy, typically between 70-85 mph





# FAST BOWLING SKILLS

- ▶ **Bouncer**
  - ▶ In swinger
  - ▶ Knuckle ball
  - ▶ Leg cutter
  - ▶ Off cutter
  - ▶ Out swinger
  - ▶ Reverse swing
  - ▶ Slower ball
  - ▶ Yorker
  - ▶ BACK ARM SLOWER
- 

# BOUNCER

- In cricket, a **bouncer** is a type of delivery bowled by a fast or fast-medium bowler, where the ball is pitched short (before the batsman) with the intent of rising toward the batter's head or chest.
- It's typically a **short-pitched ball**, designed to intimidate or surprise the batsman, forcing them to defend or react in a way that could lead to a dismissal.



# IN SWINGER

- ▶ In cricket, an **in swinger** is a type of delivery bowled by a fast or medium-fast bowler where the ball moves **inwards** (towards the batter) after it pitches.
- ▶ The movement is typically in the air, before it lands on the pitch, and it can be a very effective weapon to get the batter out, especially if the batsman is not expecting it.



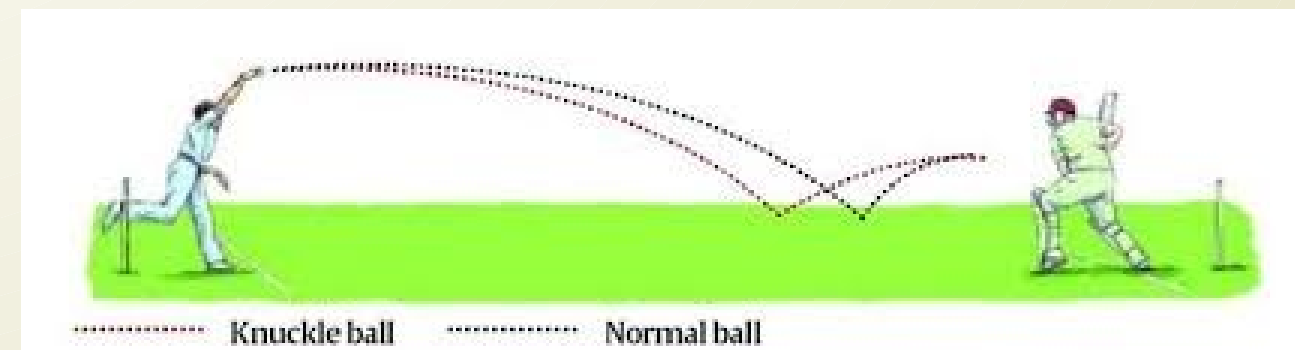
# OUT SWINGER

- ▶ In cricket, an **out swinger** is a type of delivery bowled by a fast or medium-fast bowler where the ball moves **away** from the batter (to the off side) after it pitches.
- ▶ The out Swinger is a very effective weapon, especially for getting batters out by inducing false shots or creating opportunities for catches to fielders on the off side.



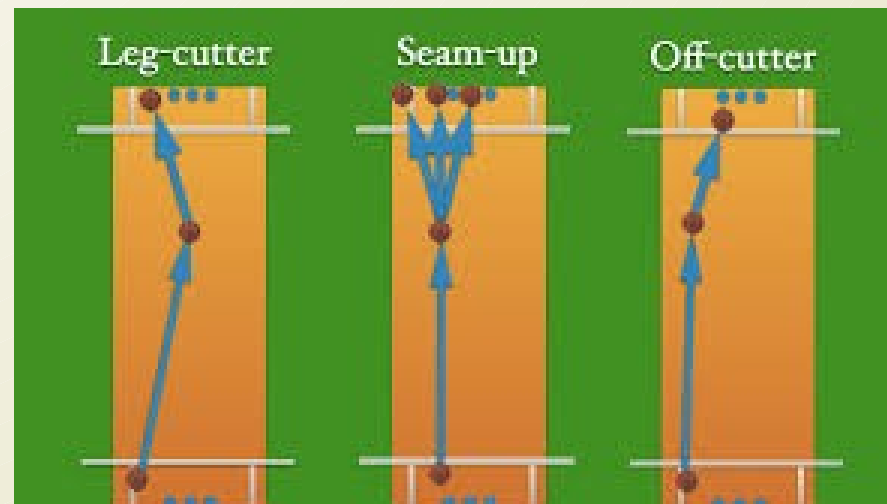
# KNUCKLE BALL

- In cricket, a **knuckleball** is a delivery that is bowled with minimal spin, causing the ball to behave unpredictably after it is released, often **dipping suddenly** or **changing direction** unexpectedly.
- It is typically used by **fast bowlers** or **medium-fast bowlers** to deceive the batter by making the ball behave differently from a normal delivery.



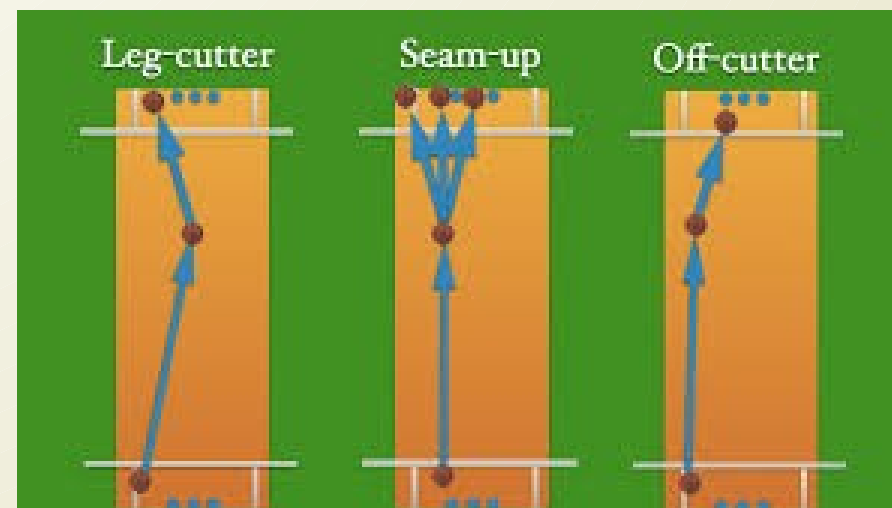
# LEG CUTTER

- ▶ A **leg cutter** is a type of delivery bowled by a fast or medium-fast bowler, where the ball is delivered with a cutting action that makes it move **away from the batter on the leg side** (for a right-handed batter).
- ▶ It is generally a **short-pitched** or **length delivery** that behaves differently from a normal fast ball, making it an effective weapon to deceive the batter.



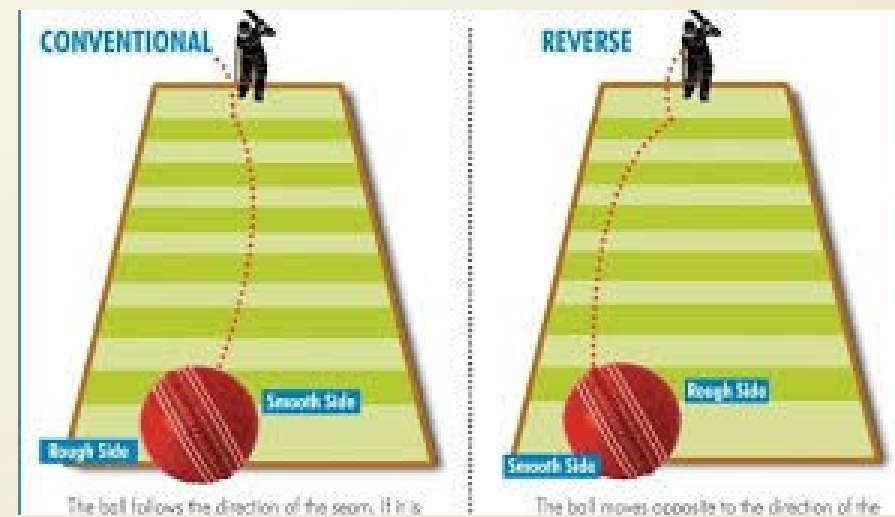
# OFF CUTTER

- An **off cutter** is a type of delivery bowled by a fast or medium-fast bowler where the ball moves **inward** (towards the batter's off side) after it pitches.
- The movement is caused by the bowler's finger and seam action, making the ball cut or deviate sharply after hitting the pitch



# REVERSE SWING

- **Reverse swing** in cricket refers to a phenomenon where the ball swings in the opposite direction to what is typically expected based on the conditions.
- It is a highly effective but difficult-to-master technique, often employed by fast bowlers to deceive batsmen, especially in the latter stages of an innings when the ball has become older.





# SLOWER BALL

- A **slower ball** in cricket is a delivery bowled by a fast or medium-fast bowler that is intentionally bowled at a significantly reduced speed compared to their regular deliveries.
- The purpose of the slower ball is to deceive the batsman by changing the pace of the delivery, making it harder for them to time and play an attacking shot.
- Slower balls are an important variation used by bowlers to create confusion and force mistakes from batsmen.



# YORKER

- ▶ A **Yorker** is one of the most effective and lethal deliveries in cricket, typically bowled by fast or medium-fast bowlers. It is a ball that lands **right at the batsman's feet or toes**
- ▶ usually on or just inside the **off-stump** or **leg-stump**, and aims to hit the stumps or force the batsman into playing a defensive shot.
- ▶ The Yorker is known for its precision and difficulty for the batter to play, making it a crucial weapon in a bowler's arsenal.






# SPIN BOWLING



- ▶ They deliver the ball at a slower pace, often using wrist or finger movement to make the ball turn sharply.
- ▶ Spin bowlers are typically classified into two main categories:
- ▶ **Off-spin:** The ball spins away from the batsman (for a right-handed batsman, it moves from the off side to the leg side)
- ▶ **Leg-spin:** The ball spins in the opposite direction, from the leg side to the off side for a right-handed batsman.
- ▶ **Left-arm orthodox:** A left-handed bowler who spins the ball in the same direction as an off-spinner
- ▶ **Left-arm unorthodox (Chinaman):** A left-handed bowler who spins the ball in the opposite direction to an off-spinner (like a leg-spinner).

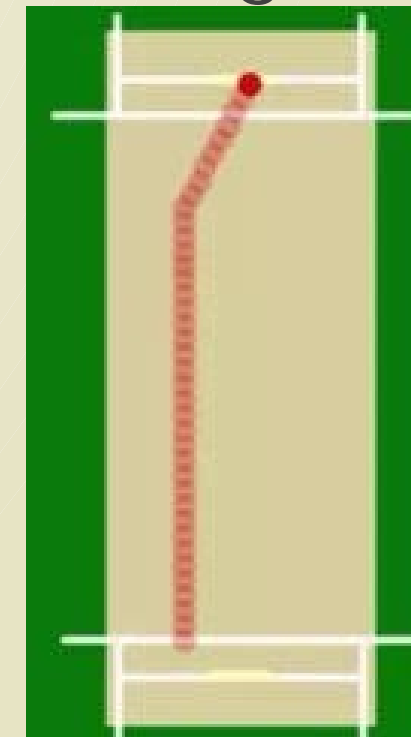


# SPINER SKILLS

- ▶ OFF SPIN ( OVER SPIN AND SIDE SPIN)
  - ▶ LEF SPIN
  - ▶ DOOSRA
  - ▶ GOOGLY
  - ▶ TOP SPIN
  - ▶ FLIPPER
  - ▶ SLIDER
  - ▶ CAROM BALL
  - ▶ ARM BALL
- 

# OFF SPIN

- **Off-spin** is a type of spin bowling in cricket, where the bowler uses the fingers to impart spin to the ball, causing it to turn from the **off-side to the leg-side** (for a right-handed batsman).
- This spin is primarily generated by the **index and middle fingers**, and the ball usually pitches on the off-side, turning in towards the batter's leg stump or hitting the stumps.
- Off-spin is one of the most common forms of spin bowling and is generally bowled by a **right-arm bowler**.



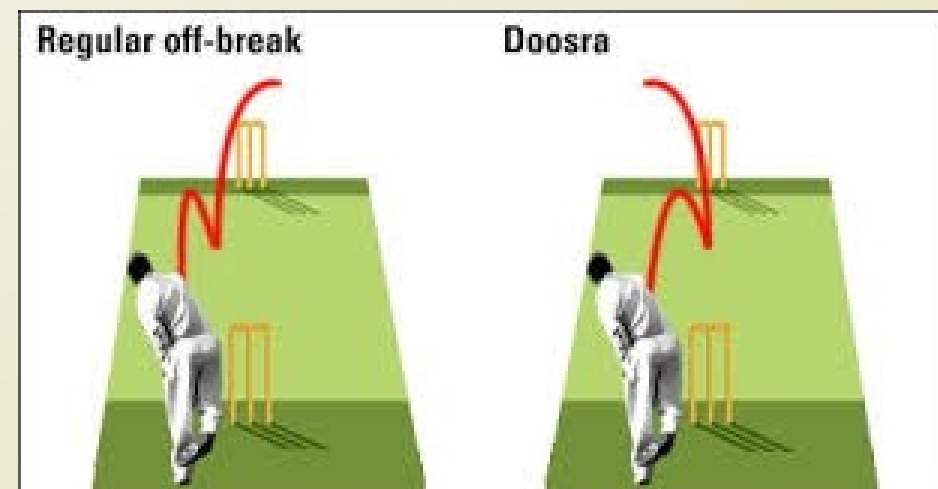
# LEG SPIN

- ▶ **Leg spin** is a type of spin bowling in cricket where the bowler uses their fingers and wrist to spin the ball from the **leg side to the off side** for a right-handed batsman (and from off to leg for a left-handed batsman).
- ▶ It is one of the most challenging forms of bowling, requiring great skill, precision, and a variety of deliveries to outsmart the batsman.
- ▶ A leg-spinner's primary weapon is the ability to spin the ball sharply, often with varying amounts of turn, bounce, and flight.



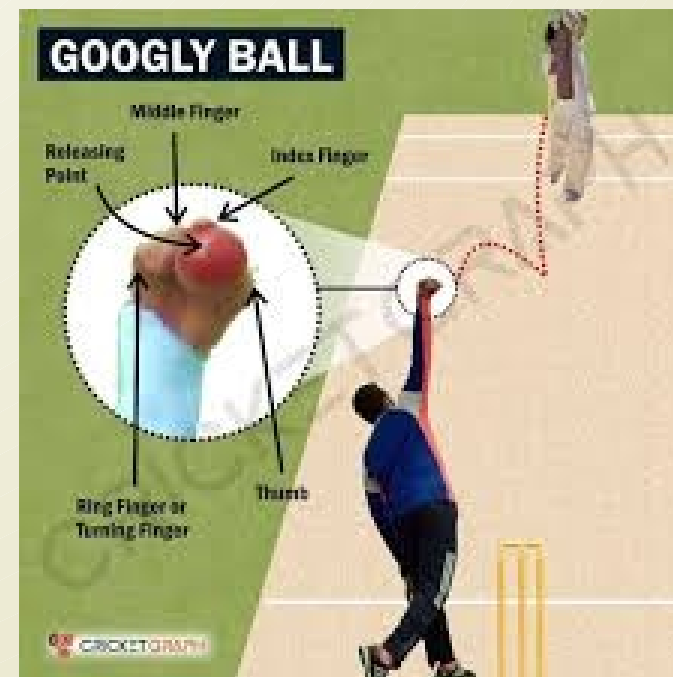
# DOOSRA

- ▶ The **Doosra** is a variation of **off-spin** bowling, famously popularized by cricketers like **Saqlain Mushtaq** and later **Shane Warne** and **Muttiah Muralitharan**.
- ▶ It is a deceptive delivery that turns in the opposite direction to a traditional off-spinner's ball, making it one of the trickiest variations for a batsman to pick.
- ▶ The doosra is designed to look like a normal off-spin delivery but turns from the **off-side to the leg-side** (for a right-handed batsman), just like a **leg-spin** delivery. This variation is extremely useful for creating confusion and getting wickets.



# GOOGLY

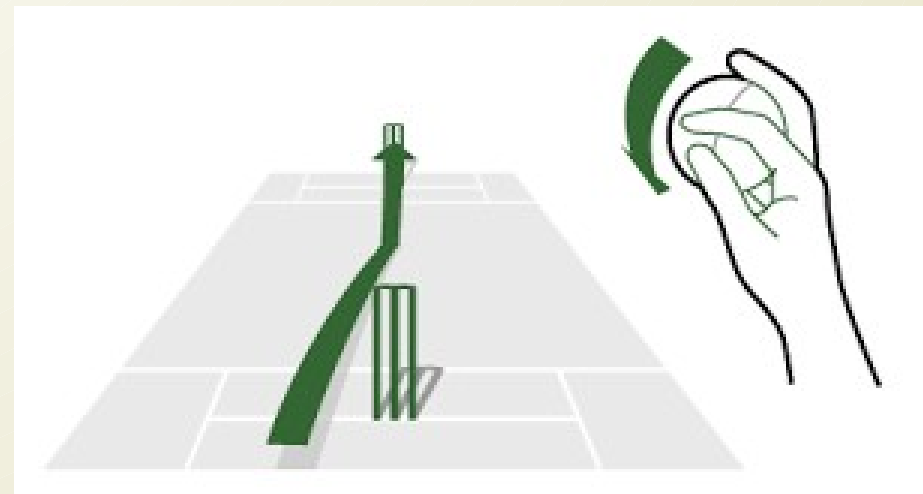
- The **googly** (also called a “wrong’un”) is a variation of the leg break that turns in the **opposite direction**, from off to leg (like an off-spin delivery).
- To bowl a googly, the bowler uses a different wrist and finger action, making the ball spin the opposite way to deceive the batsman.
- A googly is often disguised as a normal leg break, and its main purpose is to surprise the batsman, especially when they are expecting the usual turn.





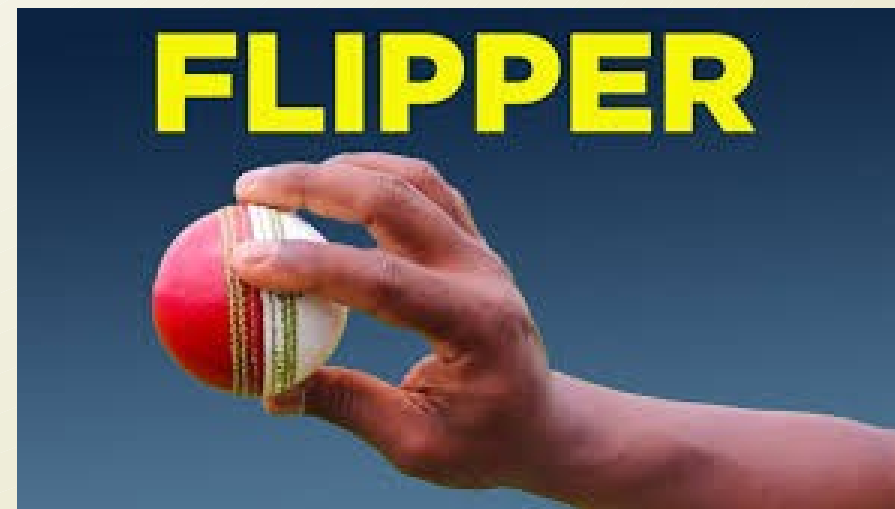
# TOP SPIN

- ▶ In a **topspin** delivery, the bowler imparts **topspin** on the ball, causing it to dip quickly after pitching and potentially bounce higher.
- ▶ The wrist is used to create the topspin, and this delivery is often bowled flatter, with less flight.



# FLIPPER

- The **Flipper** is a deceptive variation of the leg-spin delivery in cricket. Unlike traditional leg-spin balls, which turn sharply, the flipper is a **faster, flatter** delivery that **skids through** low off the pitch.
- It is difficult to pick for the batsman because it appears like a standard leg-spin delivery but doesn't spin much. This makes it an effective weapon for getting batsmen out, especially in limited-overs cricket or when a bowler wants to surprise a batsman with a quick delivery that skids off the surface.





# SLIDER



- ▶ The **Slider** is a variation in **leg-spin bowling** that is commonly used to deceive the batsman. It is similar to the **flipper** in that it is a **fast, flat** delivery with little to no turn, but the primary difference is in the direction and the way it is released. While the flipper is pushed out with the middle finger and skids off the pitch, the slider comes out with a different action and typically moves in a straight line or slightly towards the **leg side** after pitching.
- ▶ The slider is often a weapon used by **leg-spin bowlers** to create a surprise element, especially after establishing a rhythm with other deliveries like the **leg break** or **googly**. It can result in batsmen misjudging the ball, playing an early shot, or getting caught behind.

# CARROM BALL

- The **Carrom Ball** is a unique and deceptive delivery in cricket, primarily used by **finger spinners** (such as **off-spinners**). This delivery is characterized by its unusual release, which makes it spin in a manner that is very difficult for the batsman to pick.
- It's especially effective in **limited-overs cricket**, but also used in **Test matches** to break partnerships or create confusion for the batsman.





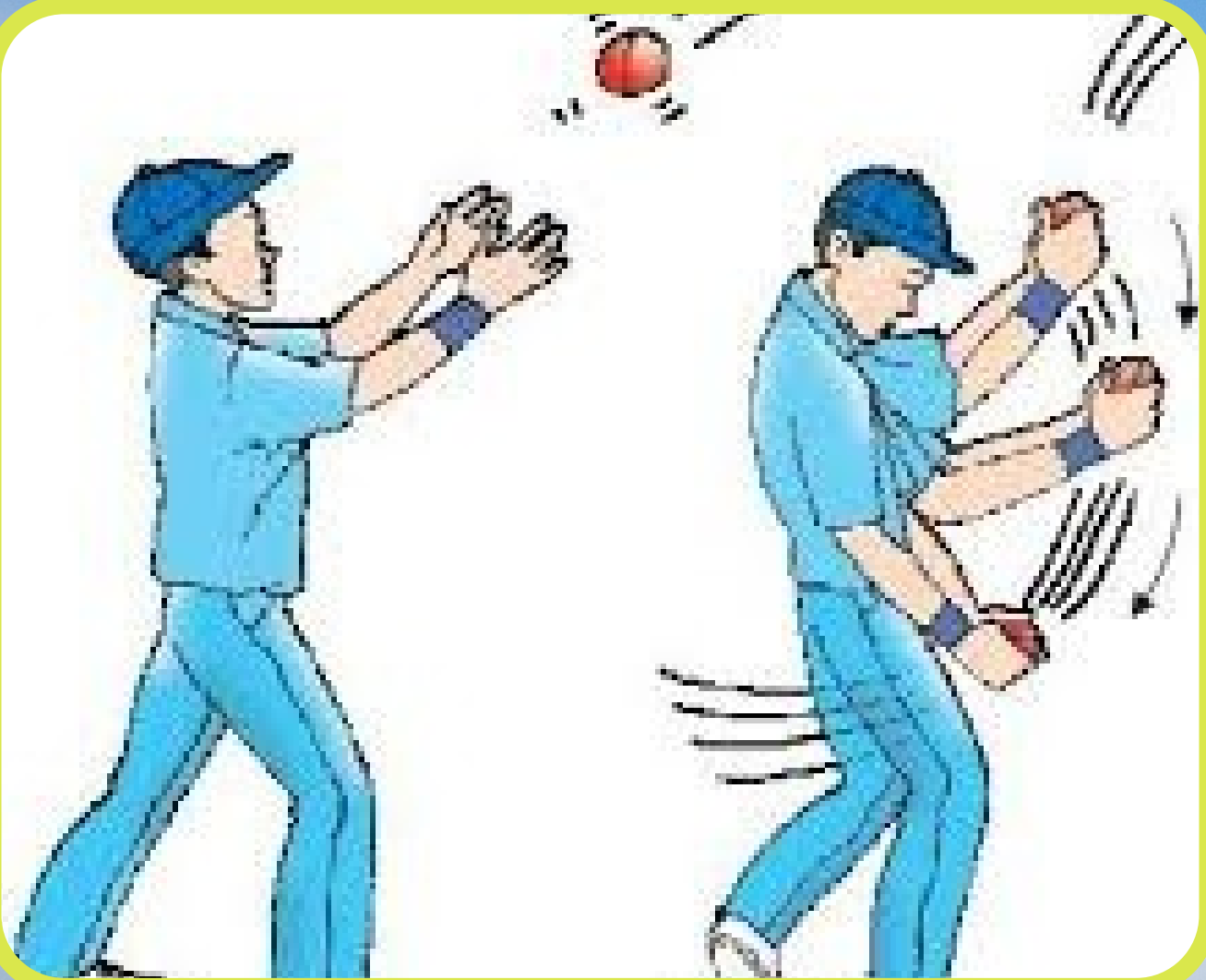
# Skills of fielding and throwing



## Introduction

**Cricket is a bat-and-ball game that requires skill and strategy,.  
Fielding and throwing are crucial aspects of the game.**

# Stance and Positioning



**Proper stance  
and positioning are  
essential for good fielding  
Stand with feet shoulder-width apart  
knees slightly bent, and eyes on the ball.**

# Footwork and Movement



**Quick and agile footwork is necessary for covering distance and changing direction.**

**Use different types of footwork (e.g., shuffle, glide, cross-over) to get into position**



# Catching Techniques



High catch



low catch



Diving catch

High catch: hands above shoulder level, fingers spread apart

Low catch: hands below knee level, fingers together

Diving catch: stretch and dive to catch the ball

# 'Overarm throwing'

Stand in the  
*warrior* pose

Holding the ball at your ear



## Throwing Techniques

Overarm throw: hold the ball with all fingers, bring arm back, and throw

Underarm throw: hold the ball with thumb and index finger, bring arm forward, and throw



# Fielding Drills

Catching drills: high catch, low catch  
diving catch

Throwing drills: accuracy, speed

Ground fielding drills: sliding, stopping  
and throwing



# Throwing Drills

Accuracy drills: throw to a partner or target

Speed drills: throw as hard as possible



# Common Errors and Solutions



**Common errors: dropping catches  
overthrowing, and misjudging distance**  
**Solutions: practice regularly, focus on  
technique, and stay alert**  
**Image suggestion: A fielder  
demonstrating a corrected technique**

# wicket-keeping skills

## 1. Stance and Positioning

Stand with feet shoulder-width apart, knees slightly bent, and body balanced evenly.



**feet shoulder-width  
apart.**

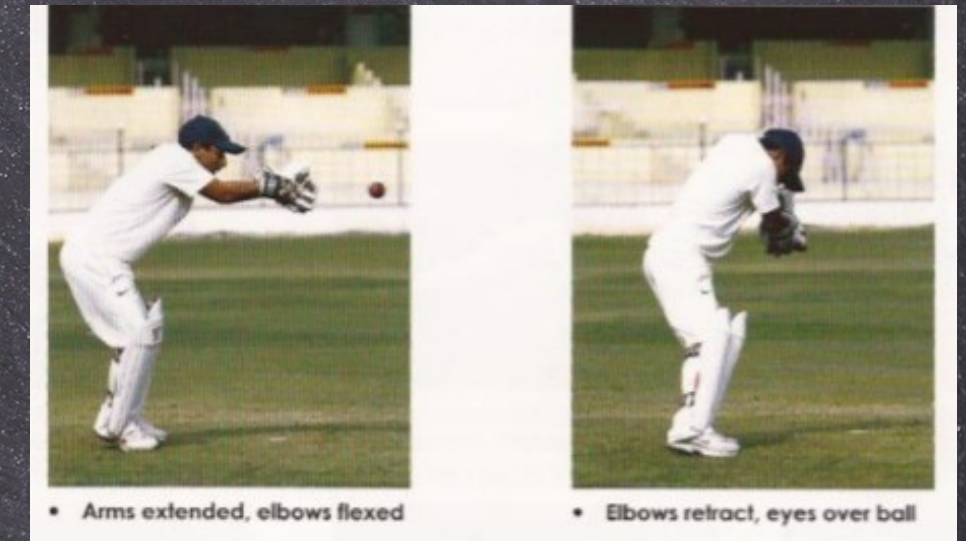


**weight on balls of  
feet**

2.

## GloveWork

Use the gloves to catch and absorb the impact of the ball.



3.

## Footwork

Move quickly and efficiently to get into position.



**Lead with left leg**



**Shuffle footwork**

4.

## Throwing

Catch the ball cleanly, using the gloves and body to absorb the impact.

5.

## Catching

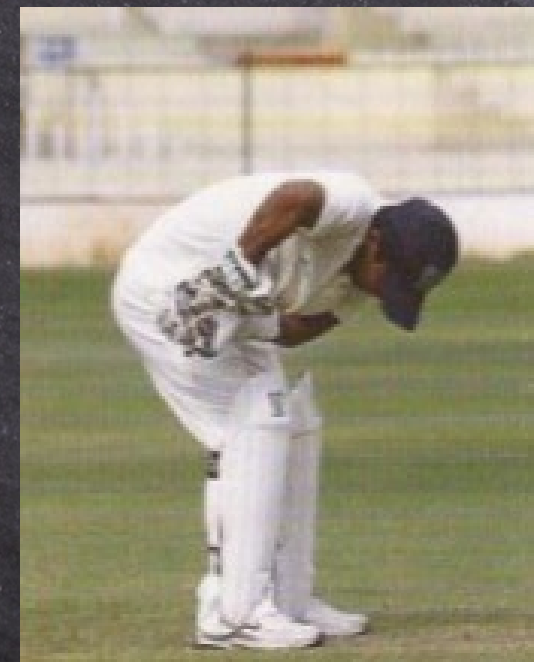
Accurately throw the ball to the bowler or other fielders.



**Eyes behind the ball**



**Ball taken on inside hip**



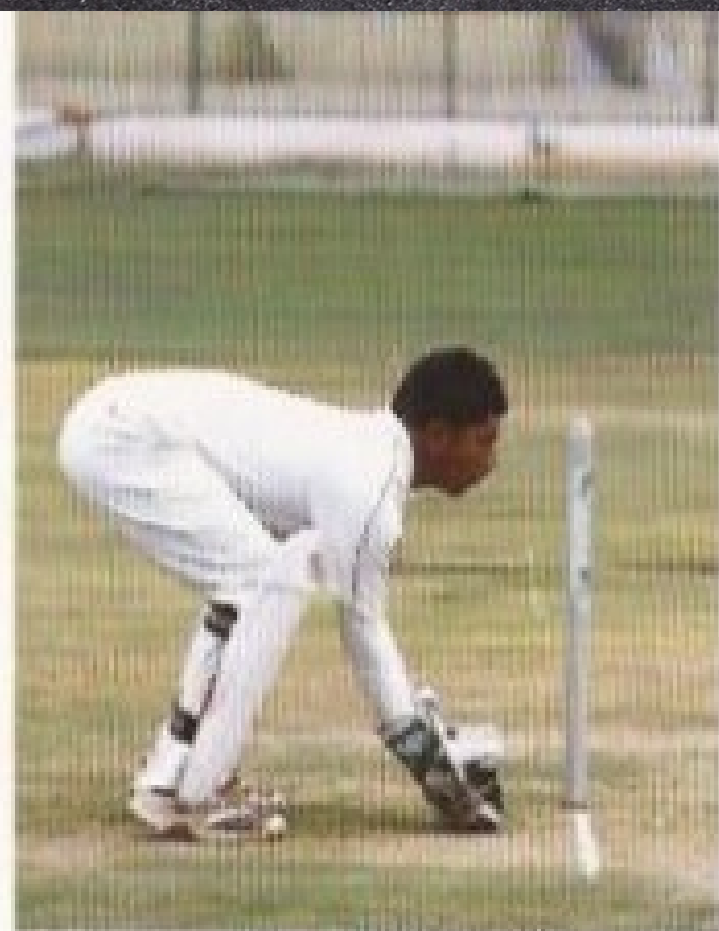
**Elbow retract**



6.

## Stumping

Quickly remove the bails from the stumps to dismiss the batsman.



- Backside before gloves



- Allow ball to come



- Transfer weight to stumps

# wicket - Keeping

## Glove Work

### Drills

#### 1. Ball Toss :

Stand with gloves on, and have a partner toss balls for you to catch.

#### 2. Wall Drill

Stand with gloves on, and throw the ball against a wall, catching the rebound.

#### 3. Glove Shuffle

Hold a ball in each glove, and quickly shuffle them back and forth.

# Footwork Drills

## 1. Lateral Shuffles

Stand with feet shoulder-width apart, and quickly shuffle laterally.

## 2. Forward and Backward Runs

Stand with feet shoulder-width apart, and quickly run forward and backward.

## 3. Carioca Drill

Stand with feet together, and quickly move your feet in a carioca pattern (side-to-side, then forward and backward).

# Throwing Drills

## 1. Partner

### Toss

Stand with a partner, and toss the ball back and forth.

## 2. Target

### Practice

Stand with a target (e.g., a cone or a small goal), and throw the ball to hit the target.

## 3. Long

### Throws

Stand with a partner, and throw the ball to each other over a long distance.

# Stumping Drills

## 1. Stumping Practice

Stand with a partner, and practice removing the bails from the stumps.

## 2. Reaction Time Drill

Stand with a partner, and practice reacting quickly to remove the bails.

## 3. Stumping Under Pressure

Stand with a partner, and practice stumping while under pressure (e.g., with a timer or a crowd).

**THANK YOU**