

GCE Physical Education – Exemplar Materials

Unit 2: The Critical Sports Performer (6PE02)

Task 2.4 – Performance analysis (Cricket)

Mark band three (13-18):

“The student has produced a good standard of analysis tasks which have enabled them to demonstrate a general understanding in their chosen performance role.”

General comments

This is a reasonably detailed and well presented piece of work. The majority of the specification requirements have been covered and the candidate demonstrates a good knowledge and understanding of aspects of the work presented.

The information and analysis is presented in a structured way and photographs have been used to illustrate some of the points made. Annotating certain images would have allowed for a greater degree of analysis to be made. There is evidence of research although much of the language lacks a measure of technical detail and clarity which would have benefited from greater research in some sections.

Content

2.4.1 – Technical analysis of four core skills

Four appropriate core skills have been identified. Annotated pictures have been used to illustrate key technique points, although the level of the technical language is basic.

Information on the mechanical dimension of performance and tactical application lacks depth. To gain additional marks the information provided on the tactical application needs more depth and detail. For example what line and length of bowling would a player seek to play a pull shot?

Additionally, the level of detail provided for the mechanics of the techniques should have included the names of muscles and the type of movement.

2.4.2 – Tactical analysis

The candidate outlines some rules and regulations of the various forms of cricket and a little of the historical context before discussing the use of bowlers depending on the nature of pitches and state of the match.

Much of this work contained rather limited descriptions and lacked technical language as well as serious analytical detail which should be the primary aim of this section.

Detail and application of tactics are of a moderate standard, suggesting a limited knowledge and understanding of tactical awareness. For example, the use of field placement diagrams could have been developed by referring to bowlers bowling a particular line and length to suit a particular field setting or to exploit batsmen's strengths and weaknesses. A top band candidate might have referred to the growing use of technology (such as Hawkeye) by elite teams.

2.4.3 - Notational analysis

Three notations have been undertaken, including that of an elite performer which provides an ideal opportunity for analysis.

The notations included have a reference point but no date or location.

Basic data has been summarised but the level of analysis is limited ('short balls are probably due to the point of release'). Additionally, the work would have benefited from a conclusion to draw all the data together and an analysis of what might be learned from the work undertaken.

A significantly more detailed level of analysis is needed to score well here; with the work undertaken designed to impact (aid/improve) future performance. An action plan to utilise the findings from the analysis of the notations would also add depth and detail.

2.4.4 - Training analysis

The candidate begins this work with an explanation of the components of fitness before outlining skills relevant to fielding, bowling and batting. The level of technical language and information about the details of training sessions are both weak.

There is little of substance to suggest how a training programme has been planned and / or performed to improve performance physiologically, tactically or mechanically – all of which might have been considered in more depth and detail.

Greater analysis of training programmes is needed to enable candidates to achieve high marks here, perhaps with a comparison to elite performers.

Reference to key components of fitness, application of principles and training methods would also add depth to this section.

2.4.5 - Strengths and weaknesses

The candidate has provided a coach's appraisal of strengths and weaknesses which is an important aspect of this section. The candidate rightly has made reference to physiological, technical, tactical and psychological aspects of performance as outlined in the Internal Assessment Guide (IAG) and goes on to consider how each aspect of this performance might be improved, albeit at a modest level of applied knowledge.

Additional marks would have been gained had the candidate made full use of the knowledge and understanding gained from the other components of this assignment, for example by reference to the outcomes of the notational analysis and / or by comparison to elite level performance. Use of objective data would also be considered relevant for a high mark here. Specific targets to improve identified weaknesses and a link to the A2 Development Plan would also add depth to this work.

Task 2.4 — Performance Analysis		
	Technical Analysis	3/6
	Tactical Analysis	3/6
	Notational Analysis	3/6
	Training Analysis	2/6
	Analysis of strengths and weaknesses	3/6
	Total	14/30

Cricket Technical Analysis

Shots

The four shots I have chosen to look at are the:

- Forward defensive shot
- Straight drive
- Pull
- Sweep

Forward Defensive

Tactics

- This shot is used when a ball is bowled straight with a good length, the aim is to block the ball, and not to score runs

Biomechanics

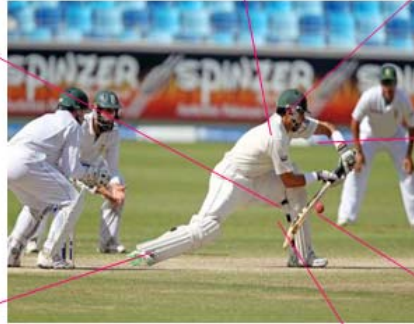
- The forward defensive shot is played with a straight bat including a good stride with your front leg forward towards the pitch of the ball, keeping your head and front shoulder in line with ball.
- Your head and shoulders should be in line with the ball, making sure you watch it right onto the bat.
- Try to establish a strong, well balanced and relaxed stance
- Do not follow through but rather to keep the bat in the finishing position

FORWARD DEFENSIVE SHOT TECHNICAL MODEL

Bat right beside the pad, so that there is no gap for the ball to hit the stumps

bat in the finishing position

Head and shoulders inline with ball so you can play the shot with a straight bat



little or no backswing

Raise the heel of your back foot and hold your finishing position rather than following through.

Bats face tilted towards the ground will keep the ball down and will help you avoid being caught out.

Huge stride, back leg straight. The front leg strides towards the pitch of the ball, bending to take the weight



FORWARD DEFENSIVE

Bat beside pad

Bat's face should be tilted more to the floor



Head and shoulders should be inline with where the ball has been

Back heel should be raised



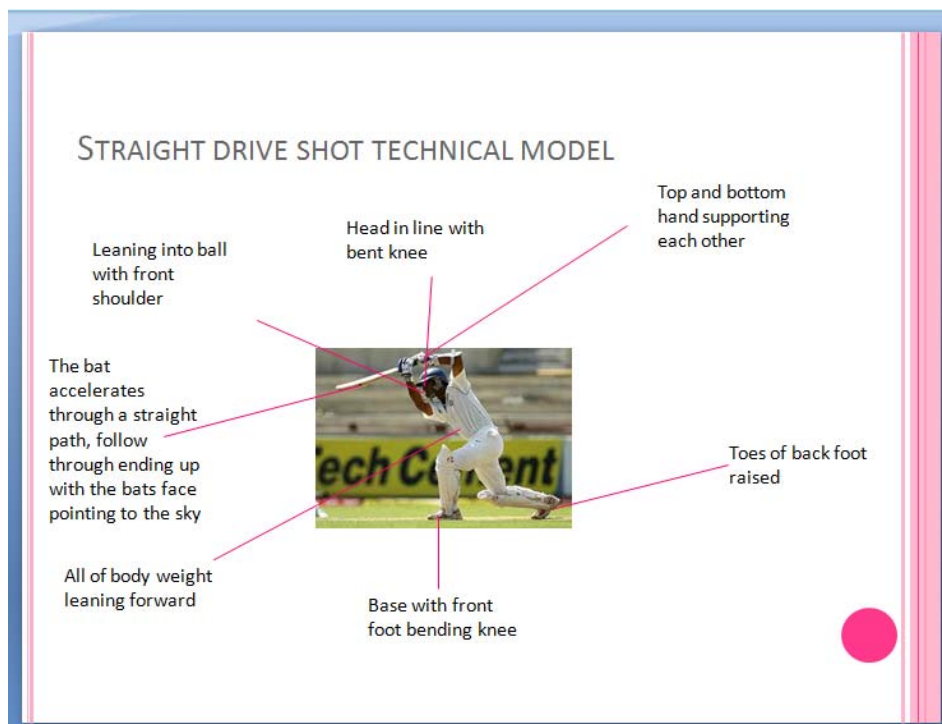
Straight Drive

Tactical

- This shot is usually played when the ball is over pitched allowing the batsman to hit the middle of the bat.

Biomechanics

- The top hand along with the bottom hand support each other to keep the ball along the ground
- The first thing is to make a base with the front foot by bending your knee. Then lean into the ball with your front shoulder. All of your body weight should be leaning forward this enables the ball to move close to the ground.
- The batsman's' head should be in line with the bent knee, your eyes should be focused on the ball. The front foot should stay close to the pitch of the ball and the toes of the back foot should be raised.
- The batsman's follow through should end up with the bats face pointing to the sky. The wrists should stay relaxed allowing the bat to follow in a straight line.



STRAIGHT DRIVE

Head should be in line with bent knee

Shoulder leaning into ball

Bat accelerating through straight path



All of body weight leaning forward

Bent knee

Toes of back foot raised



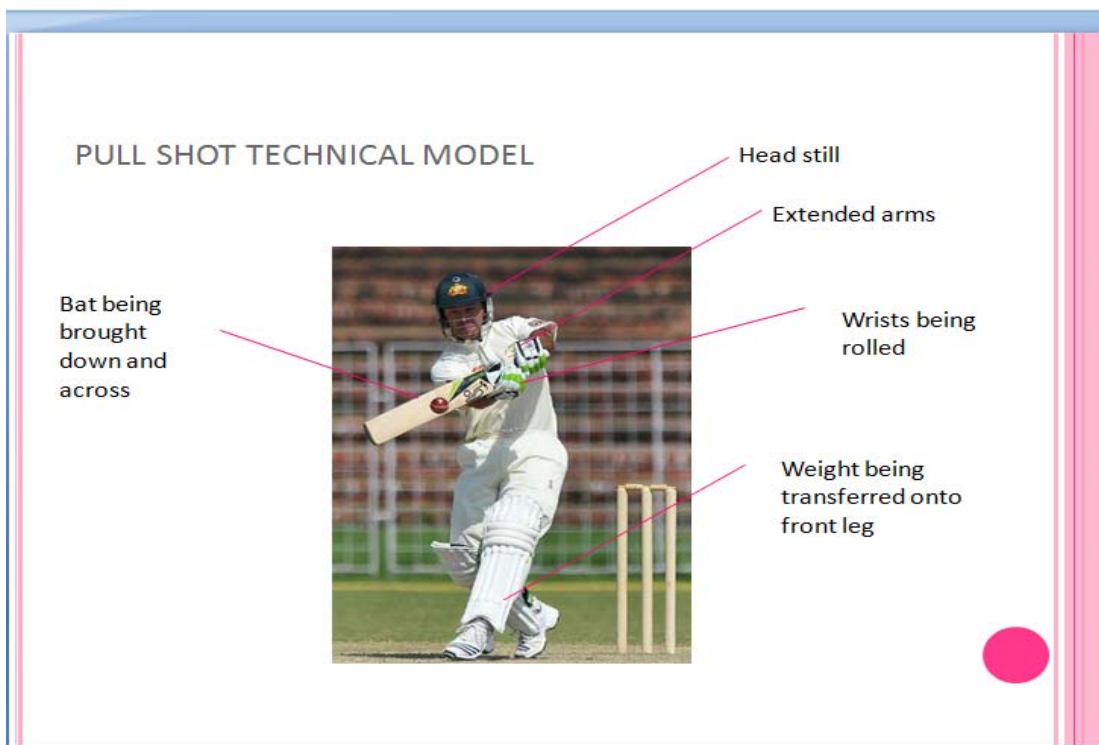
Pull shot

Tactics

- This shot is used to deflect an aggressive bowl by 'pulling' the ball from one side to another

Biomechanics

- The pull shot is to swing your bat across your body, pulling and then hitting the ball from one side to another.
- The difference is that as your backswing begins, your head, shoulders and back foot move across
- To form the base, your front leg is moved back towards legside
- The bat is brought down and across with extended arms while swinging, it is important to make contact with the ball as soon as possible
- As you hit the ball downwards try and roll the wrists as soon as you strike the ball
- Your weight is then transferred onto the front leg, trying to maintain balance
- To help your balance you should also keep your head still during the shot



PULL SHOT



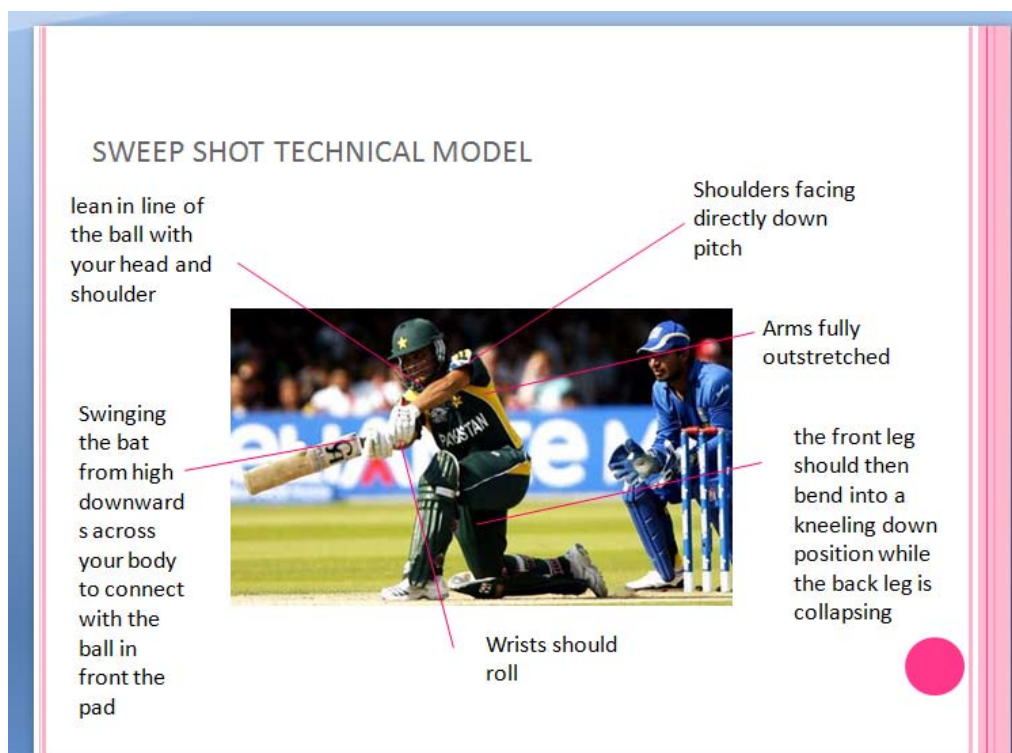
Sweep shot

Tactics

- The sweep is used against spin bowlers. This shot is usually played down the legside.

Biomechanics

- This shot requires you to lean in line of the ball with your head and shoulder. The front pad should be in line with the incoming ball, the front leg should then bend into a kneeling down position while the back leg is collapsing.
- With your head naturally over the front knee, swing the bat down and across your body from a high backswing. Strike the ball in front of the pad with the arms outstretched, both shoulders should be facing down the pitch.
- While the bat is in contact with the ball the wrists should roll.



FULL MARKS SWEEP SHOT

Should be leaning in with line of ball

Arms should be outstretched more

Swinging the bat from high downwards across your body to connect with the ball in front the pad

the front leg is in a kneeling down position while the back leg is collapsed



Bibliography

- <http://news.bbc.co.uk/sport1/hi/cricket/default.stm>
- <http://www.kingcricket.co.uk/cricket-photography-action-shots/2010/11/10/>
- <http://www.google.co.uk/>

Cricket Tactical Analysis

A tactic is a game plan made before the start of the game to play against your opponent's weaknesses and to your own strengths.

- There are three different types of cricket; test matches, one day matches and 20/20 matches.
- Test cricket Test matches involve two innings per side and are five-day matches that require a minimum of 90 overs per day.
- One day matches usually require 50 overs and are played over the course of one day. They also require a minimum of 20 overs in each innings to complete a match, they normally last around eight hours.
- 20/20 cricket includes 20 overs per match

CHANGES IN CRICKET

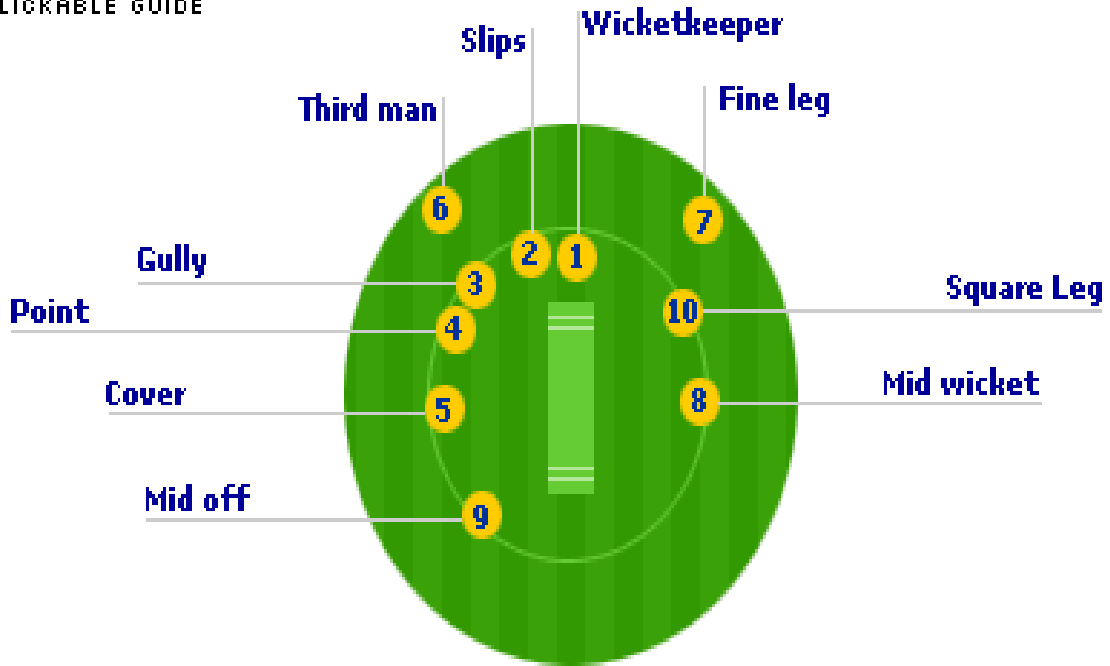
- On July 2005, the ICC changed the way one day cricket was played. They introduced the Powerplay rule, this includes three power plays. In the first power play only two players are allowed to stand outside the 30-yard circle and two fielders required to be placed in close catching position. Powerplay 2 and Powerplay 3 involves having three fielders outside the fielding circle.
- The referral system is when a bowler has appealed for a wicket which has not been declared out but the bowler thinks otherwise, this is also used for batsmen/women too, when they are given out and he or she thinks they are not out. This appeal will then be sent to the third umpire where they will use technology which will display the correct decision. This is a very new piece of technology and has only recently been introduced and since this not all conclusions by this system have been correct.
- Hot Spot is an infra-red system used to determine whether the ball has struck the batsman, bat or pad. It has two infrared cameras on opposite sides.
- The Hot Spot can detect if the ball has hit the bat or pad. It is shown up by a bright spot where the ball has hit; this is friction from the ball which rises the temperature. This is used in referrals.

FIRST 10 OVERS

- The first ten overs in an inning is defined as power play one
- If the batting team has got off to a very quick start, the fielding captain chooses to delay Power play two and three, and instead spread out the field to stem the flow of runs. Power plays may then be taken when an attacking batsman is out, or when the run rate has been reduced.
- In the first power play only two players are allowed to stand outside the 30-yard circle and two fielders required to be placed in close catching position
- In a power play this means that attacking batsmen are likely to score runs quickly in the first 10 overs
- The batswoman is able to play aggressive shots which may result in a boundary at a lower risk of being caught out
- Today 'pinch batters' are put in at the top of the batting order. A pinch hitter is a batter used to score runs quickly which involves playing more aggressive shots. The aim is to take advantage of the Powerplay in the first ten overs

- The fielding side with start off with a third man and a fine leg outside the 30 yard circle, this will provide protection for the bowler
- The fielding's team, should enable that their quickest and fastest players will be at covers and point
- It is key for the fielders and cover and point to close down the space quickly as the batswomen will be eager to find gaps in the field.
- With only two fielders outside the 30 yard circle this gives the batswomen the opportunity to find gaps and hit boundaries and sixes.
- Some teams will not have a fine leg and prefer to have a sweeper on the leg side boundary

CLICKABLE GUIDE



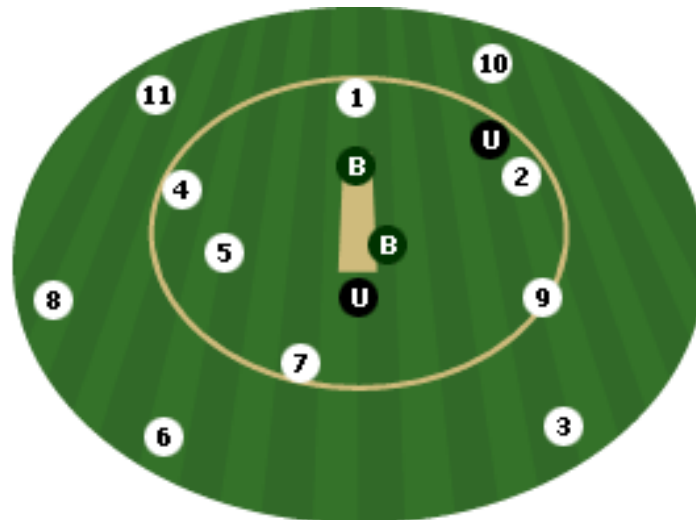
BATTING POWERPLAY

- The batting side are now allowed to choose a period of time when they have a 5 over Powerplay. This can be at any stage of the innings, the fielders are only allowed 3 outside the 30 yard circle, this was brought in in October 2008
- Most batting sides would choose their Powerplay after the over 34 as a new harder ball is introduced.
- It is said that batting totals are now 5-10% higher with the batting Powerplay.
- This could be because the top two bowlers may not be bowling and the batters are well settled by this late stage in the innings.

NON POWERPLAY

- Between Powerplays the fielding team has a minimum of four players inside the 30 yard circle along with the bowler and wicket-keeper
- This enables the fielders to be spread on the field to prevent boundaries
- Although at the legside they are only allowed a maximum of five fielders
- As the second and third pairs of bowlers come on, the field spreads even more where the mid on, mid off and mid wicket are moved back near the boundary
- On the other had the off-side field will also be well spread with the deep cover at the boundary, along with mid on and mid off

1	Wicketkeeper
2	Square leg
3	Long on
4	Point
5	Cover
6	Long off
7	Bowler
8	Off-side sweeper
9	Leg-side sweeper
10	Fine leg
11	Third man
B	Batsman
U	Umpire
-	Fielding circle



CHOOSING BOWLERS

At the beginning of each over, the captain must decide which of the players on his side will bowl the over. Bowlers generally perform best in spells of 5-10 overs, which gives them time to bowl several balls and settle into a good rhythm, and then allows them to rest after bowling for 20-40 minutes. Because of the rule which prohibits a bowler from bowling two successive overs, a single bowler will bowl every second over from one end of the pitch, while a team-mate bowls the intervening overs from the other end.

The particular bowler chosen to bowl an over depends on several factors:

- The age of the ball.
- The relative skills of the available bowlers in the side.
- The bowling styles of the bowlers.
- The freshness or tiredness of all the potential bowlers.
- Whether a bowler has been performing well or poorly so far in the game.
- The state of the pitch, and whether it has deteriorated over the course of the game.
- Any known strengths or weaknesses of the batsmen to particular bowlers or styles of bowling.
- The state of the game and overall strategic position, in terms of whether it is more important to take wickets or prevent runs.
- The wind speed and direction.
- The temperature and humidity.
- The time of day, in terms of whether it is near the end of a session of play.

The age of the ball often dictates which style of bowler the captain will choose. Fast bowlers obtain greater bounce and movement through swing and seam with a new ball than an older one. Almost invariably, fast bowlers will bowl until the ball is at least 20-25 overs old. The captain usually opens the attack with his best two fast bowlers bowling initial spells in alternation, then substitutes other bowlers as the opening pair of bowlers become tired.

Once the ball has begun to wear significantly, spin bowlers can get significant spin off the pitch and will come into play. If the ball is getting very old (50 overs or more) and begins to reverse swing, any fast bowler who can produce reverse swing will become a good option.

If the pitch is green, containing significant moisture, as is sometimes the case early on the first day of a match, fast bowlers can get variable bounce which makes the ball difficult for the batsman to judge and play. High humidity increases the swing of the ball, and this is affected by moisture evaporating from the pitch, so the combination of a moist pitch and humid weather can make fast bowlers very effective.

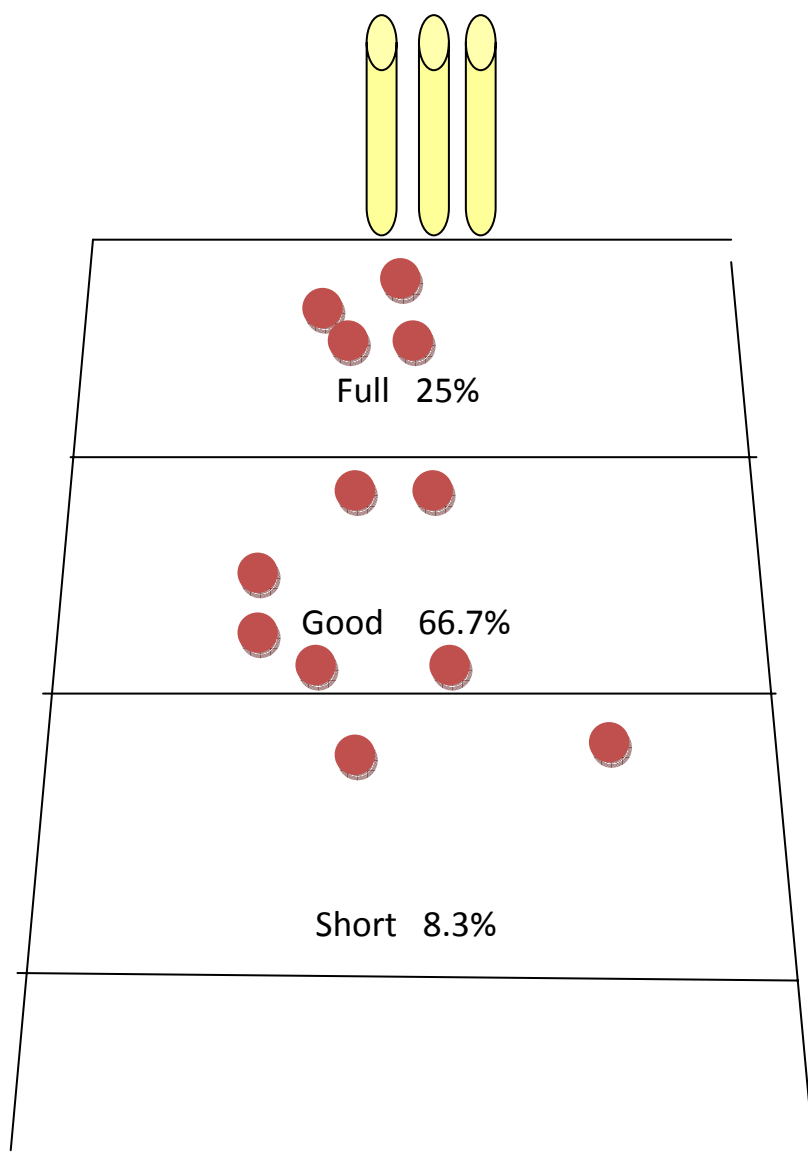
On the other hand, spin bowlers gain most assistance from the pitch when it is dry and begins to crumble, break up, and become dusty in character. Cracks in the surface and the lifting of patches of dead grass make the pitch uneven and produce variable amounts of spin and bounce, which makes spin bowling difficult to play. On the last day of a match it is often spin bowlers who are called on to perform most of the bowling.

Wind speed and direction can be a factor for choosing which end of the pitch best suits a bowler. Fast bowlers who rely more on sheer speed than swing gain assistance by bowling with the wind. Swing bowlers are helped by a crosswind that blows in the same direction as they are trying to swing the ball. Spin bowlers generally prefer bowling into the wind, as it helps slow the ball down and give it more time for drift and flight before bouncing. A crossbreeze component in the right direction can also help a spin bowler's natural drift.

Finally, if it is the last over or two before a break in play, the captain may choose to use a part-time bowler, more for the variety and the possibility that a batsman will attempt a rash shot and accidentally get out than for his actual bowling skill.

<http://www.dangermouse.net/cricket/strategy.html>

Notational Analysis



In this study I will examine my involvements in two cricket training sessions as matches haven't started yet. I will identify whether I have bowled full, good or short length. I will also compare the training sessions as my bowling should improve over the weeks of training. I will then compare my statistics and bowling with a professional bowler.

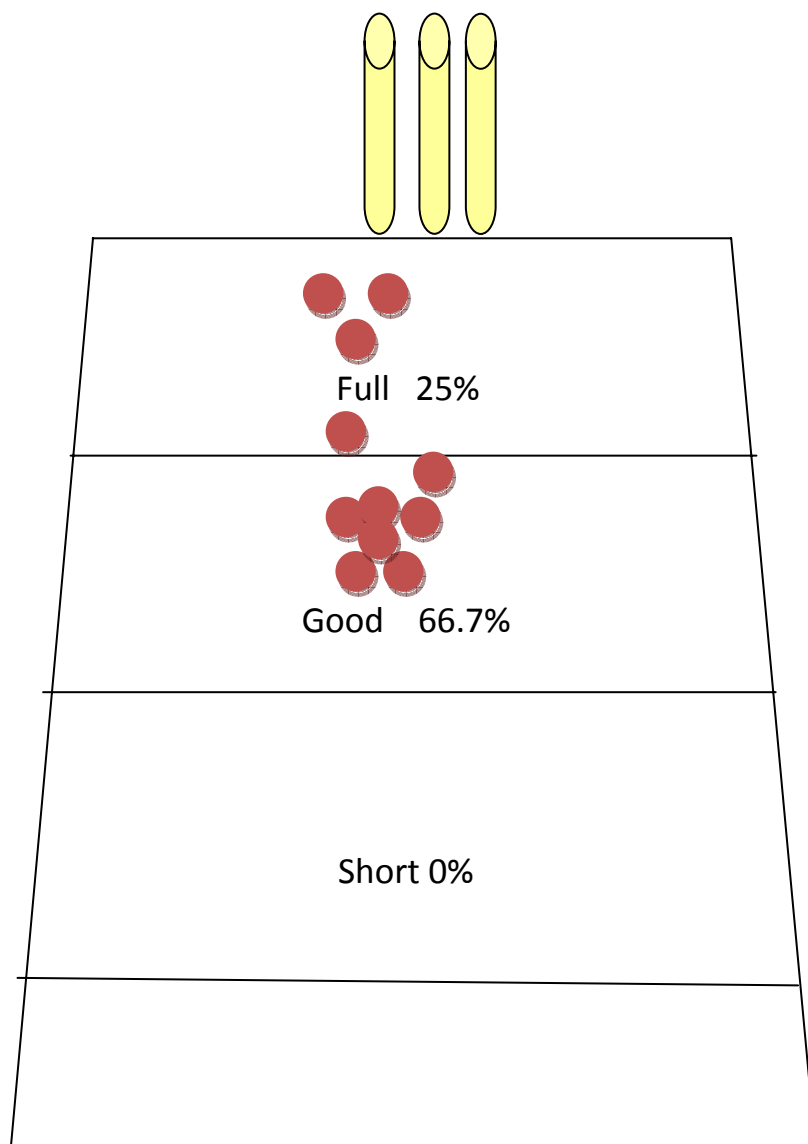
Week 3 Training (2 Overs)

Pitch	Short	Good	Full
Number of Bowls	4	6	2
Percentage	33.3%	50%	16.7%

As this was one of the first weeks we had been bowling during training. From this analysis I can see that most of the balls I bowled were of a good length (50%), and these balls were bowled mostly at the end of the session when I had corrected my run up and amended the correct line. The full balls, as shown above, were all pitched in a good length and in line with middle or off stump showing good

accuracy and consistency. I would tend to bowl a 'good' or 'full' length delivery. So the short balls are probably due to a late point of release.

Week 7 Training (2 overs)



Week 7 Training (2 Overs)

Position	Short	Good	Full
Number of Bowls	0	8	4
Percentage	0%	66.7%	33.3%

Looking from these figures it is clear that the most prevalent ball bowled was of 'good' length. Consistency was shown here too, where they were mostly bowled to middle and off stump. I mixed up my length, alternating between 'good' and 'full' but continued with my standard line and length, this resulted in me achieving a few wickets. There were no short balls bowled, due to practicing my point of release.

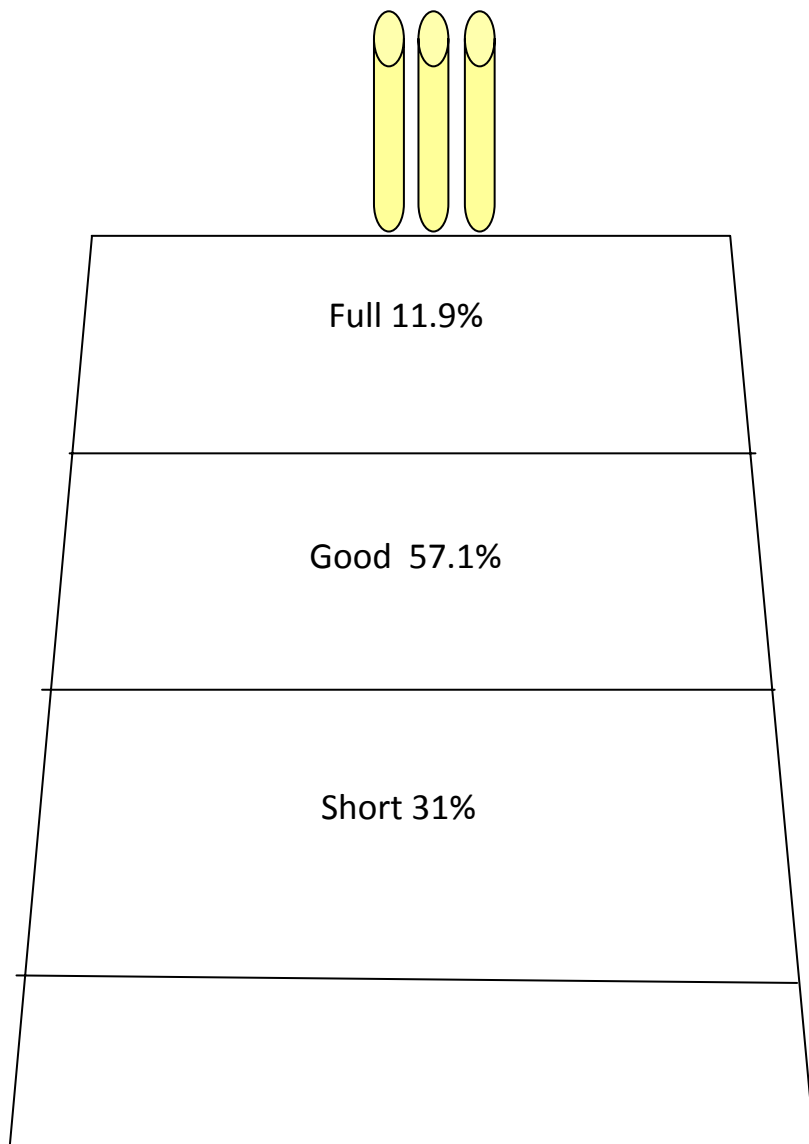
Professional Analysis

Name – Doug Bollinger

Game – 5th ODI against the West Indies

Result – Australia won by 125 runs (324/5 & 199 all out)

Figures – 7-1-33-3



Over	Pitch		
	Short	Good	Full
1	3	3	0
2	3	3	0
3	2	3	1
4	1	4	1
5	0	5	1
6	3	3	0
7	1	3	2
Percentage	31%	57.1%	11.9%

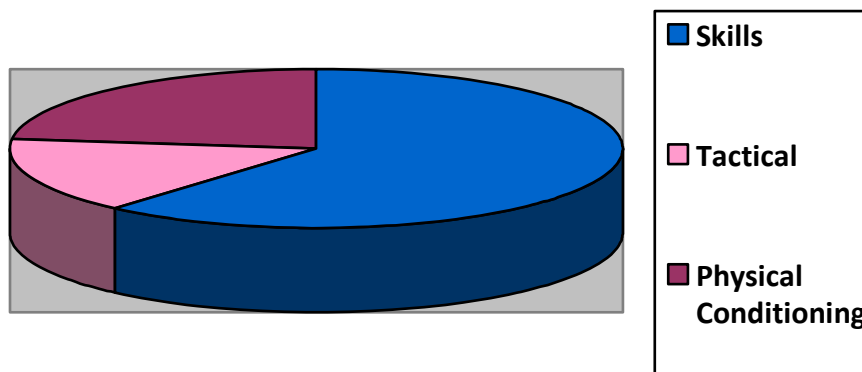
This performance shows that Doug bowls the majority of balls at a 'good' pitch with 57.1%, 31% at a short pitch and 11.9% at a full pitch. He picked up two of his wickets at a 'good' pitch at middle stump. This analysis shows that mixing up your pitching but keeping your line the same will enable you to succeed and get wickets.

From analysing my performances and Doug's performances I have concluded that varying your length and being consistent with your line will result in a good performance and that I should be more confident in bowling short balls.

Training Analysis

As part of the requirements for unit 2.1, I have successfully completed a participation log showing my involvement in my sport in both competition and training for a period of 8 weeks. This is an analysis of the training that I am involved in.

I have analysed my training and have concluded that I spend 61.5% on skills, 15.4% on tactical and 23.1% on physical conditioning.



Physical Training

Cricket involves a lot of physical and mental demands. To perform to your full ability you have to be maintaining and achieving a high standard of physical fitness to excel in your cricket career. Due to the frequent changes in cricket it is not a continuous steady sport. For example there are changes in movement, speed, intensity which are applied to fielding, batting and bowling.

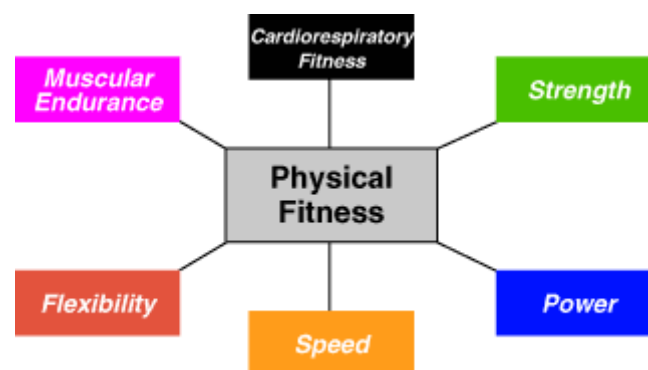


Fig 1

Muscular Endurance

This is the ability of a muscle to resist fatigue while exerting a force and performing repeated muscular action over an extended period. The nature of a cricket match involves sprinting, fast

reactions, quick changes of direction, changes of pace and also standing in the same place for long periods of time therefore muscular endurance is needed for these factors of the game.

Flexibility

Flexibility is defined as the range of movement available at a joint. It is determined by two factors: joint structure and muscle elasticity.

A cricket player would benefit from increased flexibility as the greater the range of movement the greater the ease and efficiency of the movement: strength increases then strength increases. An example in cricket would be throwing or bowling using the correct movement patterns about the shoulder joint.

Speed

Speed is defined as the time taken to move a body, part or whole, through a movement over a pre determined distance. It is often presumed to be a measure of maximum speed. An example in cricket would be short sprints between the wickets, fielders chasing or moving towards the ball and the bowler's run up.

Power

Power is defined as the ability to exert a force quickly and is calculated as strength multiplied by speed. The game has fast and powerful components including fast bowling, throwing, facing a fast bowler and batting.

Strength

Strength can be defined as the maximum force that can be generated by a muscle or group of muscles at a specific time. This will therefore enable the muscles to produce a better force. For example in cricket strength is an essential component to excel in power (fast bowling) and speed (running fast between the wickets.)

Cardio Respiratory Fitness (aerobic and cardiovascular fitness)

Aerobic endurance is the ability of aerobic energy pathway to meet the demands of an activity. Improving your aerobic endurance is critical in cricket as it enhances short bursts of activity over a period of time, also to maintain concentration levels throughout the game. These factors will enable you to play to your top ability without becoming fatigued. The nature of a cricket match involves sprinting, fast reactions, quick changes of direction, changes of pace and also standing in the same place for long periods of time therefore muscular endurance is needed for these factors of the game.

Cardiovascular endurance is the ability of the heart, blood and blood vessels to work collectively to perform their function of fulfilling the needs of the cells in the body, by delivering oxygen to working muscles and removing waste. This is relevant to cricket as matches are long and tiring. This could be a minimum of one full day of play and a maximum of five consecutive days.

Anaerobic Fitness

This is defined as when muscles do not need oxygen to accomplish the physical activity they're undertaking. Instead of using oxygen, your muscles use glycogen for their power.

Smaller components of fitness

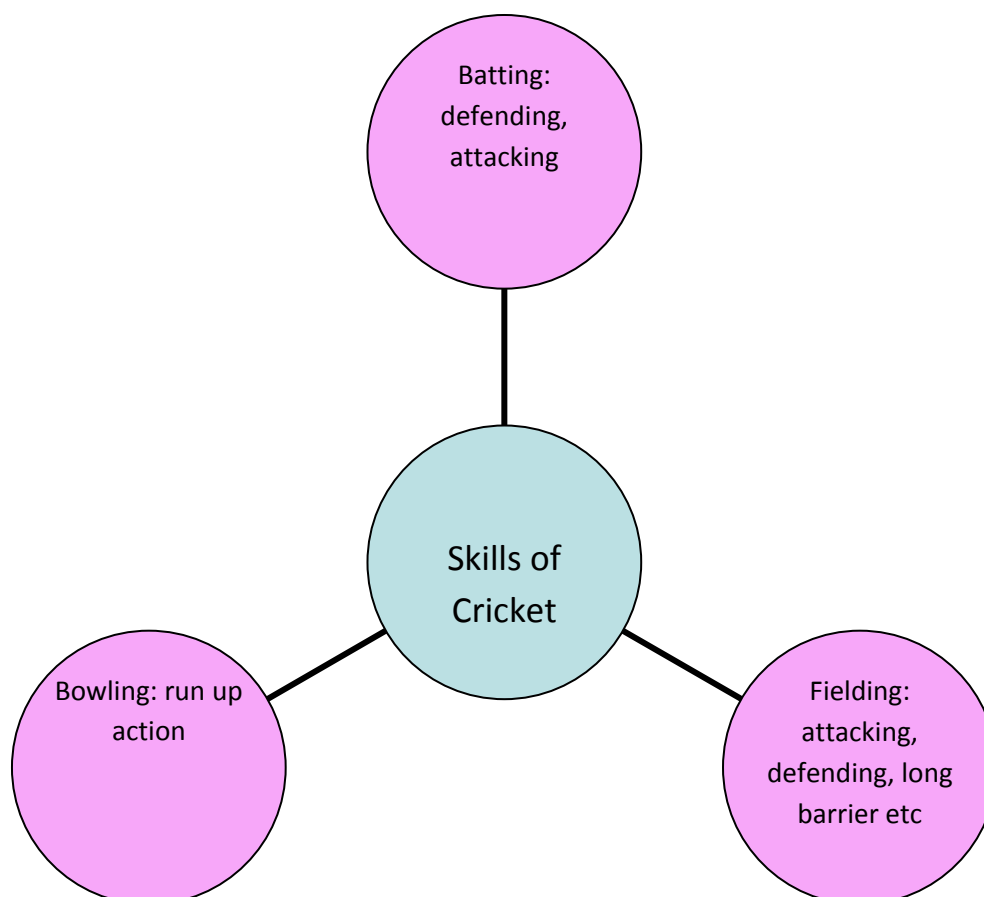
Agility

Agility is defined as changing position quickly and with control. It is similar to dynamic balance. Due to cricket having unpredictable movements during batting and especially fielding situations need to be reacted to quickly.

Core Stability

Core stability refers to the ability to control the position and movement of the central portion of the body. This training targets the muscles deep within the abdomen which connects the main muscles which assists good posture. Core stability is essential to all components of cricket: batting, bowling or fielding.

Skills



Batting Skills

Forward Defensive

Tactics

- This shot is used when a ball is bowled straight with a good length, the aim is to block the ball, and not to score runs

Biomechanics

The forward defensive shot is played with a straight bat including good stride with your front leg forward towards the pitch of the ball, keeping your head and front shoulder in line with ball.

- Your head and shoulders should be in line with the ball, making sure you watch it right onto the bat.
- Try to establish a strong, well balanced and relaxed stance
- Do not follow through but rather to keep the bat in the finishing position

Straight Drive

Tactical

- This shot is usually played when the ball is over pitched allowing the batsman to hit the middle of the bat.

Biomechanics

- The top hand along with the bottom hand support each other to keep the ball along the ground
- The first thing is to make a base with the front foot by bending your knee. Then lean into the ball with your front shoulder. All of your body weight should be leaning forward this enables the ball to move close to the ground.
- The batsman's' head should be in line with the bent knee, your eyes should be focused on the ball. The front foot should stay close to the pitch of the ball and the toes of the back foot should be raised.
- The batsman's follow through should end up with the bats face pointing to the sky. The wrists should stay relaxed allowing the bat to follow in a straight line.

Pull Shot

○ Tactics

This shot is used to deflect an aggressive bowl by 'pulling' the ball from one side to another

Biomechanics

- The pull shot is to swing your bat across your body, pulling and then hitting the ball from one side to another.
- The difference is that as your backswing begins, your head, shoulders and back foot move across
- To form the base, your front leg is moved back towards leg side
- The bat is brought down and across with extended arms while swinging, it is important to make contact with the ball as soon as possible
- As you hit the ball downwards try and roll the wrists as soon as you strike the ball
- Your weight is then transferred onto the front leg, trying to maintain balance
- To help your balance you should also keep your head still during the shot

Sweep Shot

- The sweep is used against spin bowlers. This shot is usually played down the leg side.

Biomechanics

- This shot requires you to lean in line of the ball with your head and shoulder. The front pad should be in line with the incoming ball, the front leg should then bend into a kneeling down position while the back leg is collapsing.
- With your head naturally over the front knee, swing the bat down and across your body from a high backswing. Strike the ball in front of the pad with the arms outstretched, both shoulders should be facing down the pitch.
- While the bat is in contact with the ball the wrists should roll.

How I trained for this skill?

Feed the ball and continuously playing the shot over again. Then put this into practice in the nets with the bowling machine set to the appropriate setting for the drives.

Fielding Skills

The knees should be bent with the legs about shoulder width apart as this gives the cricketer more balance. The palms of the cricketer's hands should be together with the fingers facing downwards. You should aim for your arms and hands to be in front of your body; this means that you will be alert and ready for when the ball comes your way. When the ball comes your way you should watch the ball into the softest part of your hands, allowing the hands to come towards the body.

How I trained for this skill?

The wicket keeper is behind the stumps and a batter closely beside the wicket keeper strikes the ball. The first fielder in line chases and attempts to catch the ball. The ball is then thrown in to the wicket keeper and the player joins the back of the queue As we had concentrated on close fielding this drill was adjusted for close fielding but could be changed for different types of fielding e.g. long barrier

Bowling Skills

Bowl to the off-stump because this is where batswomen are hesitant whether to play or leave the ball.

The line of the ball will also determine whether or not the ball swings or seams. As I am a medium pace bowler I am coached to aim for a shorter length.

Bowler needs to have the ability to sustain blistering pace for a number of overs. I.e. the capability to bowl 10-15 consecutive overs (less for under age players). To bowl off swing, you soften the wrist a little so the wrist almost leads the fingers. If you want to bowl in swing you keep the wrist firmer.

How I trained for this skill?

In this session we used the nets. This allowed the bowlers to get familiar with their techniques. We also marked out our correct run-ups. I then bowled two overs which I recorded for my notational analysis

Tactical Analysis

Fielding Tactics

- An attacking field (designed to take wickets) for a fast bowler will include a short leg, one or two gullies and three or four slips. Usually it will also include a mid off, mid on and fine leg to cover most of the field. The remaining fielders depending on the bowling tactics will be used at cover, midwicket, square leg or point.
- A defensive field (designed to take runs) for a fast bowler will be dominated by a ring of infielders, one or two slips, midwicket, a square leg mid on, mid off, gully, point and cover. The outfielders who are forward of the batswomen will change due to choice of shots.
- Another tactic would include trying to get the bowler to concentrate on bowling into the batsman's legs, in an attempt to get him bowled or LBW. This will require more fielders on the leg side.

Batting Tactics

- The first decision a batswomen will make will be whether to move onto the front or back foot, this will be depending on the line and length.
- Once decided, you will then make the decision of not playing the ball, play an attacking shot or a defensive shot.
- Factors which tend to make the batswomen play defensively: early stages of the game, facing a bowling style which she is less confident with, close fielders ready for a catch etc.
- Factors which tend to make the batswomen play attackingly: game approaching the end, side requiring runs, being in batting for a while etc.

Fielding Tactics

- Choosing a bowler may depend on: the state of the pitch, strengths or weaknesses of the batswomen towards the bowlers style, the strategic position- whether to take wickets or prevent runs, skills etc
- The pitch and length of the ball
- Bowling around or over the wicket

How I trained for this skill?

In Week 5 we concentrated on a match situation where we practiced field placing with different types of bowlers. This prepared us for matches when there were different batters and bowlers. Working in the nets will also make you more confident in which shot you are to play.

Strengths and Weaknesses

Technique	Strengths	Areas for Improvement
Bowling	Bowls a good length with accuracy and medium pace	Need to improve run up
Batting	Good eye for the ball, with excellent timing executing shots	Need to believe more in ability and learn that not every shot will result in runs Defensive shots
Fielding	Strong and accurate throwing arm	Need to concentrate more in the field
Physiological	Excellent eye/hand co-ordination. Quick between the wickets and around the field	
Tactical	Very competitive. Continually strives to be the best Game awareness has improved greatly over the last two years	Listen and observe the Captain of her team
Psychological	Actively encourages team mates Shows qualities of leadership Not shy or reserved and portrays confidence	Occasionally shows lack of self confidence, need to believe in myself Accept that repetition can have a positive influence

How they are affecting my performance?

Technical

For my technical analysis I concentrated on the forward defensive shot, the straight drive, the pull and the sweep. By analysing the perfect models I was able to identify the weaknesses in my shots and correct them through practicing. I noticed from my technical analysis that my head and shoulders should be in line with the ball as I play the shot. Observed in my forward defensive my head is at the side and is in fact not in line with my shoulders either. I corrected during training which now means that it is easier for me to play the forward defensive with a straight bat. In my coaches assessment it stated that I needed to learn that not every shot will result in runs. As this is a defensive shot, which usually doesn't score runs I feel it is necessary to improve this type of shot as I will then be more confident in playing shots which don't score runs.

FORWARD DEFENSIVE SHOT TECHNICAL MODEL

Bat right beside the pad, so that there is no gap for the ball to hit the stumps

bat in the finishing position

Head and shoulders inline with ball so you can play the shot with a straight bat

little or no backswing

Bats face tilted towards the ground will keep the ball down and will help you avoid being caught out.

Raise the heel of your back foot and hold your finishing position rather than following through.

Huge stride, back leg straight. The front leg strides towards the pitch of the ball, bending to take the weight

By comparing the two shots being played you can see that my body is more upright than the professionals. It also shows that my head isn't in line with where the ball has been, although my shoulders are. Compared with the perfect model the cricketers head and shoulders are in line with where the ball has been played and also the cricketer's body looks stable. By having a stable stance this will improve balance which will result in me being able to perform the shot effectively and efficiently.

FORWARD DEFENSIVE

Bat's face should be tilted more to the floor

Bat beside pad

Head and shoulders should be inline with where the ball has been

Back heel should be raised

I have shown that I am able to execute shots well due to growing confidence and repetitive drills. This is supported by my coach's report which expresses that I have a good eye for the ball with excellent timing when executing the shots. (Shown opposite from my technical analysis.)

STRAIGHT DRIVE

Head should be in line with bent knee

Shoulder leaning into ball

Bat accelerating through straight path

All of body weight leaning forward

Bent knee

Toes of back foot raised

My coach's report suggests that I bowl a good length with accuracy and at a medium pace. This is backed up by my notational analysis. My coach report proposed that I needed to improve my run up and my release of the ball. This is also shown in my notational analysis where I bowled two short balls due to a late release, but this was improved in a following training session where no balls were pitched short due to a late release. I feel that my techniques in all areas are rather strong due to my training being concentrated on skilled performance with evidence from my training analysis supporting this i.e. 61.5% of training is spent on skills.

Physiological

I feel that my strengths are prominent in the physiological areas, where my coach states that I have excellent eye/hand co-ordination and I'm quick between the wickets and around the field. Altogether I am a fairly athletic cricketer which I feel that is a strength. This could be due to 23.1% of training being spent on physical conditioning.

Tactical

According to my coach's report I am a competitive cricketer who continually strives to be the best and my game awareness had improved greatly over the last two years. This could be due to me playing more matches for clubs and province during the summer and taking part in Irish training. Although I need to listen and observe to the captain and understand game plans. I feel that this is a weakness because of our lack of time spent on tactical training which is only 15.4%.

Psychological

I feel that I encourage team players and have motivation skills, which help players on my team. This is supported by my coach's report which states that I am an enthusiastic and valued member of the U17 team who encourages team mates and shows qualities of leadership. It also explains that I am not shy or reserved and that I portray confidence. My weaknesses are that I would occasionally show lack of self confidence which I agree would happen during new skills.

How can I improve on my weaknesses?

Technical

To improve my run up and reduce the amount of short balls bowled due to a late release, I must measure out my run up with the heel of my back foot on the crease line and run and bowl as I would in a match situation and to be comfortable with how my body is balanced. The problem that I may have been facing was that when I decided to bowl a faster ball I would run faster which would result

in me taking more frequent and larger strides. So before I bowl a fast ball I will take a few strides back from marked out starting point which should mean I am more balanced and my run up should be correct.

To help me learn that not every shot will result in runs, I should become more confident in playing defensive shots. I will do this by practicing drills in which defensive shots are played or continuous feeds where I will be forced to play defensive shots.

Tactical

To become more confident and listen and observe the captain I feel that matches and field practices are needed to make the team as a whole more confident in this area.

Psychological

I would lack confidence in trying certain shots in matches. This confidence will come when I have practiced the shots I feel I'm not confident with in practice matches during training, or with the bowling machine or they could be practiced with continuous feeding drills.

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