

A STUDY OF CRICKET NET SESSION**Dr.J.S.PATTANKAR**

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Introduction :

Net practice is considered to be one of the most effective forms of cricket coaching almost all cricketers form novice to international level to practice to improve their skills in nets. Andrew says Net practice can also be much more enjoyable if it is properly organized. In organizing cricket Net practice there involves lot of managerial skills. This paper attempts to throw light on how to manage the Net session effectively and efficiently.

Setup two nets with 1-6 players assigned to each

Each net has a different type of bowler (Spin, Fast Leg etc) each batsman gets 12-15 minutes in the nets. They must play the ball back towards the bowler, on the 3rd ball they have to run up to a marked point on the net and then to the crease again.

Space is required for cricket net practice

Generally practice cricket nets are 20 mtr long and 3.6 mtr wide. The back and side walls are 3mtr high with multi-bay construction the divide ring (centre) net must be 21 m long.

The article highlights the task of nets in-charge, without emphasizing much on technique and tactics of the game. But it also elaborates certain unnoticed areas in nets management in modern days' cricket, net practice sessions are even taken to indoor and to the extent of "bowling of bowling machines used to feed the ball to the batsman at the crease.

PICH

For net practice a well prepared wicket should be used & it should be used & it should be rolled properly before each session if mat it should be properly stretched and nailed to the surface.

NETTING

The net in-charge should inspect whether the net is properly fixed. It is always better to have a double net. The bottom of the net should be pegged down.

TRAINEES

If there is more one wicket available then it is better to group the players according to their age group and practice may be given. It is better to have 15 players per net. The time to be allotted for individual batting or bowling should also be planned in advance so that everyone gets an opportunity almost at every session either to bat or bowler or both.

MARKING

In Nets the pitch marking creases and stumps (height, width) should be according to the law of cricket many bowler ignore crease marking during practice which should lead to bowling many no balls during matches.

EQUIPMENT

It is the responsibility of the net incharge to see that players are fully equipped and that too with proper sized equipment. He should not permit the trainees to wear watches rings etc during the sessions. He should always insist the trainees to use their personal kits to avoid communicable diseases.

Warm-up

The Net in-charge should educate his trainees the importance of proper warming up before practice and he should supervise warming up personally. Few trainees tend to come late for the Net to escape from warming up and conditioning. Therefore the Net in-charge should be very strict on punctuality and to see that his trainees are involved in warm-up to the optimum level.

Other facilities

The first aid kit, proper drinking water facilities etc should be provided near Net.

During Net session Position

The net in-charge should instruct to mark of run-up in case of bowler and the guard in case of batsman. He should also do field placement of the other players who do not bat or bowl. It is his responsibility to see that one man ready with pads. According to the talent, the batting/bowling order to be bat/bowl next should be given in systematic way.

Safety

For safety every person in the net must watch ball bowled, and batsman must dress at the back or side of net. Only with sufficient light and good background conditions. Net in-charge should permit his trainees to practice. If a batted ball rests in the middle of the pitch, it must be removed immediately before the next ball is bowled. The net in-charge should instruct his bowler not to go up to the net to collect the balls until the sequence of bowling gets completed and all balls are dead. It is better to operate 3 to 4 bowlers at a time. With a large number the bowler becomes tired to give the last man a proper knock and the interest drops. After bowling the bowler should go to the side of his run-up mark to collect the ball.

Seriousness

Only one of the important duties of net in-charge is to see that cricketers take nets

seriously with the same frame of mind as if they were playing in the matches.

Concentration

Net in-charge should take off his cricketer form the net. Once he finds that a trainees is unable to concentrate

Encouragement

The net in-charge should motive his trainee by saying well tried by a pat on the back by a smile which would to wonders. If a cricketer feels that he is playing well he will soon being to play better Encouragement by net in-charge will give tremendous confidence to the trainees to play better.

Recreation

Each training session may and with a recreation game involved by all which makes the when trainees home session enjoyable

Discipline

In nets there should be minimize talk and maximize action. Proper discipline should be maintained throughout. The net in-charge should avoid to mach of instructions to study batsman and the bowler from all angles. Kits should be kept in a line. The players' vehicles are parked away safely.

Warm down

The net in-charge should teach warm down exercises to his trainees stressing its importance.

Instructions

At the end of each session there should be discussion between the trainees and the net in-charge. This will make good interaction between them. The trainees should be encouraged to ask question about all aspects of the game including the laws of the game. Net's incharge should maintain a dairy.

Create a successful practice play

1. Set 80 a goal et need to carefully pad everything is one practice carefully pick one main focus for it.
2. 2. Pick drills that will achieve your goal. Now that you hava goal. It's time to plan how you'll reach it.
3. Allocate time to each drill. 4. Play how you's transition into each trill.

4. Rules for the nets in cricket

Net safely rules

1. No spectator's are to be in the nets.
2. Batters must pad up outside the net area
3. Bowlers should only bowl when the better ready and should face the better at all times.
4. A loud cry of "stop" should stop active in all nets immediately to address any safety problem

References

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