



Relationship between Batting Skill and Strength Motor Ability of Cricketers in Kerala

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ABSTRACT

The Purpose of the study is to find out the relationship between batting skill and strength motor ability of cricketers in Kerala. 150 state level cricket players were participated as the samples for the study. Different variables namely Batting skills and strength motor ability were measured of the samples. Standard procedure was followed to measure the Batting skills and strength motor ability variables. Karl-Pearson's co-efficient of correlation technique was used to find out the relationship between anthropometric, physical and physiological measurement and playing performance. Very few anthropometric measurements found significant with skill performance. The implications of results are discussed.

Keywords: Batting skills and strength motor ability and cricket players

Introduction

Batting skills in cricket are the foundation of a team's success, requiring a blend of technical finesse, mental acuity, and physical prowess. It all begins with the batsman's stance, a balanced and poised position that enables swift reactions to the bowler's deliveries. The grip on the bat is crucial for control and power, with variations like the orthodox and V-shaped grip being commonly used. Agile footwork is essential to adjust to different ball lengths and angles, while shot selection determines the outcome of every delivery faced. A skilled batsman reads the bowler's intentions, anticipating their actions to make well-informed shot choices. Timing and placement are pivotal in achieving boundaries and rotating the strike. Mental fortitude allows the batsman to remain focused and composed under pressure, while adaptability enables them to tailor their game to different formats and conditions. Regular practice and fitness training contribute to improving hand-eye coordination, reflexes, and running between the wickets. In essence, batting skills encompass a dynamic and intricate set of abilities that form the backbone of a successful cricket team.

Strength motor ability refers to the capacity of an individual's muscles to exert force during physical activities. It is a fundamental component of overall physical fitness and plays a crucial role in various sports and daily life movements. This motor ability is primarily determined by factors such as muscle size, neuromuscular coordination, and muscle fiber type. Athletes and individuals who possess good strength motor ability tend to perform better in sports that require power, speed, and forceful actions, such as weightlifting, sprinting, and contact sports like rugby and American football. Additionally, strength motor ability is vital for activities involving lifting, carrying, pushing, and pulling in everyday tasks. To improve strength motor ability, individuals engage in resistance training, which involves lifting weights or using bodyweight exercises to challenge the muscles. As the muscles adapt to the increased resistance, they become stronger and more capable of producing force. Proper nutrition, adequate rest, and progressive overload in training are essential to optimize the development of strength motor ability. Whether in sports or daily life, having a well-developed strength motor ability enhances performance, reduces the risk of injuries, and contributes to an overall healthier and more active lifestyle.

Cricket

Cricket is a popular and widely followed sport played between two teams, each consisting of 11 players. It is predominantly played in countries like England, Australia, India, Pakistan, South Africa, and the West Indies, among others. The game is contested on a circular or oval-shaped field known as the cricket ground, with a rectangular pitch at its center. The objective of the game is for the batting team to score runs while the bowling and fielding team attempts to dismiss the batsmen and limit their scoring opportunities. A typical cricket match consists of two innings, with each team having a chance to bat and bowl. The team that wins the toss decides whether to bat or bowl first. The batting team sends out two batsmen at a time to face the bowlers, who deliver the ball from the opposite end of the pitch. The batsmen try to score runs by hitting the ball with a wooden cricket bat and running between the wickets. They can also score runs by hitting the ball to the boundary, earning four runs for it touching the boundary ropes and six runs if the ball clears the boundary without touching the ground. The bowling team's objective is to dismiss the batsmen through various means, such as getting them out bowled, caught, leg-before-wicket (LBW), stumped, or run-out. Once ten batsmen are dismissed, the team's inning ends, and the teams switch

roles. The team with the most runs at the end of both innings wins the match. Cricket offers different formats, including Test cricket, One-Day Internationals (ODIs), and Twenty20 (T20) matches, each with varying game lengths and rules. Test cricket is the longest format and is played over five days, while ODIs and T20s have limited overs, offering faster-paced games. Cricket's rich history, strategic intricacies, and passionate fan base have made it one of the most celebrated and followed sports globally. International cricket tournaments, such as the ICC Cricket World Cup and ICC T20 World Cup, draw immense viewership and create moments of great excitement and anticipation among cricket enthusiasts worldwide.

Objective of the Study

To find relationship between selected relationship between batting skill and strength motor ability of cricketers in Kerala.

Methodology

For the purpose of study 150 cricket players from various districts of Kerala served as the sample for the study. All samples age category was between 18 to 21. Standard procedure was followed to measure the between batting skill and strength motor ability. To find out the relationship between batting skill and strength motor ability Karl- Pearson's Co-efficient of correlation statistical technique was used.

Table 1: Independent variable Standard deviation Pearson's co-efficient of correlation

| Independent variable | Mean | Standard deviation | Pearson's co-efficient of correlation | Sig |
|------------------------|--------|--------------------|---------------------------------------|-------|
| Batting skills | 186.31 | 7.69 | -0.131 | 0.065 |
| Strength motor ability | 70.60 | 4.71 | -0.219 | 0.068 |

Results

In the following table we can observe the mean and standard deviation of batting skills and strength motor ability variables and "r" value with significance level in relation to playing ability.

From the above table we can observe that in selected batting skills and strength motor ability. Amongst 2 variables only three variables namely batting skills and strength motor ability were found significantly correlated with cricket players.

Discussion

As we found that batting skills and strength motor ability are the two variables which are significantly correlated with cricket players. For the cricket player's batting skills and strength motor ability. So that might influenced on the result. Apart from these two variables no other variables are not correlated at the significant level with playing ability because in this study we are having players playing the same tourney of kerala with having same potentials. So that might also influences on results.

Conclusion

In this study batting skills and strength motor ability were found significantly correlated with playing ability of the cricket players. Other than these variables other variables relationship with players playing ability was not at the significant level.

Recommendations

With the help of results derived from the present study. The following Recommendation can be made.

- 1) The present study results can be very much useful for physical educators, coaches and trainers for screening and selecting potential cricket players at university level.
- 2) Further the result of the study can help experts to frame different methods of training by emphasizing the development of factors which are significantly related to handball performance at different levels.
- 3) It is recommended that the present study is limited to anthropometric, physical and physiological variables, further it can be extended to motor fitness variables and psychological variable.
- 4) It is recommended that the present study may be repeated by selecting subjects belonging to different age groups
- 5) This study is only limited to male handball player, further it can be extending to female handball players also.

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