



## SOME BASIC CRICKET TERMS EXPLAINED

- **All Rounder:** A most valuable team member; this player is capable of batting and bowling at a high enough level to be selected in either of these two disciplines.
- **Appeal:** A loud shout of “Howzat” by a fielder or the bowler; they are asking the umpire to give the batsman out. A batsman cannot be given out unless an appeal is made by the fielding team.
- **Bouncer:** A fast, short-pitched delivery that is bowled; this reaches the batsman at head / shoulder height or higher. Sometimes this is referred to as a “bumper”.
- **Close Field:** The fielders that take up their positions close to the batsman (within 15 meters) are said to be the close field or close catchers.
- **Dead Ball:** There are many situations when the ball is considered to be “Dead” or out of play. The main ones occur when: (a) The ball has settled in the hands of the bowler or the wicket-keeper. (b) The ball reaches or bounces over the boundary. (c) When either of the two batsmen is out. (d) The ball lodges in the clothing of a batsman or an umpire, or the protective headgear of a member of the fielding side. (e) The umpire calls an end to an over, or the end of the day’s play.
- **Extras:** Any runs that are added to the score other than those coming from the bat. (I.e. byes / leg byes / no balls / wides)
- **Hat Trick:** A bowler performs the hat trick if he claims three victims with successive deliveries. They need not be in the same over but must be in the same match to count.
- **No-Ball:** A delivery that the umpire considers to be unfair is a “no-ball.” (There are many different ways.) The bowler has to bowl an extra delivery to replace it. A batsman can score runs in the normal way at no risk of dismissal, but he or she CAN be run out.
- **Overthrow:** A throw from a fielder that passes the wicket-keeper, or fielder at the stumps, and enables the batsmen to add more runs to their total.
- **Round the Wicket:** The opposite to “over the wicket”. The bowler delivers the ball with the release hand farthest away from the stumps at the bowling end.
- **Runner:** If a batsman is prohibited from running due to injury or illness, another player from his own side is allowed to act as his runner. The runner should, preferably, have already batted, and to make it fair must be fitted with the same external equipment as the batsman for whom he is “running”.
- **Short Run:** If the batsman fails to ground his or her bat behind the popping crease while making a run, it is called a short run and is not counted to the total.
- **Twelfth Man:** Replacement fielders are allowed on to the field in place of injured or otherwise indisposed players. The twelfth man cannot bat or bowl and any catches he makes are credited to “sub” (substitute).
- **Wicket Maiden:** An over in which the bowler concedes no runs and also takes at least one wicket.
- **Yorker:** A delivery pitched well up to the batsman and usually landing between the popping crease and the base of the stumps.

## Some Ideas on Physical Conditioning for Cricket

Technical skills, the correct mental attitude and physical fitness are all factors in the development of a cricketer. In recent times, a much greater emphasis has been placed on fitness levels. The game has become more competitive and physically demanding. It is no longer merely talent that separates two sides from each other.

Several features of the modern game have contributed to this, for example: More limited-over cricket demanding faster scoring rates / Time limits on over rates and fielding restrictions requiring greater athleticism from fielders / Fitness is an important part of performance because skill deteriorates as fatigue sets in. Being fit delays the onset of fatigue.

Fitness also plays a crucial role in the prevention of injuries. Players that have the necessary strength, endurance and flexibility, not only have a better chance to maximize their playing potential, but certainly reduce the risk of injury. If you are injured you cannot perform properly, if at all.

When considering fitness for cricket, the following aspects apply to all players:

*Speed*

*Stamina / Endurance*

*Strength*

*Suppleness / Flexibility*

*Agility / Coordination*

*Core stability*

**Each of these areas has an important role and requires specific attention at various stages in the year. All young cricketers should be seeking to improve their fitness, but they need to apply the correct methods and should consult a fitness specialist.**

### **WESTERN PROVINCE CRICKET COACHES ASSOCIATION**

Coaches Association member's meetings take place regularly throughout the year. The following have appeared as guests at meetings during the past few years:

Tim Noakes; Bob Woolmer; John Buchanan; Corrie van Zyl; Eric Simons; Terry Jenner; Vincent Barnes; Jake White; Paddy Upton; Gary Kirsten; Mickey Arthur.

### **THE COACHES ASSOCIATION OBJECTIVES:**

- To provide a forum for the further development of cricket coaching.
- To promote better cricket coaching within all areas and all communities.
- To create opportunities for the advancement of coaches / players.
- To foster good relations with other members of the cricketing fraternity.
- To pursue all objectives with due regard to transformation issues.

### **ALL CRICKET COACHES SHOULD BECOME MEMBERS**

**For details contact Paul Phillipson, Coaching Manager of W.P.C.A. on paulp@cricket.co.za**

**THE 2005 COACHES A.G.M. IS TO BE HELD ON WEDNESDAY  
8TH JUNE AT 19H00 – PRESIDENT'S SUITE, NEWLANDS.**