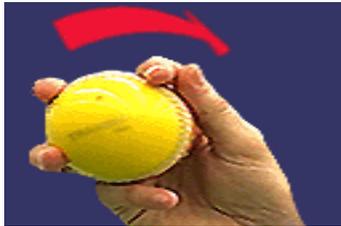
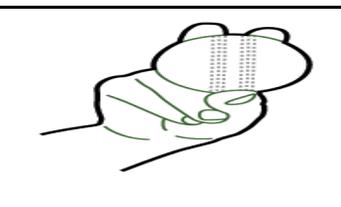


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Types of bowling

Key Words	Description	Coaching Points	Picture
Leg spin bowling	It involves turning a ball off the pitch from the leg side of a right-handed batsman, to the off side. It's often described as wrist spin because, unlike off spinners, the revolutions of the ball are generated by the wrist rather than the fingers.	The top joints of the index and middle fingers are across the seam, with the ball resting between a bent third finger and the thumb. As you release the ball, straighten the fingers and much of the work on the ball will be done by the third finger, turning the ball anti-clockwise. Flick the wrist so that the palm of the hand finishes facing down-	
Off spin bowling	An off break delivery turns from the off side to the leg side when bowled at a right-handed batsman. The spin is generated by the first and second fingers of the right hand. The more revolutions you can put on the ball, the better chance you have of getting more turn when the ball pitches.	The middle joints of the index and middle fingers are well spread across the seam. The ball rests against the third finger but the thumb has little involvement. Turning the wrist and the index finger generate the spin on the ball, turning the ball in a clockwise direction. Use your first two fingers to give the ball a good "rip" at the point of	
Seam bowling	The inswinger moves in the air from the off side of a right handed batsman to the leg side. The later the bowl swings into the batsman, the more effective it will be. The amount of inswing a bowler can generate depends on plenty of different factors like the weather, the bowler's action and the condition of the ball.	Grip the ball with the first two fingers close together on the seam, with the thumb should be on the seam underneath. Angle the seam towards leg slip, but keeping it vertical. The shiny side of the ball should be furthest from the batsman.	

Batting



Types of matches

Match	Description	Highest Individual score
Test match	<ul style="list-style-type: none"> •Players wear white clothes. •Players use a red ball. •The match is played in daylight. •A match lasts up to five days. •The playing day lasts at least seven hours. 	Brain Lara (West Indies) 501 not out
One day international	<ul style="list-style-type: none"> •Players wear coloured clothes •Players use a white ball. •The match is often played partly under floodlights. •Most matches start early afternoon. •The playing day lasts about eight hours. 	Rohit Sharma (India) 264
T-20	<ul style="list-style-type: none"> •Players wear coloured clothes. •Players use a white ball. •The match is often played partly under floodlights. •Most matches are played in the evening. •Play lasts just three hours. 	Chris Gayle (West Indies) 175

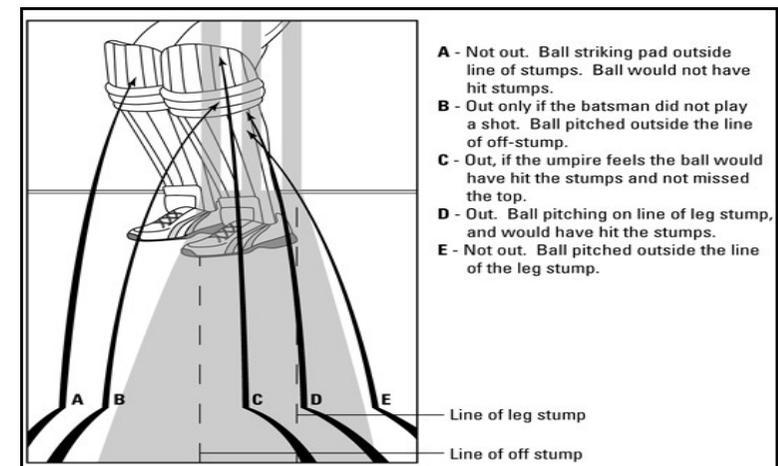
Effects of exercise

Short term	Long term
Increased blood flow to muscles Blood is diverted to muscles from digestive and other systems Increased tidal volume (amount of air breathed in or out one breath)	Muscles, tendons and ligaments get stronger Lower resting heart rate and quicker recovery rate Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)

Components of fitness

Component of fitness	Definition	Example of use in the game
Muscular strength	The amount of force a muscle can produce with a single maximal effort. (1 rep max)	Lifting up the bat the play a shot
Speed	Ability to move quickly	Run between the two batting creases quickly
Reaction time	Ability to respond quickly to a stimulus	Batsman reacting to a bowler

The LBW law made simple



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The spin is generated by the first and second fingers of the right hand.

