



Podar Enrichment Academy

2011 - 12

SYLLABUS OF CRICKET

Lesson 01-05→ Introduction, Rules of the game, How to Wear Cricket guards

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints→ Fielding - Catch Practice (High and Low), Fielding Games and
Catching Games

Batting - Batting Grip, Stance, Taking a Guard, Footworks drills (Front
Foot and Back Foot drills)

15 Mints→ Bowling--- (Fast/Medium/Spin) First Basic Step—Bowl high and
accurate on The Stumps Wicket to wicket. (Keep One Leg and One off Sump
On)

To learn the way of wearing Cricket guards.

20 Mints→ Playing Game/Cooling down.

Next...

Lesson 06-10→ Fielding and Wicket-keeping skills, running between the
wickets, Spot bowling,

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Fielding and Wicket-Keeping---How to throw the ball directly on the
stump, Collect and throw the ball to the Wicketkeeper.

15 Mints→ Running between the wicket skills and drills, bowling action With
Spot bowling.

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 11-15→ Bowling Drills, Batting techniques.

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Bowling drills--Bowling Stump to Stump (Wicket to wicket)

15 Mints→ batting drills—How to play in a V (On drive and off drive)

20 Mints→ Playing Game/Cooling down

Next...

Lesson 16-20→ No ball, Wide ball, Dead ball,

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's After Every Five Sessions increase one round of Ground.

15 Mints→ No. of No balls in Cricket according to the playing condition (One day and Test Cricket)

15 Mints→ No. of dead balls in Cricket.

20 Mints→ Playing Game/Cooling down

Next...

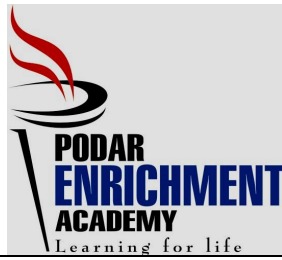
Lesson 21-25→ Spirit of Cricket, Fair and unfair laws of Cricket, LBW Rule Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ LBW Rule—how many ways the batsman can be get out LBW? Lectures and drills on maturity level and professionalism

15 Mints→ what is Fair and Unfair Play and Spirit of Cricket?

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 26-30→ Spirit of Cricket, Fair and unfair laws of Cricket, LBW Rule
Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Lectures and drills on maturity level and professionalism

15 Mints→ What is Fair and Unfair Play and Spirit of Cricket?

20 Mints→ Playing Game/Cooling down

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