



PODAR ENRICHMENT ACADEMY

Learning for Life

└ **Cricket :-**

- Basic warm –up stretches.
 - Dynamic stretching.
 - Different forms of running exercises.
 - Fielding practise.
 - High catches.
 - Flat catches.
 - Ground fielding.
 - Hitting the target and backing up the throw.
 - Bating drills.
 - Technique of front – foot defence
 - Technique of back – foot defence
 - Technique of front –foot drives
 - Sprinting.
 - Over arm bowling technique.
 - Fast bowling.
 - Medium fast bowling
 - Off spin bowling
 - Leg Spin Bowling
 - Abs workout /push-ups.
 - Practice matches
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