



Knowledge Organiser: PE Year 9 Cricket

Types of batting shots

| Key Words | Description | Coaching Points | Picture |
|-------------------|---|--|---|
| Straight drive | The straight drive is one of the most classical shots in a batsman's repertoire. It is usually played to a full length delivery on or outside off stump. Most of the work is done by the top hand, with the bottom hand lending support, to keep the ball along the ground. | With your eyes fixed on the ball, lean in with the front shoulder. The front foot and a bent front knee form the base for the shot. The head should at least be level or ahead of the front knee, with the back foot raised up to the toes. The bat accelerates vertically and contact is made with the eyes directly under the ball. The bat accelerates through a straight path, with the wrists relaxing and the face of the bat pointing to the sky. |  |
| Forward defensive | A straight ball on a good length has to be treated with respect. The principle of a forward defensive stroke is to block the ball rather than to score runs. Every batsman needs a solid defence to build big scores. | The head and front shoulder should lean into the line of the ball with the front leg taking a stride towards the pitch of the ball, bending to take the weight. The back leg remains straight. The bat should swing down and make contact with the ball beneath the eyes, with the face of the bat angled towards the ground. The bat should be slightly forward of the front leg and close to the pad. Raise the heel of your back foot and hold your finishing position rather than following through. |  |

Main Dismissal methods

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| Bowled | If a delivery from the bowler hits the stumps and it removed the bails completely from the top of the stumps, then the batsman is declared out and the credit of the wicket goes to the bowler. |
| Caught | If the batsman hit the ball and the ball is caught by a fielder or the bowler before it hits the ground, then the batsman is declared out and the credit of the wicket will go to the bowler. |
| LBW | If the ball hits any part of the body of the batsman which may hit the stumps then the Umpire can call out. If the batsman is playing some stroke then the impact of the ball should be in the line connecting two wickets. If the batsman is not playing any stroke then even if the ball strikes him outside the off stump can also be considered to be out. Another condition for LBW is that the ball should not have a contact with the gloves or bat of the batsman before hitting the body. |
| Run out | If any of the fielder uses the ball to remove the bails from the top of the stumps while the batsmen are running between the wickets then the batsman who failed to enter into the crease before the removal of bails is declared out. |
| Stumped | If the batsman stepped out of the crease and misses the ball, then the keeper can catch that ball and remove the bails before the batsman enters into the crease and if this happens then the batsman is stumped out. |

Effects of exercise

| Short term | Long term |
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| Rise in muscle temperature Blood temperature rises The blood vessels near the skin open to allow heat to be lost | Muscles get bigger (Hypertrophy) Increased number of capillaries in muscles Increased oxygen delivered to and carbon dioxide removed from the body |

Components of fitness

| Component of fitness | Definition | Example of use in the game |
|----------------------|--|---|
| Body composition | The percentage of body weight which is fat, muscle and bone | Players must be well conditioned in order to perform athletic moves such as jumping |
| Balance | The ability to maintain the body's centre of mass above the base of support. | To maintain control when batting |
| Flexibility | Range of movement (ROM) at a joint | To allow greater range of movement when bowling |

Fielding positions

