

### **(i) Starting Strides**

The first two strides are called the starting strides. During this two strides the body is leaning forward and with the force of the return push given by the starting block the body is to be pushed forward forcefully. It is necessary to maintain the balance of the body. So the starting two strides are shorter compared to other strides. Moreover the runner has to acquire maximum advantage from the reaction from the starting blocks.

### **(ii) Transitional Strides**

The 3 to 9 strides after the starting strides are called transitional strides. During these strides, successively strides become longer. At every stride the distances between two strides are increased. Similarly the body which is leaning forward goes on becoming erect.

### **(iii) Top speed Strides**

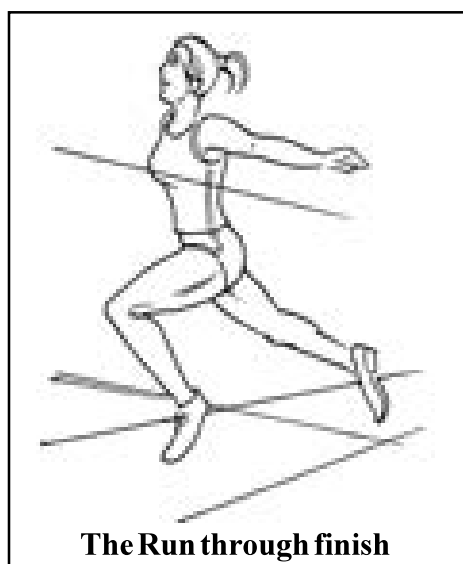
The strides after the Transitional strides until the end of the running are known as the top speed strides. The distance between this strides is almost equal and the body is leaned forward at an angle of about 25°.

### **(3) Relaxed running**

It is necessary to give rest to the muscles during the middle part of running competition of 200 mts. or more. This is called relaxed running. During the action of this running, there should be no change in the running style nor should be changed in the speed. As the runner takes deep breath, he gets benefit from the change. A beginner finds it difficult in the beginning to bring this change in his running speed, but training and long practice makes it possible for him to give rest to his muscles without actually losing speed. In a 200 mts. running race, the relaxed running is at 9/10 of the normal speed and it is only for about a distance of 10 metres.

### **(4) Finish**

If the runner crosses the finish line with full speed, he / she can gain the maximum advantage of speed. In order to cross the finish line at full speed it is necessary for the runner to keep running at full speed for 5 to 10 mts. even after crossing the finish line. While crossing the finish line, the part of the runner's body is between the shoulder and the waist, known in the sports language as 'torso' should cross the finish line first. If he jumps, takes a long stride or tries to lean forward, there is the risk of his losing the balance of his body.

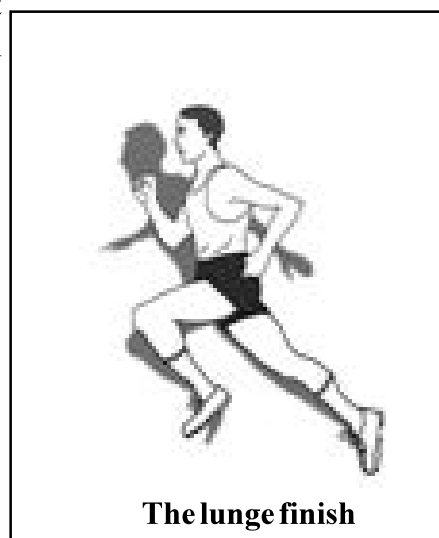


The runner should adopt the most convenient technique to gain maximum advantage while crossing the finish line. Runner can select any one of the following three styles, shown in the figures.

(i) The Run through finish (ii) The lunge finish (iii) The turn finish.

#### **(i) The Run through finish**

While crossing the finish line running at full speed the runner has to thrust his chest in a more forward position than his stomach.



#### **(ii) The lunge finish**

In this method the runner comes running at full speed and when he approaches the finish line he quickly bends his entire torso forward and crosses the finish line as shown by the black figure.

### **(iii) The turn finish**

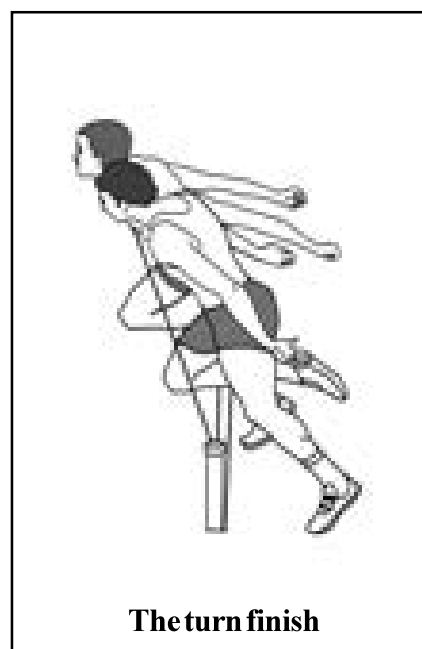
In this method as soon as the runner arrives near the finish line, without reducing his speed, he quickly turns his right or left shoulder forward and crosses the finish line at full speed.

### **Marathon Running (42.195 km. or 26 miles and 385 yards)**

Marathon is longest running competition among entire running competitions. The competition has been named to commemorate the sacrifice of a Greek soldier named Pheidippides who died out of exertion in the year 400 A.D. after running for a long distance of 24 miles at a stretch, non-stop from the battle field of Marathon to Athens and successfully accomplishing an important task of conveying the news of victory of Greek army over the Persian army.

This competition has been included in the Modern World Olympics since the year 1896, however the distance of 26 miles and 385 yards has been fixed since London Olympics in 1908.

In this competition running track is up and down types.



### **Rules**

- (1) The races shall be run on made-up roads. However, when traffic or similar circumstances make it unsuitable, the course, duly marked may be on a bicycle path or footpath alongside the road, but not on soft ground such as grass verges or the like. The start and finish may be within an athletic arena.

Whole course of running should be bending one sided, if possible it should be circular in nature so that road can be used once only.

- (2) An appointed Medical officer forbiddens any athlete from the competition due to Medical reason then that competitor may not take part in competition.
- (3) The measurement of km. or miles should be display on the road.
- (4) Organising committee may provide refreshment at a distance of 5 km. or 3 miles and there after at a distance of each 5 km. or 3 miles. In addition to between two refreshment centres, there shall be availability of water also. Refreshments will normally be provided by the organising committee, but it may permit athletes to provide their own, in which case the athlete shall nominate at which stations they shall be made available to him. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the organising committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.
- (5) Organising committee of Marathon race shall ensure the safety of athletes. The organising committee shall ensure that the roads used for the competition are closed to Motor Vehicles traffic in all directions.

### **Half Marathon**

For the preparation of Marathon race for more people to participate half Marathon is organised. Distance of half Marathon is 21 km. and 97.5 mts. Other rules are as per Marathon race.

### Exercise

**1. Answer the following questions in detail :**

- (1) What do you mean by crouch start ? Write its types.
- (2) Explain the 'set' position in bullet start.
- (3) Explain the 'on your marks' in medium start.
- (4) Explain the methods of crossing the finish line.

**2. Answer the following questions in short :**

- (1) Write the types of running strides.
- (2) Which are the main skills in short distance running ?
- (3) Which running are included in short distance running ?
- (4) What are the positions in start ?

**3. Write the answer to the following question by selecting correct option from the options given below :**

- (1) How are the starting strides in short distance running ?  
(A) Short                      (B) Long                      (C) Proportion                      (D) Top speedy
- (2) Which start is compulsory in short distance running ?  
(A) Standing                      (B) Crouch                      (C) Elongated                      (D) Bullet
- (3) How many types are there for crossing the finish line ?  
(A) One                      (B) Two                      (C) Three                      (D) Four

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Many types of coordinations are required and many mechanical principles are involved in whole action of pole vault. In the First world Olympic was held at Athens in Greece in April, 1896. Game pole vault was included and player won the gold medal with the height of  $10' 9\frac{3}{4}"$  in pole vault.

Now we will discuss various skills in pole vault (1) Grip (2) Carry (3) Approach run (4) The plant (5) Takeoff (6) Crossing the bar (7) Landing.

Now we will discuss the skills in detail.

### (1) Grip

Keep the pole in straight position in front of you first; so that grip of pole vault become natural. Now hold the pole with left hand down and right hand upward. During this grip hold of the pole, fingers of left hand shall be over the pole from right side and fingers of right hand shall be over the pole from the left side. From this position of the grip, bring the pole downward on the back side from the right side. Keep the right hand on back side and the left hand on the front. The distance between the hands shall be the distance of the shoulders. The palm of the left hand shall be below the pole and that of the right hand shall be above the pole. Before starting the approach run, an athlete shall keep this left leg in front and right leg on the back side, behind the starting line of approach run.

### (2) Carry

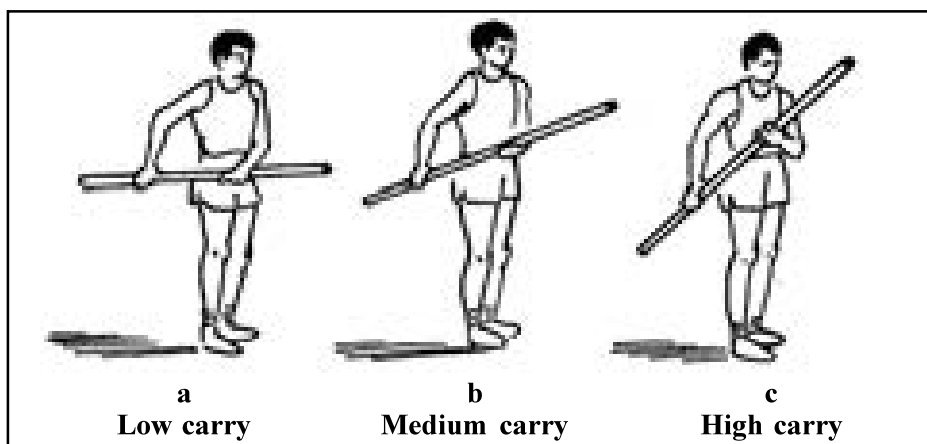
Player may use any one of the following methods, of pole carry before the approach run starts.

(a) Low carry (b) Medium carry (c) High carry.

#### (a) Low carry

In this method pole should be parallel to the ground, Right arm may be straight at back. Thumb of this arm is backward and palm is towards the ground. Left arm is forward in bending position. Thumb of this arm is towards the body and palm is towards the ground. The sight must be ahead in approach run. For better speed the grip of arms may be loose.

Low carry action can be more understood from the following figure. Actions of medium of high carry are also mentioned in same figure.





### (b) Medium carry

Grip of medium carry will be as per low carry. In this carry front end of pole will be little high and end towards strong arm will be little low. Strong arm will be little bend behind. Sight must be ahead in approach run.

### (c) High carry

Grip of high carry will be also as per low carry. In this carry front end of pole will be higher than medium carry and end towards strong arm will be lower than medium carry. Back side strong arm will be bent from the elbow and elbow of front arm is in bending action and above the waist. Sight must be ahead in approach run.

As per experience and opinions of more players and coaches medium carry is more suitable. In medium type of carry pole carry is easy in approach run for players.

### (3) Approach run

Increase of speed in approach run depends upon suitable selected step plan. Generally players select out of three any one of the following step plan (Stride plan).

(1)  $2 + 6 + 8 = 16$  Step plan (Stride plan)

(2)  $4 + 6 + 8 = 18$  Step plan (Stride plan)

(3)  $2 + 8 + 10 = 20$  Step plan (Stride plan)

If player takes off on left leg then he will stand feet together on starting line. While start of running he will take right leg first. If stride plan is 16 strides, then first check mark will be placed on second stride. From this check mark to six strides other check mark will be made and from second check mark to eighth stride third check mark will be made.

Distance between starting line to first check mark will be approximately between 6' to 8'. Running speed of player upto first two strides or upto first check mark will be  $1/2$ . Distance between first check mark and second will be 29' to 34', running speed of player will be  $3/4$ . Distance between second check mark to take off will be 56' to 63' and running speed of runner will be  $9/10$ .

Compiled information of steps, distance and speed of 16 strides plan is given in the following table to understand easily.

**16 Strides Plan Table**

Starting Line to First Check Mark			First Check Mark to Second Check Mark			Second Check Mark to Take off		
Step	Distance	Speed	Step	Distance	Speed	Step	Distance	Speed
2	6' to 8'	$1/2$	6	29' to 34'	$3/4$	8	56' to 63'	$9/10$

18 and 20 strides plan is given in the following table as per above table :

Stride Plan	Starting Line to First Check Mark			First Check Mark to Second Check Mark			Second Check Mark to Take off		
	Step	Distance	Speed	Step	Distance	Speed	Step	Distance	Speed
18 strides	4	12' to 16'	$1/2$	6	30' to 36'	$3/4$	8	56' to 64'	$9/10$
20 strides	2	6' to 8'	$1/2$	8	38' to 45'	$3/4$	10	68' to 77'	$9/10$

**Note :** Keeping in mind the distance, his height and leg length there may be chances of plus minus in Stride plan.

It is proved by experience that 16 strides plan is suitable for top speed players. Whereas 18 strides plan and 20 strides plan are suitable to medium speed runners and slow speed runners respectively. Principles of velocity, force and momentum are applicable in approach run.

#### **(4) The Pole Plant**

The pole plant is done in last two similar strides in approach run. For planting the pole player keeps front end of pole at front end of plant box. This way slide of front end of pole should stop at middle part of toe board.

Pole plant can be done in two ways : (i) Underhand plant, (ii) Overhand plant.

In underhand plant pole should be brought downward towards the vault box then slide and stop in the vault box whereas in overhand plant keep hands high and immediately pole should slide and stop in the vault box. While planting the pole one can use any one method of plant, but middle point of vault box, end of plant and last end of the pole should be in one straight line or at the right angle of cross bar.

Do not push the pole which slide in the box but perform it very easy way.

As soon as pole plant is over the action of hand slide will begin. In this action bring your left arm sliding upward upto right arm (strong arm). Keep it in mind that strong arm should not slide but must be at original place. Distance between two arms will be approximately 6".

#### **(5) Take off**

In between take off and clearing the cross bar one has to perform following action.

(a) Take off (b) Swing (c) High pull (d) Glide of body and scissor (e) High push.

##### **(a) Take off**

Take off is performed from 9' to 10' away from the toe board of plant box, leg will be placed flat during action of take off. Take off leg should be bent from the knee. To gain better jump after take off, heel of take off leg and toe should be in one straight line with box or at right angle with cross bar. Grip of strong hand and heel of take off leg should be in one straight line. During take off hand should be bent at 90° over the head and body should be pulled in arch position. During take off action principle of work and energy is applicable and centre of gravity of the body should be lower than both hands.

##### **(b) Swing**

As soon as take off action is completed, the swing of free leg will be performed front upward. With this swing take off leg is also pulled up. This way whole body will be pulled up. While swing hands should be bent from elbow and body will pass near to pole height. Player whose right arm is strong or who is right handed, he will take swing from right side of pole and whose left hand is strong or left handed player will take swing from left side of pole. While swinging effect of law of pendulum under the body is performed. At this time centre point of pendulum is not at hands but it will be at shoulders.

Here principles of pull-up and push-up are effective.

##### **(c) High pull**

As soon as swing is completed the pole will make right angle with the body and player will bend his both hands from the elbow and pull his body upward. Do not perform pulling action till back does not come at shoulder level. Player will pull his body in such a way that both legs will

be in upward position and head shall be near the grip of both hands. Then motion of legs will be near the cross bar at upward side.

**(d) Glide of body and scissor**

If player is right handed, then as soon as pull action is over, he will bend the left leg from the knee and perform the scissor kick from left leg under the right leg and rotate the body in anticlock wise position. This time body will be over the cross bar and chest will be towards the cross bar and legs would cross the cross bar. Pole will be approximately at right angle to ground.

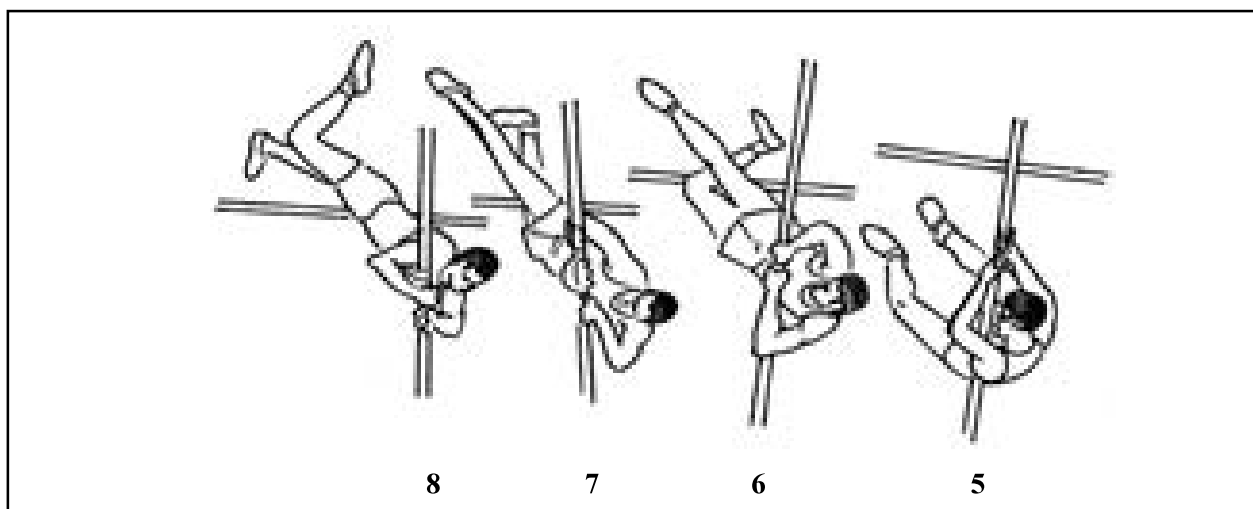
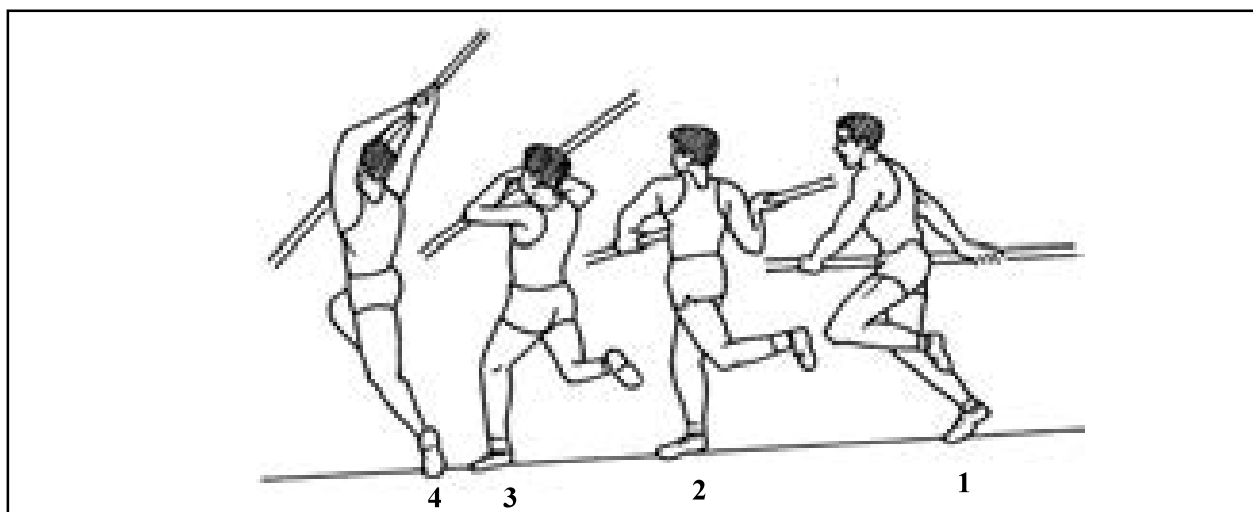
**(e) High push**

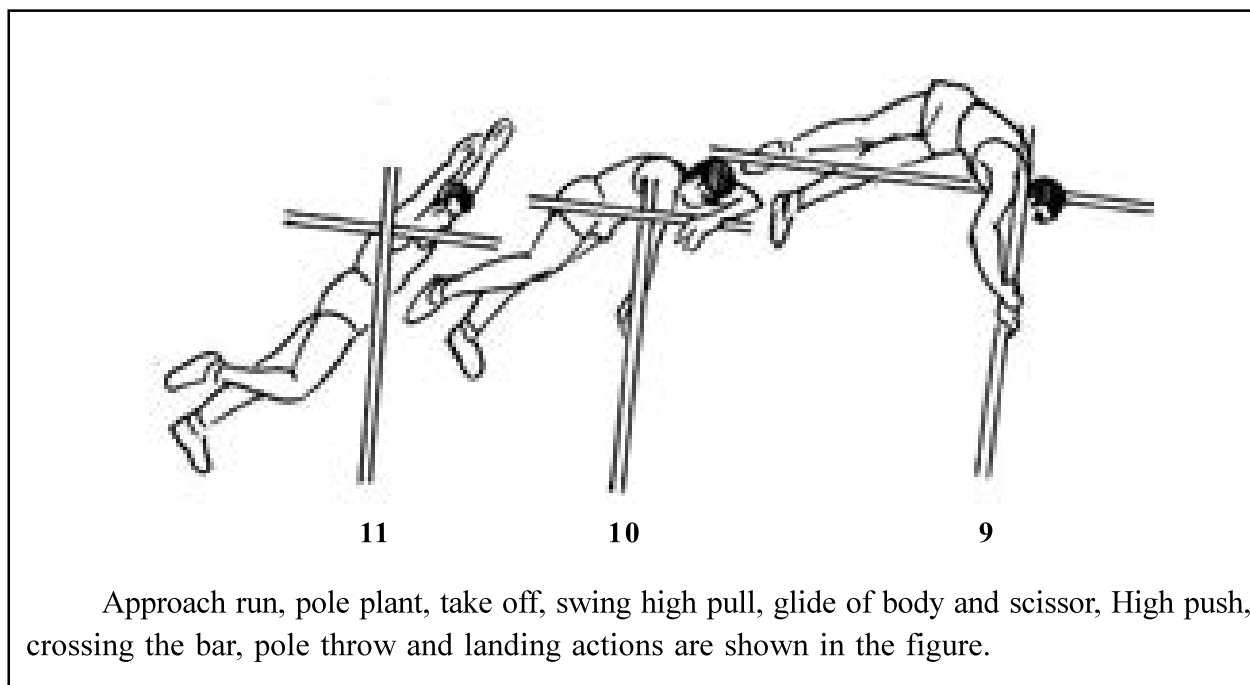
This action should be performed skillfully. When legs and back are over the bar and hands are bent then this action is performed. This time pole will be at right angle to ground and near to right shoulder. For effective push grip of the hands should be nearer.

At the time of push both hands will be straight together and legs and trunk will bend towards the pit.

**(6) Crossing the bar**

As the push action is completed action of crossing the bar will begin. This time player will try to cross the bar successfully without touching the bar and keeps his left hand free. After this throwing action of pole will be done. For throwing action release the grip of both the hands or first release left hand then release grip of right hand and then with the lightly push the pole with both hands. Pole should be thrown away towards approach run and away from the pit. Please keep in mind that pole should not touch the cross bar and even uprights in pole vault.





### (7) Landing

As soon as pole throw action is over, player should concentrate on landing action. While landing player should not keep his body rigid but it should be in relax mood and try to land on the centre of pit. While landing both legs should touch pit first. As legs touch the ground bend the legs from knees and take body near to pit and try to land easily, so that injuries do not occur.

### Exercise

#### 1. Answer the following questions in detail :

- (1) Explain the method of grip in pole vault.
- (2) Write the types of pole carry and explain any one.
- (3) Write the stride plan of approach run and explain any one of them.
- (4) Write the types of pole plant and explain any one of them.
- (5) Discuss the different actions after the take off and before crossing the bar.
- (6) Explain the action of crossing the bar.

#### 2. Answer the following questions in short :

- (1) List the steps in pole vault.
- (2) Where is the pole plant done ?
- (3) Explain 20 stride plan in approach run.
- (4) Explain swinging action in pole vault.
- (5) What do you mean by high pull in pole vault ?
- (6) What do you mean by high push in pole vault ?

**3. Write the answers of the following questions by selecting correct option from the options given below :**

- (1) In which year Olympic games was pole vault competition started ?  
(A) 1896                      (B) 1900                      (C) 1904                      (D) 1908
- (2) How many methods are there for pole carry ?  
(A) Two                      (B) Three                      (C) Four                      (D) Five
- (3) How many stride plan are there in approach run in pole vault ?  
(A) Two                      (B) Three                      (C) Four                      (D) Five
- (4) What is the speed of stride in first stage of approach run plan in pole vault ?  
(A)  $1/4$                       (B)  $1/2$                       (C)  $3/4$                       (D)  $9/10$
- (5) How many strides plan are more suitable for fast runner in approach run in pole vault ?  
(A) 16 stride plan                      (B) 18 stride plan                      (C) 20 stride plan                      (D) 22 stride plan
- (6) How is the last step before the take off in pole vault ?  
(A) Short                      (B) Long                      (C) Medium                      (D) High

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### Introduction

As throw is a natural and usual process, the throw competitions were held since long time. Thus the throw competitions were organized in ancient and modern age Olympics. They included Discus throw, Shot Put, Javelin throw and Hammer Throw. Today throw competitions are centres of attraction in athletics. Everybody sees strong and muscular body of the competitors.

Throws are of four types : (1) Shotput (2) Discus throw (3) Javelin throw (4) Hammer throw  
From above four types Hammer throw is included in our syllabus.

### Ground

The Hammer Throw circle is formed by fixing the iron or any other suitable material ring. The ring's upper part is even with the ground and it is 1.4 cm. to 2.6 cm. deep inside the ground. The surface inside the circle is made of cement or concrete like hard even and non-slippery substance. The inner diameter is 2.135 mts. and the thickness of ring is at least 5 mm. The ring is of white colour. A 75 cm. long and 5 cm. wide line is drawn on both the sides from imaginary centre line of the circular ring.

### Hammer

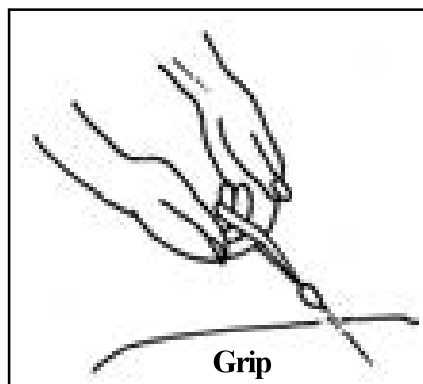
Hammer is made of 3 parts like (1) Sphere (2) Chain (3) Handle

### Skills of Hammer Throw

(1) Grip (Hold) (2) Swing (3) Turn (4) Throw (5) Release (6) Balance.

#### (1) Grip (Hold)

A right hand athlete wears a leather glove on the left hand to grip the handle. The gloved left hand is inserted from left hand side so that the



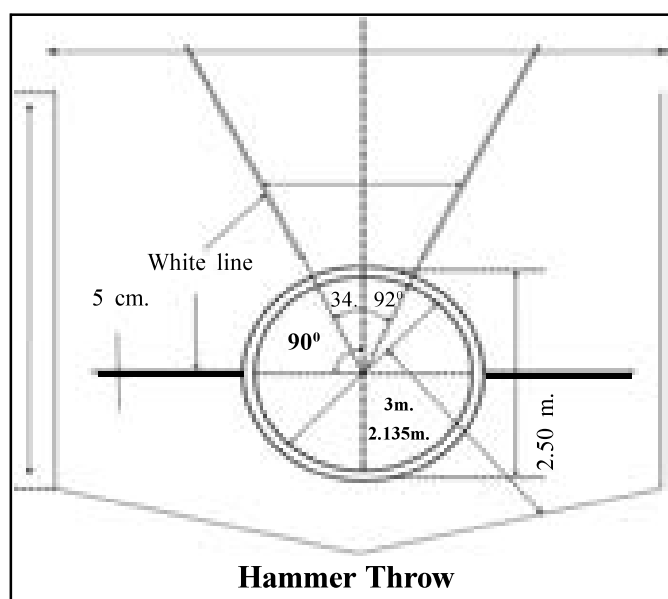
handle runs the complete width of the

hand and rests on the second joint. The right hand is inserted from right side and merely folds over the left hand to close and secure its grip on the hammer throw handle, The fingers are inserted and not the thumb. The thrower stands at the back side of the ring so that its back is towards the direction of the throw.

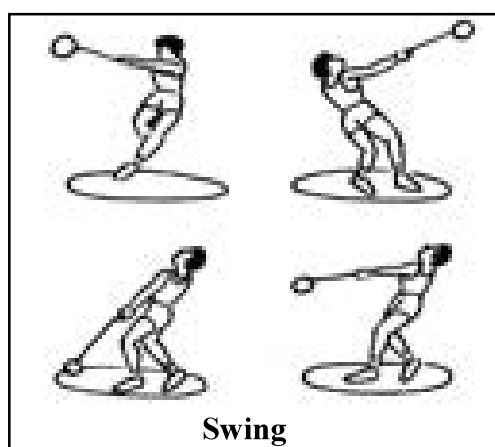
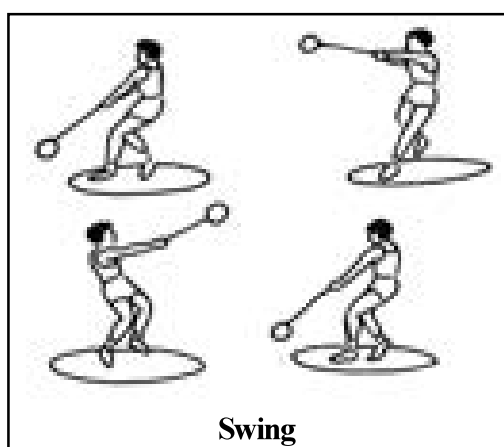
#### (2) Swing

After the initial stance the preliminary swings are began.

- (1) The first movement is an action similar to that of low hand pitching. A strong right hand grip is taken and the hammer is raised above and along with the body and given the motion.
- (2) The torso and shoulders move ahead. The body weight is distributed equally on both feet.



- (3) The hammer is rotated in such a way that it goes far from the body making bigger rotation.
- (4) It is in transition or steady position till the hammer does not reach its maximum point that is both the hands are at the other end of the right shoulder.
- (5) When the head of hammer reaches the lowest point then the second preliminary swing is quickly turned towards the left side completely. The left knee bent inside and the torso twist towards back.
- (6) The shoulder and arms play simple role during the swing. All the processes should be naturally coordinated and effective to make the rotation bigger.



### **Movements with preliminary swings**

The elements coordinating the swings and turns in the Hammer throw are called transition phase.

- (1) The transition phase is first stage after the hammer head has reached higher point and from the lowest point with the last preliminary swing.
- (2) When the hammer head is rotating from the high point to the low point forcefully in the swing then the thrower puts his body weight on the left side. The motion of the hammer can be increased by doing so.
- (3) When the hammer head is dropping from highest point to the lowest point, the body weight is shifted a little early on the left leg.
- (4) The pivot movement of the right leg is on the foot during the transition phase. The knees are kept bent. The eyes are kept on the moving with the movement of the hammer head.
- (5) When the hammer reaches its lowest point then with left leg's heel and right leg's toes a pivot is made and the turn begins. The pivot process starts on the left leg's heel. The pivot process is near the little finger of left leg and on the outer edge of it. Heel to toe rolling action is from the outside of the left leg.
- (6) When the hammer head is passing from the highest point and the right leg's pivot leaves the contact with ground by picking it up, thus ends the transition.

### **(3) Turn**

Generally 3 turns are taken in hammer throw, The turns accelerates rotation movement makes it faster and effective. The technical description of turn is as follows.

- (1) During the transitional phase the hammer is passing the highest points, then in the first turn the leg after fully rotating is placed on the ground. The right leg is fully controlled during the rotations.

The right foot picked is brought fully around near left heel and turn is taken. The body balance is not maintained if the big round turns are taken with right leg. It obstructs the motion of turns and swings. It is important to master in speedy and simple movements.

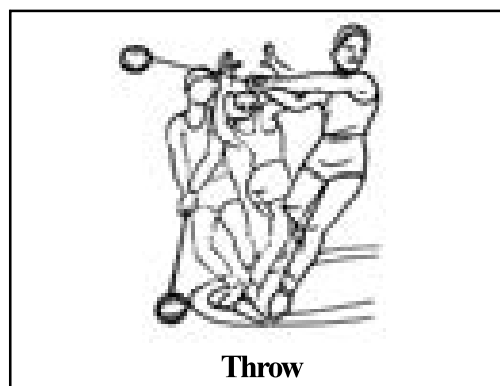
- (2) Hips, left leg's pivot toe and shoulders rotate continuously on its axis the hammer gets acceleration from twisting of the hips and shoulders. The hips and legs move ahead during the turns and the bend is also equal, so the centre of gravity does not go high or low.
- (3) The whole body weight is on the left leg while rotating on its axis. At the end of the turn the right leg touches the ground and gets a shot jerk. By doing this, one gets the time to move from hip axis to shoulder axis for taking next turn.
- (4) The arms play a indirect role and really serve as an extension to the hammer head. If the hammer is pulled by pulling from elbow then it obstructs the rotation of hammer and its rotation is also shortened and it disturbs the balance also. During the pull, the hips and shoulders are at even movement. The pulling should be done when the ball is slight behind the right side.
- (5) Through regular practice the athlete can completely master over the balancing with heels during turns . The legs movement and its efficiency only decides the efficiency of the turns. The method of 360 degree turn from the left heel to toes takes you ahead in the throw direction. The novice generally make mistake of turning body weight on the right leg. This hampers the rotation, motion and so the throw is not easy.
- (6) During second and thirds swing the legs are apart but slowly after each turn they come nearer. And during this time a great concentrated energy develops in the hammer. To keep this force an athlete bends his legs from knees, flaxes the body and remains in hanging position on the hammer. By doing so, he can increase the hammer rotation before straightening the body and gets more steadiness.

#### **(4) Throw**

At the end of the third turn the right leg touches the ground. The actual throw process starts now. Generally the hammer thrower takes three turns but some American and Russian athletes take five turns.

The hammer head passes its highest points for the third time when the right leg touches the ground for the last time. The hammer is in full swing and highly accelerated when the hammer is released. Its centre of gravity is 450 pound and

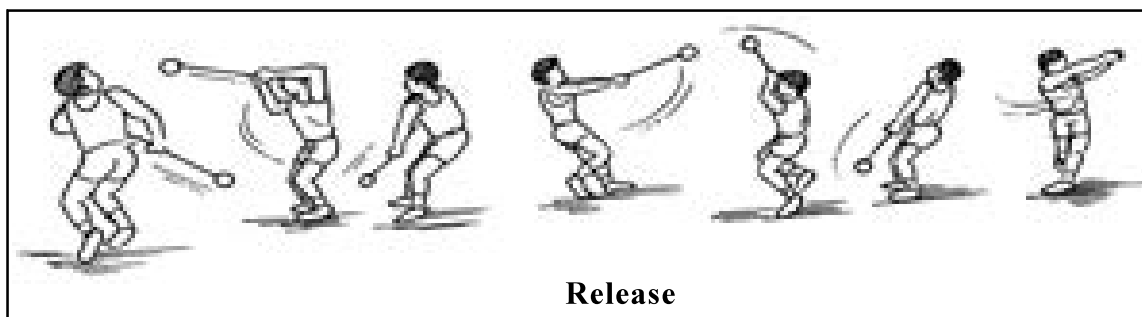
which is 30 times more than the hammer weight. This proves true with the good athlete. The athlete brings his both the feet near to control this terrible power force, and strongly grips the hammer chain. He flaxes his body into a shell, so that his legs don't get raised from the ground.





### **(5) Release**

The athlete takes body weight on both legs from the left leg, because now he is on the edge of releasing the hammer. When the hammer is passing from the lower point then again slightly he shifts his body weight on the left leg. The bent of right leg continuous to drag. Now the process of straightening the left leg with a push from ground and raising the hammer high begins. Along with this, the athlete lets his both hands go down and he enables himself to raise the hammer from proper angle and deliver it. The athlete releases the hammer above left shoulder with left hand.



The torso is bent like a bow towards back at the time of release. The chin is in line of chest. So that hand does not swing back. The hands play the key role and helper role remaining in a passive mode in the throw direction.

### **(6) Balance**

The thrower should take care not keep the body weight on the left leg after releasing the hammer, otherwise he will be thrown out of the ring before or after the release. The right leg generally comes ahead for the reverse, then the athlete for the balance crosses the right leg on the left leg by pivoting it with right leg.

### **Rules of the Game**

- (1) The sequence is decided an order drawn by lots.
- (2) Where there are more than eight competitors, each competitor shall be allowed three trials and the eight competitors with the best valid performances shall be allowed three additional trials. In the case of the last qualifying place, if two or more competitors have same the best performances then all are allowed for three additional trials.
- (3) In the preliminary swing the hammer touches the ground then it is not a foul but the hammer touches ground and the athlete stops in between then it is a foul.
- (4) If hammer breaks during a throw or while in the air, it shall not count as a failure, provided the trial was otherwise made in accordance with the rule. Nor shall it count as a failure if a competitor there by loses his balance as a result contravenes any part of this rules. In both cases the competitor shall be awarded a new trials.
- (5) It is a valid trial if the thrown hammer falls in between the throwing area lines on the ground.
- (6) The athlete can not leave the circle till the thrown hammer does not fall in the throwing area. After the hammer falls on the ground and he/she attends steady condition, he/she can leave the ground from the back half of the circle.
- (7) The best performance of competition is taken into consideration. If there is a tie for first place then second best performance is considered and respective decision is taken.

- (8) The men's hammer weight should be between 7.265 kg. to 7.285 kg.
- (9) The women's hammer weight should be between 4 kg to 4.025 kg.

## Exercise

**1. Answer in detail :**

- (1) State the skills of hammer throw.
- (2) Explain the turn skill in hammer throw.
- (3) Describe the grip in hammer throw.
- (4) Explain the balance skill in hammer throw.

**2. Write a Short note :**

- (1) Swing                      (2) Release

**3. Choose the correct answer from the given options :**

- (1) What is the diameter of the ground of hammer throw?  
(A) 3 mts.                      (B) 2.135 mts.                      (C) 2.165 mts.                      (D) 2.5 mts.
- (2) How many trials does an athlete get in the hammer throw for first place?  
(A) 6                      (B) 3                      (C) 8                      (D) 7
- (3) What is the width of the ring of the ground in hammer throw?  
(A) 2 mm.                      (B) 4 mm.                      (C) 5 mm.                      (D) 3 mm.
- (4) What is the weight of hammer for men in hammer throw competition?  
(A) 7.265 kg.                      (B) 8.265 kg.                      (C) 6.285 kg.                      (D) 7.260 kg.

Cricket is most popular in our country but its birth place is England. In 16th century this game was started in England. According to a hand written article obtained from Bodleian Library in Oxford, the priests used to play the game named 'Cricket.' Moreover in 16th century the information available from other sources indicate that the students of 'Gildford grammer school' also used to play this game. Systematic game was started in the year 1700. In 1774 rules of game were framed. Because of popularity of game Empirial Cricket Council was established in 1909. After that it was named as International Cricket Council which is known as I.C.C. In short I.C.C. is framed by representation of different countries who are playing cricket. This body controls this game all over the world. This council plans different tournaments between countries like test match, one day cricket and 20-20. They frame rules of the game. This will be applicable to all playing countries.

Parsi community and British Army officers played very important role in developing this game in our country. In 1848 Parsis had established 'Orient Club'. In 1866 'Bombay Union Hindu Club' and in 1883 'Mohmedan Club' were established. In the year 1866 'Parsi Cricket Club' visited England to play cricket. In 1889-90 England team visited India to play cricket match, so this game became famous in India. First official match was organised between 'Bombay Gymkhana' and 'Pune Gymkhana' in 1884. Maharaja of Jamnagar Shri Ranjitsinhji and Shri Duleepsinhji gained lot of fame through this game. Today in their remembrance 'Ranji Trophy' and 'Duleep Trophy' tournaments are organised at the national level.

Though cricket is played in very less countries, then also, it is considered to be the world's popular game. Today test match, one day cricket and 20-20 games are played between various countries who play cricket. One day and 20-20 tournament is organised at world level. Because of popularity of this game, women cricket tournament is also organised at world level in all three formates.

### Cricket Ground

The cricket ground is 180 yards long and 145 yards wide, so that 60 to 75 yards boundry can be drawn from the centre of the pitch.

### Pitch

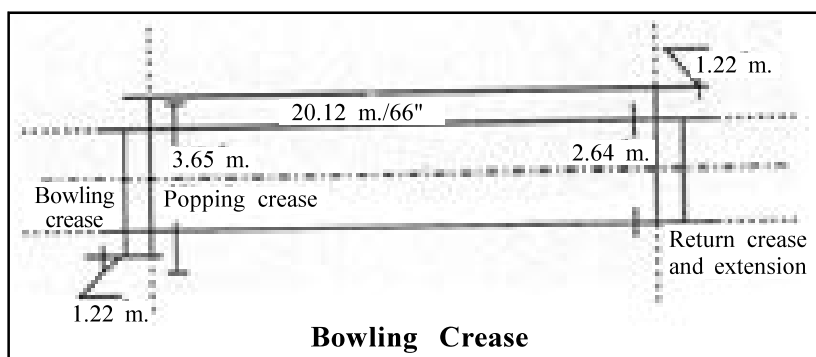
The ground between bowling creases is called as pitch. Pitch should be 5 feet wide from the centre of the wicket on both sides.

### Wicket

There should be distance of 22 yards (20.12 mts.) in between the stumps of both sides. The stumps should be erected exactly opposite to each other. The ground is called wicket between two stumps.

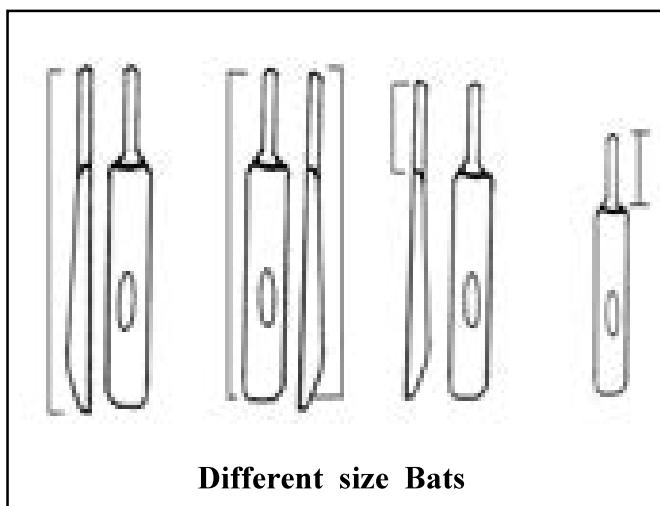
### Bowling Crease

The bowling crease, which is the back edge of the crease marking, shall be the line through the centres of the three stumps at that end. It shall be 8' 8" (2.64 mts.) in length, with the stumps in the centre.



## Popping Crease

The popping crease, which is the back edge of the crease marking shall be in front of and parallel to the bowling crease and shall be 1.22 mts. (4 feet) from it.



## Equipments

### Bat

The bat should be maximum 96.5 cm. long and 10.8 cm. wide.

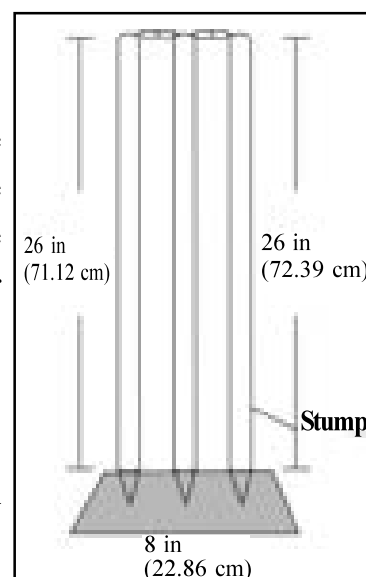
### Ball

The ball is spherical in shape. The weight of the ball is not less than  $5\frac{1}{2}$  ounces and not more than  $5\frac{3}{4}$  ounces and shall measure not less than  $8\frac{13}{16}$  inches and not more than 9 inches in circumference.

## Stumps

At the end of wicket three-three stumps are fixed. The top of the stumps shall be 28 inches above the playing surface and shall be dome shaped except for the bail grooves. The portion of a stump above the playing surface shall be cylindrical apart from the dome top, with circular section of diameter not less than  $1\frac{3}{8}$  inches nor more than  $1\frac{1}{2}$  inches. Distance between stumps is 22 yards.

Above this pads, hand gloves, wicket keeping gloves, Helmet, Abdominal guards, Leg guards, Shin guards, Kit bag etc are required for Batsman and wicket keepers.



## Players

Each team selects the 16 players, from which names of 12 players are declared before starting match and one player will be the 12<sup>th</sup> man. The eleven players participate for batting, bowling and fielding. Generally 12<sup>th</sup> man will be good fielder. If any nominated player has been injured or for any other reason may not play then 12<sup>th</sup> man will enter the field only for fielding, he has no right to bowl, bat or wicket keeping.

## Dress

During the match all the players of the team wear white shirt or t-shirt and white pants and white shoes, while in one-day and 20-20 matches, each team wears the decided coloured dress.

## Timing of Match Innings

In cricket game among two teams, one team chooses batting while other team does bowling and fielding. In test cricket, each team has to play two-two innings or upto 5 days play which

ever occurs early. While in one day match each team has to play limited 50 overs of one inning, which ever occurs early and in 20-20 match each team has to play 20 overs each or one inning, which ever occurs early. In test match if both innings are completed then team which scores more runs will be declared winner, but within 5 days if both innings may not complete then match is declared as draw, if at the end of both innings if runs of both the team are equal then tie will be declared. In modern time one day and 20-20 matches have become more popular. In both the matches one-one inning or decided overs is completed and which teams scores more runs will be declared winner or if runs are equal then tie will be declared. In 20-20 match, if both teams score equal runs, then super over will be played.

### **Skills**

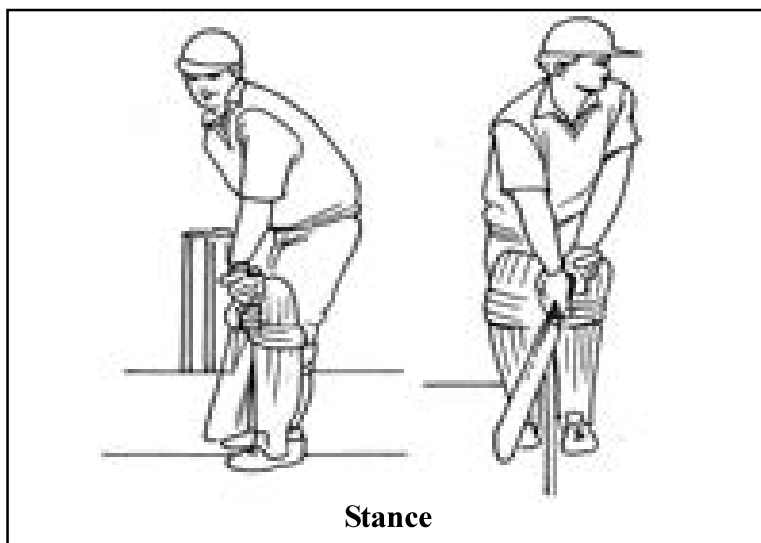
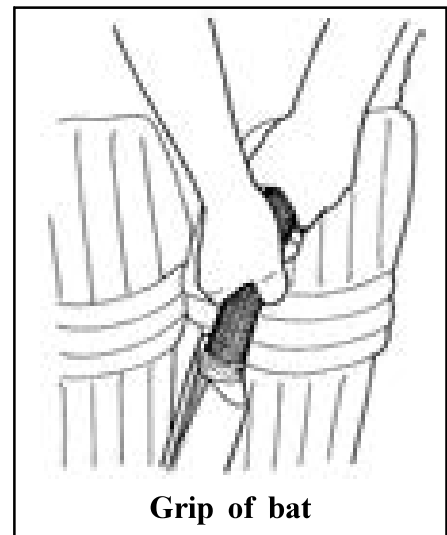
Skills of cricket game may be divided in to four parts : (1) Batting (2) Bowling (3) Fielding (4) Wicket Keeping. All four skills, now we will discuss in detail.

#### **(1) Batting**

In cricket game batting skill is very important. When batsman comes on the ground for batting, he should have basic knowledge of some of the things i.e. grip of bat, stance, types of bowling, speed of ball, arrangement of fielding, condition of pitch, weather, his batting order etc. Moreover if match is test match, one day or 20-20 accordingly one has to bat patiently.

#### **Grip of bat**

(For right handed batsman.) The bat is hold in such a way that the left hand is in the upper part of handle and right hand is below it holding the lower part of handle strongly.

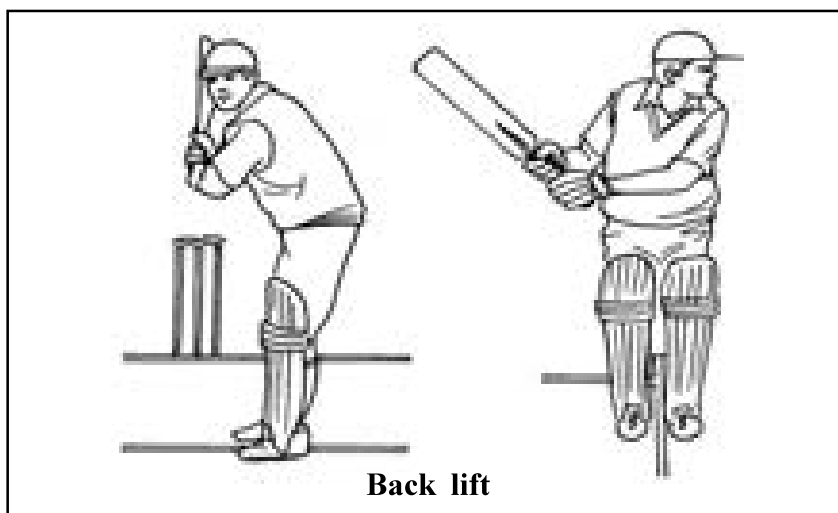


#### **Stance**

Stance as shown in figure is for right handed batsman. Left shoulder should be towards bowler and feet apart. Knees little bend, the eyes of batsman are towards the bowler and body should be little bend forward, from the waist.

#### **Back lift**

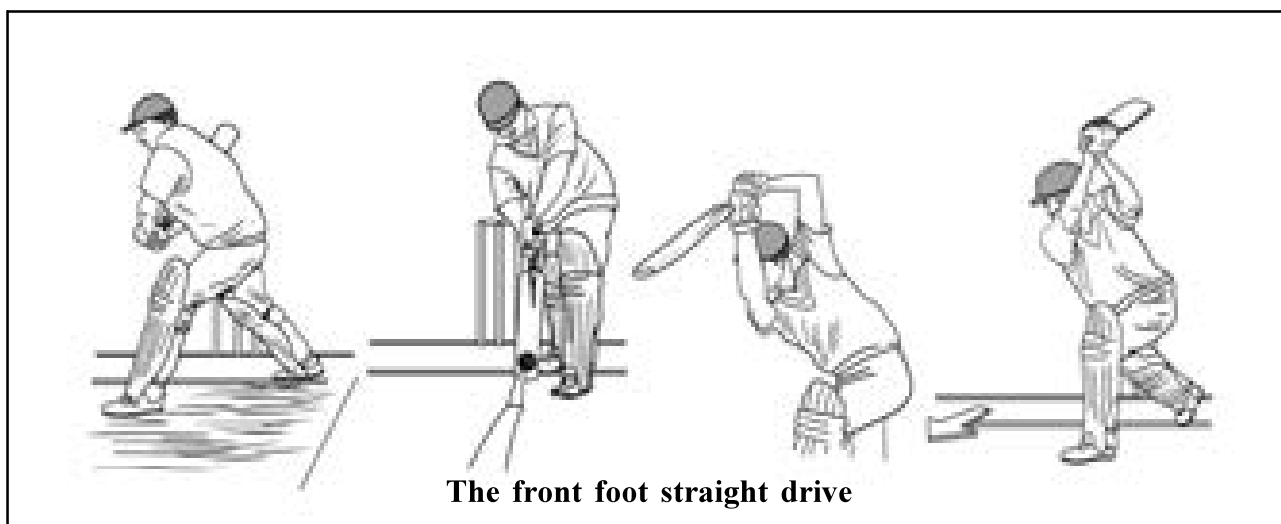
The skill of batting the bat from backside for playing the bowled ball is called back lift.



When the bat is taken back the lower edge of bat's blade should be parallel to the ground. The bat is moved ahead when the ball is to be hit. Both the elbows should be close to the body, so that the bat passes near to the body.

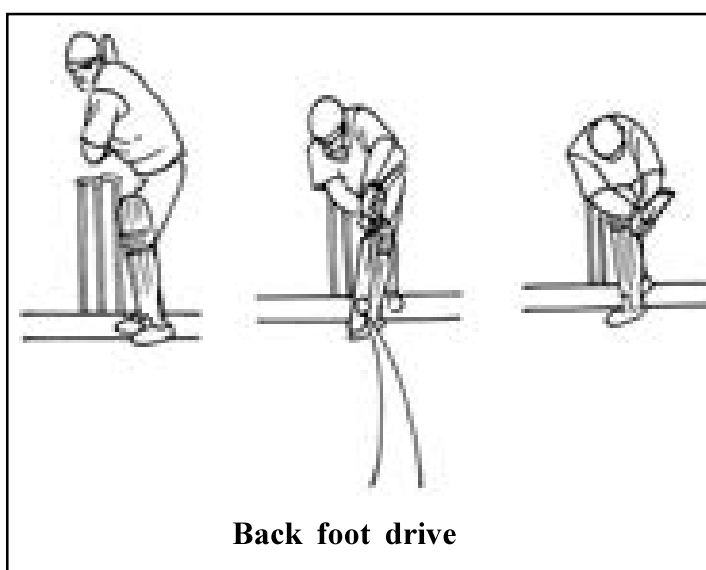
### **The front foot straight drive**

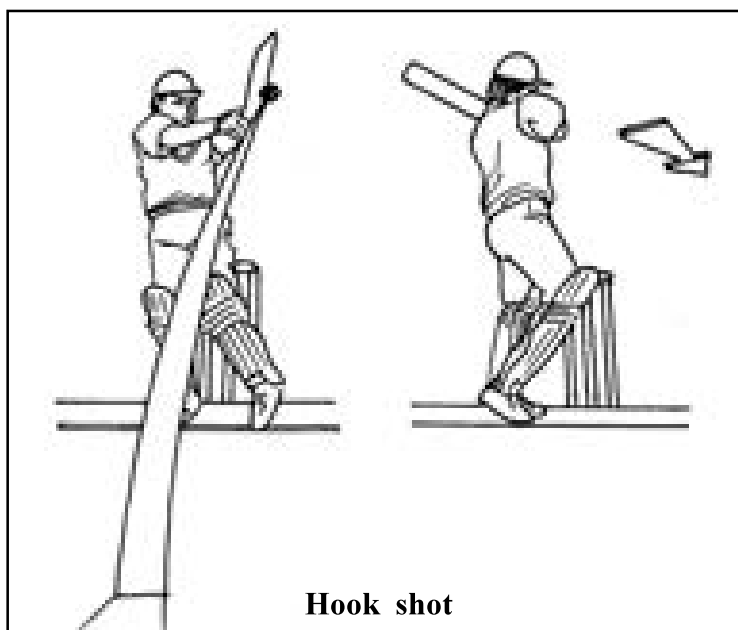
It is usually played to a full length delivery on or outside off stump. It is hit on off-side overpitch ball turned on the leg stump. The body weight is on the front foot, so it is called a front foot straight drive. The front leg, head, eyes, front shoulder, elbow and knee remains towards the bowler. The front foot toe is kept towards the side in which the ball is to be hit. The front foot drive includes the front foot on coverdrive, front foot ondrive, front foot offdrive.



### **Back foot drive**

When the ball is short length and on the stump line or a bit off-side or leg stump or towards outside the leg stump the batsman keeps the body weight on the back foot and hits the ball. This is a back foot drive. In the back foot drive, the batsman moves his back foot towards the stump, keeps his body and the foot in the line of the ball. The front foot is brought towards the back foot and hence the body moves near the stump. The head is kept steady, the eyes on the ball, and the body weight is on the back foot. The bat is brought on the ball and a back foot drive is played but one should be careful when playing the back foot drive to get hit wicket.





### Hook shot

When the fast bowler delivers a short pitch ball then batsman gets chance of hook shot. In this hook shot the back lift of the follow through makes a shape like a hook, so it is called a hook shot. Batsman goes little back and hits this type of short pitch ball to the fine leg or square leg. In fast or medium pace bowling short pitch ball can be played through hook shot. This shot gives plenty of runs, but faulty technique of batsman loses a wicket also, so it is

necessary that contact of bat and ball should be in time. In this type of shot, there are chances to catch out also. While playing this type of shot there are chances of injuries also.

### Bowling

For getting batsman out, the bowling is very basic and effective skill. A good bowler always bowls in such a way that the batsman is being confused. The line and length are very important in bowling. The whole process of run up, grip and delivery and follow through are very important. To become a good bowler, all these aspects are very essentials, so good practice is required.

### Types of bowlings

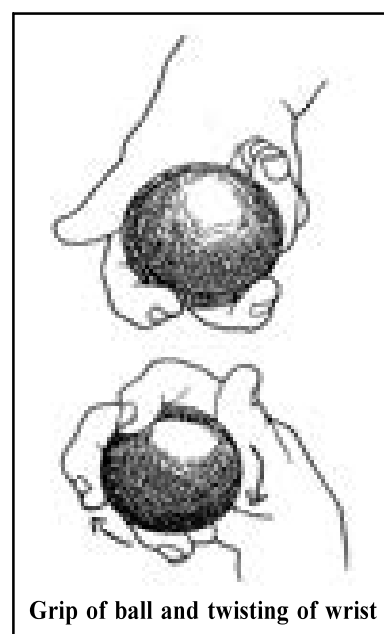
In cricket to stop a run and make batsman out, bowling is very useful.

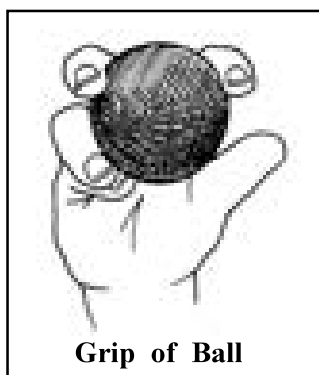
### Spin bowling

Bowler takes short run up and delivers the ball with motion right or left side and changes the direction is called spin bowling. Spin bowling is miracle of grip, fingers and wrist. The types of spin bowling are leg spin, off spin, googly and top spin. There are a different grips for different spins. Main types of spin bowling are as follow.

### Leg Spin

Leg spin bowling is also known as leg break. The ball is gripped in the first, second and third fingers on seam. The wrist is kept bent and backward part of the hand is kept upward. In leg spin bowling after delivery ball motions on opposite side of batsman i.e. ball spin from let stump to off stump. This spin delivery is a combination of wrist jerk and coordination of fingers.





## Off Spin

Off spin bowling is also called off break. For this the ball's seam is kept at the bottom base tip of the first finger and the second and third fingers are spread around. While delivering ball rotates with the fingers and jerk of wrist which are important things. In this the ball after bouncing goes towards the batsman. In short, the ball moves from off stump to leg stump.

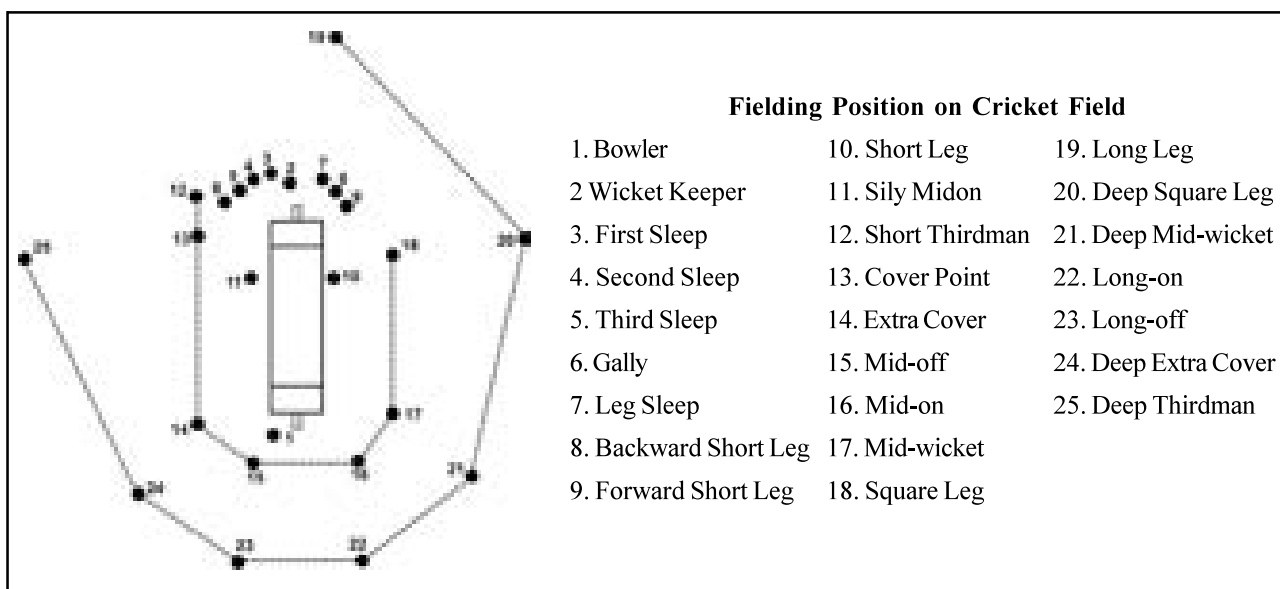
## Fast Bowling

The ball is delivered with long run up with the fast motion is called fast bowling. This type of bowling is mainly done in the beginning or start of the match. If a fast bowler bowls with proper length, speed and line, then he succeeds in getting wicket. Consistent run, a speedy run up near crease, proper wrist movement maintains balance of the whole body push. While delivering the ball all these make the fast bowling worth.

In fast bowling the first and second fingers are kept on either sides of the seam, third and little finger are spread around the ball for grip. The thumb is kept on seam.

It is necessary that the fast bowler should have physical strength, endurance, tolerance, accuracy, intelligence, confidence and total control over the body. A fast bowler can bring variety by bowling inswing, outswing, yorker, bowncer, trimmer, beamer etc.

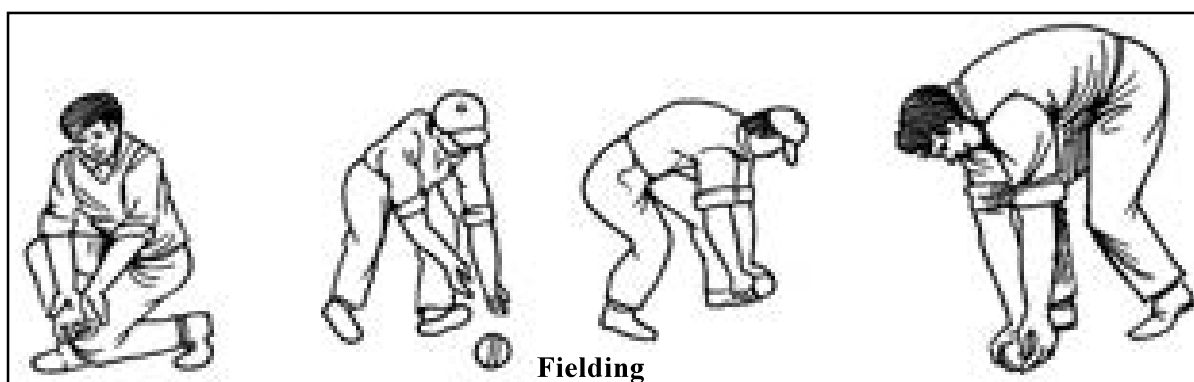
## Fielding



### (1) Stopping

Stopping ball which is hit by batsman reaches to oppose the ball as shown in the figure. In half sitting position, take both the leg forward and stop ball with the palm of the hands, if necessary change position according to direction and speed of ball.



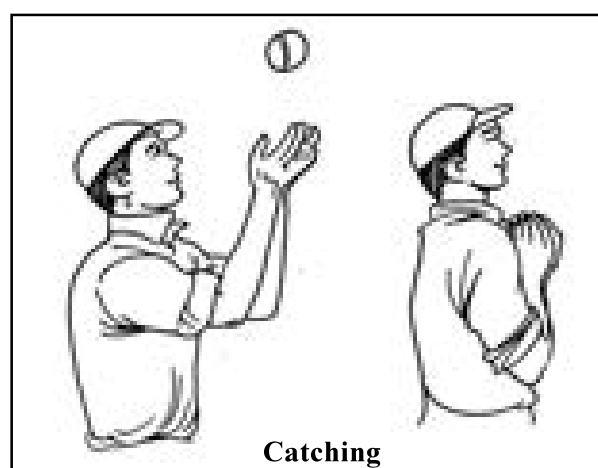


## (2) Throwing

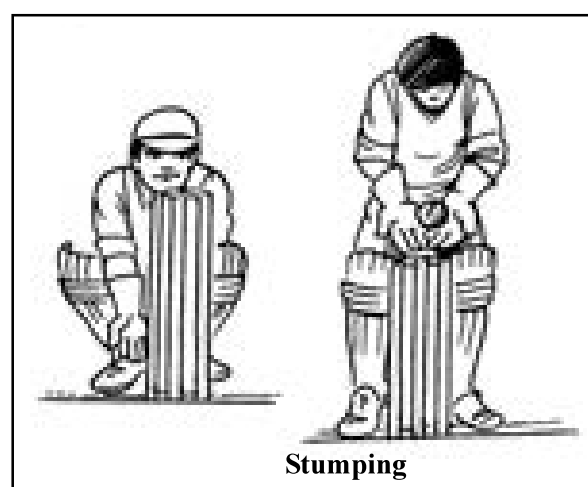
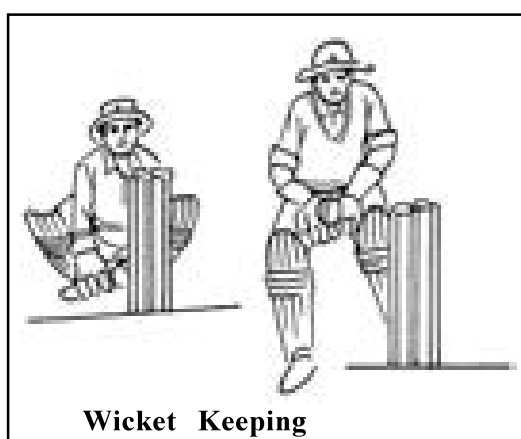
Stopped ball by fielder is very necessary to throw speedily and at accurate place immediately. While throwing a ball balance of the body and fast decision ability is required. There should be good coordination of wrist, elbow and shoulder for good throwing.

## (3) Catching

Player should reach at proper place where the ball is hit by batsman and should see properly, then fingers of both the hands should be joined together in a cup shape positions, so that ball can be caught easily. For reducing reaction of the ball both hands should be brought little downward. According to situation, position of catching ball should be changed. The catching skill is very important for winning the match.



## (4) Wicket Keeping



Wicket keeping is very important and tough work in cricket. To stop the ball going behind the stumps, to catch a tapped ball which has touched the bat or his body part, to stump out the batsman who has left his crease or to make run-out the batsman while taking a run. During fast bowling the wicket keeper should be placed at proper place far away from the stumps, while during spin bowling he can be near to the stumps.

**Follow on Innings :** When team batting first has a lead, according to the rules, they can keep their turn of playing reserved and compel the other team to bat.

**Declaration :** In a match a batting team can declare its inning at any point of time.

**Start of Play, Interval and End :** Umpire shall call 'Play' at the start of the match and he shall call 'Time' at the conclusion of the match. As per the rules an interval for lunch and tea shall be given.

**Scoring :** A scorer records the runs, wickets, balls etc. according to the umpire's indication in the scoring book.

**Boundary :** If ball goes out of the decided boundary after pitching, the batting team scores 4 runs, its call boundary, if the ball crosses the line without pitching then the batting team scores 6 runs.

**Lost ball :** If a ball in play cannot be found or recovered, any fielder may call lost ball.

**Over :** The ball shall be bowled from each end alternately in overs by 6 balls.

**Dead ball :** The ball becomes dead when it is finally settled in the hands of wicket keeper or a batsman is out then it is called dead ball.

**No ball :** If the bowler does not deliver the ball according to the rule then the umpire calls 'No ball'. The ball does not become dead on the call of No ball in this situation, batsman can play the shot or stroke, he can score runs also, he is not declared out if he is caught or bowled. Even if no run is scored on a no ball then the batting team scores one extra run. In one day and 20-20 matches if no ball is declared then batting team gets one free hit.

**Wide ball :** When the ball is out of reach of the batsman then it is called wide ball and batting team scores one extra run. The ball does not become dead on the call of wide ball. Runs scored by wide ball is called runs of wide ball.

**Bye and Leg Bye :** If the ball passes the striker without touching his bat or person any runs completed shall be credited as Byes to the batting side. When the ball touches any other part of the batsman except the palm or hand and ball goes away, any runs completed shall be credited as leg byes to the batting side.

**The wicket is down :** The wicket is put down if a ball is completely removed from the top of the stumps, or a stump is struck out of the ground, by the ball or striker's bat.

**Batsman out of his popping crease :** A batsman shall be considered to be out of his ground unless his bat or some part of his person is grounded behind the popping crease at that end.

**Bowled :** When the ball after touching the bat or batsman's body and directly falls on the stumps then the batsman is considered bowled out.

**Caught :** The striker is caught out, if a ball delivered by the bowler touching his bat and is subsequently held by a fielder as a fair catch before it touches the ground.

**Handled the ball :** Without the permission of the opposite team batsman of any end touches the ball and if opponent team appeals then the batsman is given out as handled the ball.

**Hit the ball twice :** The striker is out when the ball is hit twice. While the ball is in play, it strikes any part of his person or is struck by his bat before the ball has been touched by a fielder, he wilfully strikes it again with his bat or persons.

**Hit wicket :** The striker is out hit wicket if, after the bowler has entered his delivery stride and while the ball is in play, his wicket is put down either by the striker's bat or by his person.

**Leg Before Wicket (L.B.W.) :** The striker shall be out L.B.W. if he first intercepts with any part of his person, dress or equipment a fair ball which would have hit the wicket and which has not previously touched his bat or a hand holding a bat.

**Obstructing the field :** Either batsman is out obstructing the field if he wilfully obstructs or distracts the fielding side by word or action.

**Run out :** Either batsman can be declared 'run out', if he is out of his ground (crease) and his wicket is put down by the opposite side.

**Stump out :** If in receiving a ball, he is out of his ground (crease) otherwise then in attempting a run and the wicket is put down by the wicket keeper without the intervention of another fielder, the striker shall be stumped out.

### EXERCISE

**1. Answer the following questions in details :**

- (1) Explain the grip of bat stance and back lift in cricket.
- (2) Discuss in detail about Front foot straight drive and Back foot drive.
- (3) Explain the stages of bowling.
- (4) Write in detail about Leg Spin bowling.

**2. Answer the following questions in one or two sentences :**

- (1) Write length and width of cricket bat.
- (2) Write the distance between two wickets.
- (3) How many overs are there in one day match ?
- (4) How many balls are delivered in each over in 20-20 match ?
- (5) Where does the wicket keeper take position during fast bowling ?

**3. Write the answers of the following questions by selecting correct option from the options given below :**

- (1) How many runs are given to opposite team for No ball ?  
(A) Four run                      (B) Two run                      (C) One run                      (D) Six run
- (2) How many players are there in one team in cricket ?  
(A) Eleven                      (B) Twelve                      (C) Fifteen                      (D) Sixteen
- (3) How many innings are played by each team in Test match ?  
(A) One-One                      (B) Two-Two                      (C) Three-Three                      (D) Four-Four
- (4) When is the batsman declared run out ?  
(A) Wicket keeper puts down bails before the bat touches to popping crease.  
(B) Before hitting the ball he loses the balance and falling down the stumps.  
(C) Wicket keeper puts down bails after batsman reaches to popping crease.  
(D) When ball is dead and he runs for scoring a run.

#### Activity

- Ask students to draw a Cricket Ground.

The game of football is one of the most popular games in the world. It is called soccer game in foreign countries. It is known as football game in India.

This game is very popular in Europe. Due to its popularity it is considered 'The King of Games.' This game is played in the most of the countries of the world. The football world cup is considered one of the most thrilling and popular Tournaments after Olympics. Some good players of football are counted 'National Wealth' of the country, i.e. The Government of Brazil has given 'Brazil wealth status' to Pelle, the great player of Brazil.

The football game started in A.D. 1863 in England, so England is counted as birth place of the game. Players use socks upto knee and so, perhaps, the football game is known as 'soccer'.

### **International Football Federation**

International Football Federation–FIFA was established at Paris in 21st May, 1904. Due to establishment of FIFA, the similar rules of the football game are applied in all the countries of the world. Today most of the countries are members of it. International competitions are organised with its approval and help. The country which is not a member of FIFA, is not allowed to participate in the International Competition.

### **Football World Cup**

FIFA had accepted to organise football world cup in the year 1927. The reputation of this scheme goes to Julereem and Henari Delon, football lovers of France. The world cup is organised every four years, but it is organised after two years of Olympic games in different countries. It is organised regularly since 1930 (except second world war period). First time the world cup was organised in Uruguay in the year of 1930. One fact should be noted that in the world cup competition, professional players can also participate from the year 1958.

The beginning of modern Olympic games was in 1896. But the football game was included in the year of 1908 at London. From that the football game is included in every Olympic games festival.

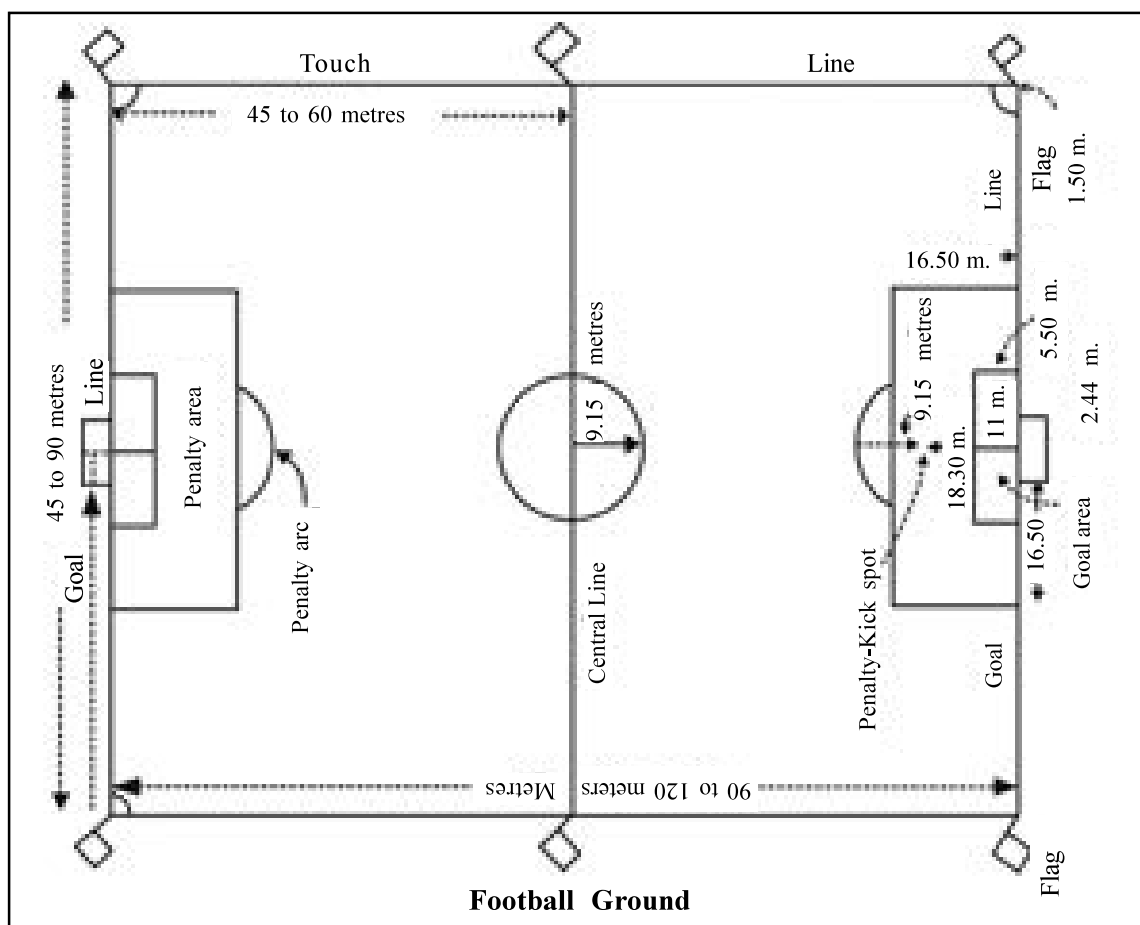
India had started 'Asian games' in 1951 at Delhi. Football game was included in it. India became champion in it. Since then football game is played regularly in Asian games.

Englishmen started this game in India. 'Delhousi Football club' was established in India. Indian football Association (IFA) was established in 1893, there after that association was converted into 'All India Football Federation.' National trophy of this game is called 'Santosh Trophy' in India. This trophy was started in A.D. 1941. Moreover other tournaments are also played regularly. Indian women also play football. 'Indian women Association' secured third place in 'Asian women football cup' of 1981.

### **Ground**

The football game is played on rectangular ground. For International Competition, the length of the

ground should be 110 to 120 yards (101 to 110 metres) and width of the ground should be 70 to 80 yards (64 to 73 metres.) For other competitions, the field of the play should be as under.



**The measurement of the football ground should be as under :**

Length : 100 to 130 yards (90 to 120 m.)

Width : 50 to 100 yards (45 to 90 m.)

- (1) Touch line : 100 to 130 yards (90 to 120 m.).
- (2) Goal line : 50 to 100 yards (45 to 90 m.).
- (3) Width of the goal : 8 yards (7.3 m.) and the height from the land should be 8 feet (2.4 m.).
- (4) The circumference of the Goal poles and the crossbar should be 5 inches (12 cm.).
- (5) Goal area : Length 20 yards (18.30 m.), width 6 yards (5.50 m.).
- (6) Penalty area : Length 44 yards (40.3 m.), width 18 yards (16.50 m.).
- (7) Penalty spot : 12 yards (11 m.) from the distance of the centre of goal line.
- (8) Centre circle : 10 yards (9.15 m.) radius.
- (9) Corner area : The arc of 1 yards (0.915 m.).
- (10) Penalty arc : The arc of 10 yards (9.15 m.) is drawn from the penalty spot to outside the penalty area.
- (11) Flag : A flag on a post not less than 5 feet (1.50 m.) high shall be placed at each corner; a similar flag post may be placed opposite the half way line on each side of the play field.

Marking of the play field : The play field shall be marked with distinctive lines, not more than 5 inches in width. The lines included in the play field is optional.

## Equipments

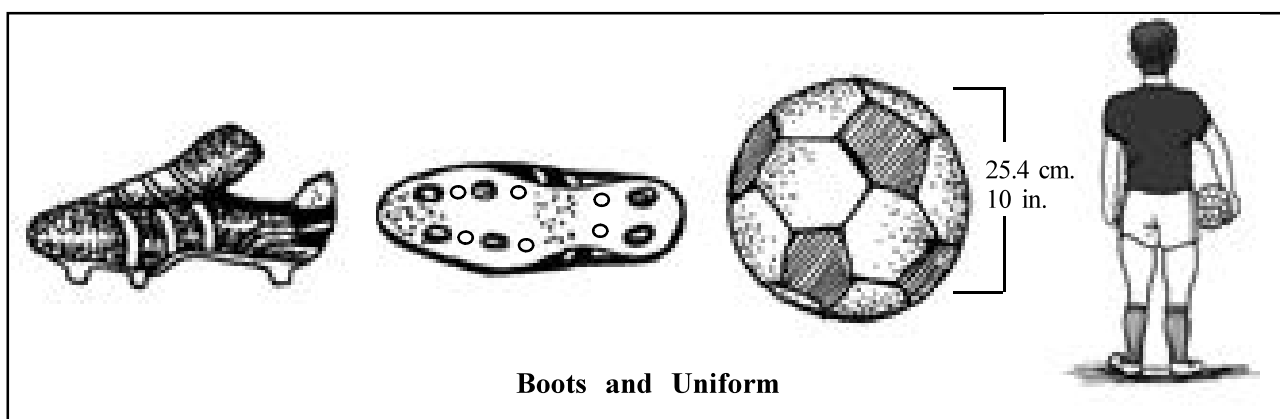
A ball, goalnet, corner flags and special socks for the goal-keeper are required in this game.

### Ball

The circumference of the ball shall be 27 to 28 inches (68 to 71 cm.). The weight of the ball should be 14 to 16.02 ounces. (396 to 453 grams).

### Boots and Uniform

There are special type of the boots in football game. There are 10 studs on the sole. The studs should be minimum of  $\frac{3}{8}$  inches in diameter. Most of the players wear boots, long socks, jersey and short. There are numbers printed on the back side of the jersey. The uniform should be similar. The uniform of the goal-keeper is distinctive than the other players taking part in the game. He can wear hand gloves also. He wears a long sleeve jersey. A player shall not wear anything which is dangerous to another player. It is responsibility of each player to come on the ground with proper uniform.



### Skills

**Throw-in :** When the ball goes beyond the touch line rolling or crosses it in the air, it will be regarded as having gone out of the boundry. When the ball goes out of the boundry line, a player from the team opposite to the team whose player was responsible for sending the ball will be given to 'throw-in', he puts the ball in play, following matters should be attended for throw-in.

- (1) The 'throw-in' is executed from the spot where the ball had crossed the touch line.
- (2) When the 'thrower' throws the ball, he will take his position facing the ground.
- (3) When the 'thrower' throws the ball, he must keep both his feet touching the out part of touch line ground.
- (4) The 'thrower' should take the ball in both his hands behind his head and throw the ball in with both his hands. He should not put the ball slowly in the ground.
- (5) No direct goal can be scored with a 'throw-in'.
- (6) The 'thrower' will not be able to play the ball again until one of the players touches or plays it.

### Passing

It is not desirable for a player to keep the ball in his possession for a long time. Because the opponents will directly attack a player who has the ball. When a player is surrounded by the opponents, he immediately passes the ball to his teammate (સાથીદાર ખેલાડી). The football game is team game. It is very important to pass the ball at right time and should be passed correctly. The base of the game is passing.

#### (1) Inside Pass

This is simple pass. It is counted basic pass. During this pass, a passer puts his free leg in line of the ball and three to four inches away from the ball. The player passes the ball with the inner part of his foot. Before passing the player keeps his position and distance in front. During passing, the attention should be on the ball and the weight of the body on the free leg.

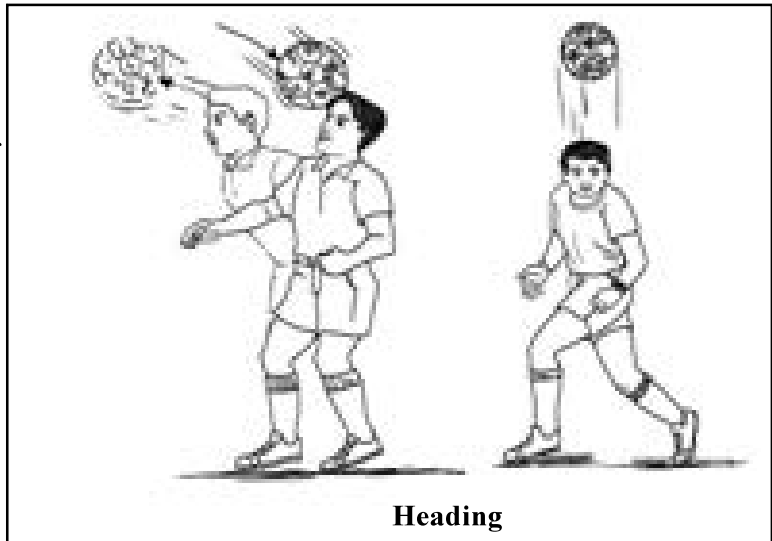
## (2) Outside Pass

In this skill, the pass is being done by the outer part of the foot. The passer keeps his side in the direction in which he intends to send the ball. He puts his main leg about one and half feet to two feet away from the ball. He turns his leg, inside, he swings his leg outside and pushes the ball. The weight of the body is on the free leg. Both the hands are extended on the sides.

Moreover he can also pass the ball coming through the air directly by using the 'heading' skill. If the ball is to be passed onto player who is standing at some distance away, the player uses the 'in-step kick'. If he has to send the ball to the left or the right side, he uses 'inside of foot kick'. The success of the passing action depends upon the accuracy and judgement of the player. An agile player passes the ball coming through the air by giving suitable kick. This is called the 'volley'.

### Heading

To prevent a ball coming from some height in the air from falling on the ground, the player hits the ball with his forehead. Where there is a action of heading, the action of hitting the ball must be done with the forehead. The force for the heading should be gained from the waist, hands and land. Only from the force of the neck, the heading will not be done completely. The body is bent backwards and is to be extended from the waist with a jerk to where the ball is to be contacted. Both the arms are bent at the elbows. The muscles of the neck and throat are hardened and both legs are



slightly bent at the knees. Heading is divided into different types depending on the direction in which the ball goes after it is hit with the forehead. If the ball passes towards the front, it is called 'forward heading'. If the ball goes from above the head, it is called 'upward heading'. If the ball goes downwards, it is called 'downward heading' and if it goes towards the backside, it is called 'backward heading'. During all these different types of heading, the body is bent slightly backward or forward, but every time the body should be brought forward with a jerk at the waist and the ball is hit with the forehead.

### Kicking

This skill has an important place in the game of football. A player who has mastered this skill, occupies a special position in the team. Pass in the ball which is coming towards him or is in his possession towards his teammate or if the situation is favourable, sending it to the goal with a kick is called kicking. There are different types of kicking, to kick the ball with the different parts of foot leg and keeping in the different position.

**(1) Inside of the foot kick :** In this type of kicking the player pushes the ball with the inner side of his toes. While doing this, he places his free leg in the direction in which he intends to send the ball. The ball is on the side about four inches away from the free foot. Then he lifts the leg with which he intends to kick the ball and raises it backwards. The foot is held sideways and he pushes the ball in its upper portion with the inside part of the foot. The ball thus kicked goes rolling on the ground. At the time of kicking, the legs are placed at an angle of 90°. The weight of the body is on the free leg, which remains a little bent and the player's body leans towards the ball. This skill is also called the 'push pass'.

**(2) Outside of the foot kick :** This type of kick is used when the ball is to be passed at a short distance or when an opponent is to be dodged. The eyes of the player are fixed on the ball. The foot with which the ball is to be kicked is turned a little towards the inside. The kicking foot is moved in the direction of the ball which is kicked or pushed with the outer part of the foot. The free leg is placed at the back of the ball. The weight of the body is on that leg and both the hands are extended on the sides.

**(3) Instep kick :** In this type of kicking, the ball is kicked with the upper part of the foot. The stronger foot is used in this type of kicking. When the ball is to be sent rolling quickly and to a short distance, this type of kick is very useful. The foot of the player will remain stretched and the toes will be pointed to the ground at the time of kicking. The leg is raised backwards and the 'Swollen' part of the ball is hit in such a way that the whole foot touches it. The leg will be bent a little at the knee. The free leg will be placed on the side of the ball, 4 inches away from it. The body is bent over the ball, the leg is bent a little at the knee and the weight of the body is on the free leg. As soon as the ball is kicked, it will roll speedily on the ground. This kick is also known as the 'loos drive'.

**(4) Half-volley or drop kick :** When the ball falls on the ground coming from the opposite side or from above and bumps a little, it is immediately hit with the upper part of the foot, tossed high in the air and sent forward. At the time of playing a half volley, the foot is stretched a little forward. The knees are on the ball and the weight of the body is on the free leg. This kick is called 'Drop kick' also.

**(5) Full volley :** When a ball is high in the air, the player hits the ball with his upper part of foot, tosses in the air and sends it to a distant. This kick is called 'Full volley'. In this kick the player sends the ball to his teammate or sends in the goal. In this kick, the free leg should be behind the ball, the knee is bent and the weight of the body will be on it.

### Goal-keeping

It is very important to protect the goal in football game. A team, which scores more goal will be declared winner. The goal-keeper plays an important role in not letting the rival team score many goals. So there will be a good goal-keeper in the team. The goal-keeper is privileged to play the ball with the hands to protect the goal posts till the penalty area. The goal-keeper plays the ball with any parts of his body in the penalty area.

He is expected to be more skilled than the other players. The goal-keeper plays the ball more often with his hands than with his feet. The goal-keeper must always stand firmly

like a wall between the ball and the goal to protect the goal. The main skills of the goal-keeper are like these – to catch the ball, to throw the ball, to push the ball, to send the ball from cross bar and goal posts, to dive, to throw the ball with dodging the opposite player. The body of the goal-keeper should be between the goal and the ball to protect the goal. He should take care not to allow the ball between his legs. The good defence is depended upon the anticipation power of the goal-keeper. During goal-keeping, he maintains the balance of his body. The goal-keeper is expected to have a daring capacity to stop the ball in any situation. The goal-keeper is expected to have kicking capacity (as specially volley kick) and throws of the ball with his hands. The goal-keeper puts full sleeves jersey and hand gloves. It depends upon the capacity of the goal-keeper to defeat or winning the team. The goal-keeper is expected to have a perfect alignment of his arms and legs and the maximum

