

Dream job cricketer



**ASSIGN  
BUSTER**

Dream Job — CRICKETER Job Title: Cricketer (Batting All-rounder) | Hours of Work: As per the schedule of Board Different Tournaments ODI, TEST MACTHES, T20. Practice sessions in nets, Fitness Camps | Responsible to: Team Principal | Location: As per calendar year of Board in different countries/continents | Salary: As per Board Policy | Length of Contract: One year | Purpose of Role: Primary: To BAT for team and score runs as per the conditions and nature of the game, Ready to accept any Batting position as per situation and in the benefit of the team, accelerate the tempo of Batting, Bowl occasionally as a part timer to give lead Bowler rest and get the middle overs quickly and economically, Swift in the field ready field in any position Secondary: Attend sponsorship events for the team, and interviews to the media. | Tools and Equipment used: \* Bat and Bowl \* Safety equipment such as a Halmet, Pads, Chest Guard, Glubs, Wrist pad etc \* Bowling machine, Nets etc \* Energy Drink and water packets for hydration during play | Working Conditions: \* Conditions will be varied, ranging from day to night matches. \* Changing climate, long tournaments will take toll on body. | Hazards: \* Despite of all the precautions there will be a physical injury such as hamstring injury, back injury etc \* Also playing for country takes a huge mental toll on player | Job Specification Requirement | Essential | Desirable | Age | No age limit but preferably 18+ | 21 — 32 | Appearance and Physical Abilities | Extreme body conditioning, specific for the sport of Cricket | | Qualifications, Knowledge and Skills | Must have played at domestic level with good performance and batting average above 50. | Excellent technical skillsIn batting with good temperament. | Experience | At least 3 seasons of Domestic league preferably Ranji, Dulip etc. | At least 5 seasons of Domestic league preferably Ranji, Dulip etc. | Personality | PatientHard

Working Dedicated Self-Motivated Reliable Team Oriented Adaptable |  
Enthusiastic Good public personality Good public image Stable | Special  
Characteristics | No hearing loss No major physical impediments No specific  
mental illnesses which might negatively affect and team-specific duties |  
Above average reflex speeds Advanced logical thinking ability Good mental  
stability Ability to absorb mental pressure. | Selection Process I. Employ the  
candidate Medical, physical and mental assessment of candidate Finalize  
contract terms Test of candidate for one tour Open contract talks if  
candidate seems interested Upon identifying a potential candidate, approach  
his agent Use scouting network to scout for potential candidates II. Promote  
said candidate to the main team Consult senior team players and coach  
about his suitability Identify potential candidates from such school or B-Team  
Conduct tournaments at school level and at domestic level Selection Process  
I: i. Have a scouting network in place. The sole purpose of this network will  
be to identify current Players from competing teams or other leagues, who  
would meet the requirements, set for being a team member. ii. If the scouts  
identify a suitable candidate, the same would be communicated to the team  
selector, who would then himself or through an intermediary, approach the  
candidate. iii. The agent would then further communicate the team's interest  
in him to the candidate, who would then respond positively or negatively,  
based on his interest in joining the team. Contract negotiations would  
commence post this. iv. Candidate will be tested in practice games of team  
v. A medical, physical and mental assessment of the candidate would be  
done subsequent to the practise match, just before finalising the contract. vi.  
Based on the candidate's performance in the practice games and the  
medical assessments, the contract would be finalised, with the various

negotiated factors. vii. The candidate would then be a part of the team.

Selection Process II: i. Keep track on major leagues in country such as Ranji trophy, Dulip trophy, Kanga league etc ii. Identify such players from these tournaments who would be an asset to the main team. iii. After identification, consult team senior players and coach, and other concerned parties about the candidate's fit and suitability as concerns the team. iv. Upon receiving positive confirmation, promote the candidate to the main team. Key Result

Areas KRA | Description | MATCHES | Score runs with good average and according to the condition bowl as per team requirement Target: Score at least three fifties in 7-10 matches Target: Bowl at decent economy of 4-5 and have strike rate of 25-30 | Physical Fitness | Maintain good physical fitness to adapt to all weather conditions and match formats Target: Maintain fitness level at or above those which are tabulated on a weekly basis. | Key

Performance Indicators The below indicators will help us understand and gauge the performance of the player . Some of the indicators might be calculated over the duration of the season, while some might be calculated on a match-to-match basis. a) Average score /Match : \* This will allow us to measure consistency in batting, and to measure deviations. \* This will be

calculated as: Total Number of runs / Total Number of Innings b) % contribution in Team Wins \* This will indicate the average runs scored when team wins this will give the importance of the player to team \* This will be calculated as: (Number of fifties and hundreds/ Total number of wins)

Training Methods: Strength Training For Cricket The game of Cricket has historically been known as " the gentleman's game." Until about three decades ago Cricketers were certainly not the fittest athletes on the planet. Often it was remarked that Cricket is physically an easy game which requires

one to stand on the field for most of the day and requires little running, jumping or strength. However with the introduction of one day Cricket, the game has gone through major changes and the physical demands made on a cricketer's body has also increased dramatically. No longer can a batsman just continue to defend away for overs, he has to often use his strength to hit big sixes. The highly-developed levels of fielding in the modern times require a player to have strong shoulders and arms to make direct hits at the stumps. One look at the photo of a modern day player and a player from the 60s and you will notice the difference in the bodies of the two. The modern player is leaner, stronger and far more athletic! Conditioning Circuit Based on the SAQ method, this circuit is designed to build cardio conditioning rather more than strength. You will need mini-hurdles, an agility ladder, a cricket bat, cones and some space to run in. If you want to make it more cricket specific you could have a set of stumps and some balls to hand too. Mark out each drill to immediately follow the next one like an assault course. Complete the drills as quickly as possible (30-60 seconds) then rest for 2 minutes. Repeat for 2-5 sets. Build up the time as you get fitter. \* Agility Ladder Run \* Zig Zag Run (10m) \* Curved Run (like round the boundary) \* Sprint With Bat (run a quick 2) \* Hurdle Jumps \* Side Steps \* Sprint Finish (5m) These are just example workouts. Circuit training is powerful because it is so flexible, so if you want to change things around it's easy to do. If you want to design your own circuit you can use these as a template to work from. Evaluation of Training: The simplest method of evaluation would be success in matches, which would be measured by the KPI's mentioned previously. And also Reduce injury levels of players. References: [http://www.](http://www.https://assignbuster.com/dream-job-cricketer/)

[pitchvision.com/example-circuits-for-cricket-fitness/](http://pitchvision.com/example-circuits-for-cricket-fitness/) <http://www.bodybuilding.com/fun/strength-training-for-cricket.html>