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A comparative study of speed among cricket bowlers and batsmen of Kota University, Rajasthan

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Abstract
The aim of the present study was to find out the speed among bowlers and batsman of Kota University Cricketers in India. The sample for the present study consists of 20 male bowlers and 20 male batsmen of Kota University Cricket Team. To assess the speed, the 50 m run test was conducted among bowlers and batsmen. It was found that bowlers are having good speed compare to the batsmen. Hence, it is also concluded that bowlers required more speed compared to batsmen. It is recommended the speed training must be given to bowlers and batsmen in cricket.

Keywords: Batsmen, bowlers, cricket, speed

Introduction
Cricket is a bat-and-ball game played between two teams of eleven players on a field at the centre of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps. The batting side scores runs by striking the ball bowled at one of the wickets with the bat and then running between the wickets, while the bowling and fielding side tries to prevent this (by preventing the ball from leaving the field, and getting the ball to either wicket) and dismiss each batter (so they are "out"). Means of dismissal include being bowled, when the ball hits the stumps and dislodges the bails, and by the fielding side either catching the ball after it is hit by the bat, but before it hits the ground, or hitting a wicket with the ball before a batter can cross the crease in front of the wicket. When ten batters have been dismissed, the innings ends and the teams swap roles. The game is adjudicated by two umpires, aided by a third umpire and match referee in international matches. They communicate with two off-field scorers who record the match's statistical information.

Forms of cricket range from Twenty20 (also known as T20), with each team batting for a single innings of 20 overs (each "over" being a set of 6 fair opportunities for the batting team to score) and the game generally lasting three to four hours, to Test matches played over five days. Traditionally cricketers play in all-white kit, but in limited overs cricket they wear club or team colours. In addition to the basic kit, some players wear protective gear to prevent injury caused by the ball, which is a hard, solid spheroid made of compressed leather with a slightly raised sewn seam enclosing a cork core layered with tightly wound string.

The earliest reference to cricket is in South East England in the mid-16th century. It spread globally with the expansion of the British Empire, with the first international matches in the second half of the 19th century. The game's governing body is the International Cricket Council (ICC), which has over 100 members, twelve of which are full members who play Test matches. The game's rules, the Laws of Cricket, are maintained by Marylebone Cricket Club (MCC) in London. The sport is followed primarily in South Asia, Australia, New Zealand, the United Kingdom, Southern Africa and the West Indies.

Women's cricket, which is organised and played separately, has also achieved international standard.

From a T20 game that is played for 3 hours to an international test match that stretches to 5 days, the game of cricket requires a high level of fitness for a professional player to perform effectively. Every cricketer needs to undergo a specific proper strength, speed, and conditioning program. For example, a batsman may damage his tennis elbow if he pulls a shot too quickly or twists his arm suddenly. Similarly, a bowler may risk ligament tear or ankle damage if he twists his leg. A strength conditioning program helps the body to adapt quickly to sudden movements in the sport and reduces chances of bodily damage.

In addition to the high level of skill required to play cricket, a successful player needs good

balance and core strength, speed for running between the wickets and in the field, and fast bowlers particularly need very good speed and power. Polls, we have run on this site about the fitness requirements for cricket, have determined balance, coordination, and speed to be most important.

Motor Components Required for Cricketers

1. Speed/quickness, balance, and coordination
2. Motivation and self-confidence, skill, and technique
3. Strength and power, reaction time
4. Analytic and tactical ability, flexibility, and agility.

Sangwan and Tejpal (2018) [5] investigated the reaction time among bowlers, batsman, and wicket keepers in cricket who participated at interuniversity and national level in Haryana state. For accomplish the study, 20 male batsmen, 20 male bowlers, and 20 male wicket keepers were randomly selected as sample. The age of all samples was ranged 18–28 years. Male sportspersons who participate at interuniversity level and national level were randomly selected as samples. To accomplish the study, reaction time test was used in the study. All samples were selected from the Haryana State. The obtained data were analysed by applying one-way analysis of variance. The level of significance was set at 0.05. A significant difference was found between bowlers, batsman, and wicket keepers in their reaction time. Wicket keepers are having more reaction time in compression of bowlers and batsman.

Table 1: Mean values and independent samples test of 50 m run between bowlers and batsmen in cricket

Variables	Group	Mean	SD	t	P value
50 m run	Bowlers	7.11	0.262	4.58	0.000
	Batsman	7.60	0.408		

*Significant at 0.05 level

Methodology

The sample for the present study consists of 20 male bowlers and 20 male batsmen those who have attended the Kota University Cricket Coaching Camp for the year 2021–2022 between the age group of 19– 22 years. To assess the speed, the 50 m run was conducted among bowlers and batsman.

Results

This study shows that bowlers are having better speed compare to the batsman in 50 m run.

In Table 1, the mean values of 50 m run of bowlers are 7.11 and batsman are 7.60. The average mean of bowler s in 50 m run is lesser than the batsman.

In cricket, bowlers require speed to do fast bowling. It was found that bowlers are having good speed compare to compare to the batsman. Hence, it is also concluded that speed of running is very important bowling for bowlers.

Conclusion

1. It is concluded that bowlers are having better speed than batsman.
2. Conditioning exercises play a major role for improvement of speed among cricketers.
3. Sprint training is not all about running fast. It is important to have a good fitness base to build speed on and to have the capacity to train regularly.

Recommendations

1. Similar studies can be conducted on other events and among females.
2. This study also helps the physical educators and coaches to improve their training regime to excel in cricketers.

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