

M.P.Ed. Examination, 2015
Semester-IV
Physical Education
Paper – MPED-245
(Game of Specialization: Cricket)

Time: 3 Hours

Full Marks: 40

Questions are of value as indicated in the margin.

Answer **one** question from each unit.

Unit-I

1. Write down the types of "Dismissal" in Cricket. What do you mean by Retired not out and Retired out? 4+4=8

or

Explain how a Cricket coach will select a pace bowler? 8

Unit-II

2. Create drills for the following common batting faults: 2+2+2+2=8

(i) A batsman is repeatedly falling his / her head towards the off side while in stance.

(ii) Hands away from the body during back lift.

(iii) During batting the dominant hand overly dominant.

(iv) Not rolling the wrist at the point of impact for a cut / pull shot.

or

Write down the key points of every phases during running between the wickets. 8

Unit-III

3. Mechanically analyse the pace bowling in cricket. 8

or

Identify the following Bowling problems of a bowler and suggest a drill to correct them: 4×2=8

(i) A bowler having poor back foot and front foot alignment.

(ii) A pace bowler is struggling to bowl bouncer and Yorker.

Unit-IV

4. Make a strategy of batting and bowling for a slow turf pitch. 4+4=8

or

Prepare a batting and bowling strategy for a knockout match (like semifinal) when you have won the toss and elected to bat first. 4+4=8

Unit-V

5. Prepare a weight training schedule for pace bowlers. 8

or

(a) Define Cardio-Respiratory Endurance.

(b) Explain the procedure of Yo-Yo-Endurance Test. 2+6=8