

B.A./B.Sc. (Honours) Examination, 2018
Semester-VI
Physical Education
Course: BABSCH-362
Specialization: Sports Training: (c) 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. Give a brief description on origin of Indian Premier League (IPL) in India. 8

Or

Prepare a list of Tournament organized by BCCI and discuss any two among them. 2+6=8

Unit-II

2. Explain the Power play rules used in limited over Cricket and T-20 Cricket matches. Explain the Free hit rules in Cricket. Explain the No ball law in Cricket? 4+2+2=8

Or

Draw the layout of a Cricket pitch dimensions used during T-20 Cricket matches. Write down the different types of Signals used by an umpire with diagram. 4+4=8

Unit-III

3. Prepare a warming up and practice schedule for a single day practice in Cricket. 8

Or

Prepare a technique training schedule for batsmen and fast bowlers. 4+4=8

Unit-IV

4. Write down the key points of straight drive and pull shot with effective drills for execution? 4+4=8

Or

Write down the key points of two hand interception and long barrier fielding technique with the progressive methods. 4+4=8

Unit-V

5. What is Sports Training? Write down the characteristics of Sports Training? 3+5=8

Or

As a head coach of a cricket team how will you test the general motor abilities of the Cricket players? 8
