

TPG STAGE 1 – MINIMUM STANDARDS

**DRILLS AND EXERCISES TO BE
ACHIEVED BEFORE MOVING TO STAGE 2**

TPG RULES

All players will adhere to the rules of the World Cricket Academy programme:

- Complete "Intensity" and "devotion" to practice the task given for the session and the day
- Complete submersion of mind and body into practicing "match simulation" on every aspect of a match situation
- Complete devotion to the "team cause" during certain periods of development or at an Academy stage – the players will "arrive together", "leave together" and will go to breakfast, lunch or dinner together, showing "complete unity at all times". However it is also important that you don't completely overdo the above and maintain a nice balance by also spending time alone and with other individuals so that you get to know them better as well.
- There will be many instances due to the nature of the practice where this unity will be tested and all individuals will have to rise above this once on the cricket ground or practice arena
- To stick with the practice plan of the day, week and month and complete the same with zeal and enthusiasm and not leave the field of play until these tasks are completed and exceeded
- To know there are no options but to complete the tasks given out, as no individual will leave the field of play until all team members have completed their tasks for the day whether it is fitness training or catching, fielding, batting or bowling
- To have complete control of oneself when on the ground and appeal with dignity instead of the screaming ones sees on TV today
- To respect the game and the opposition, to play the game graciously and with fairness but still maintaining that killer instinct
- To constantly strive to be a good human being, develop your character, help your team mates, appreciate the opportunity you have been given and assist those associated with the academy, your coaches and fellow cricketers

Commitment to the team cause means:

- Going the extra yard in training to see that we are fit enough to reach the ball to take a brilliant catch or affect a brilliant stop or make a run out
- To convert no run into a single and a single into a two and so on and so forth while batting
- To work towards a zero tolerance policy on no balls and wide balls, to stay committed to ones rhythm and a still head at all times, and not get carried away with aggression, in place of staying focused and getting the batsman out while bowling
- To work in partnerships to assist each other solve problems in all areas of the game, it is

"ALWAYS A TEAM PROBLEM; AND NOT AN INDIVIDUAL PROBLEM"

BOWLING

STAGE 1

Accuracy Practice:

It is imperative to practice bowling accurately – what this means is, being able to put the ball where you want it, at will. This comes from tremendous amount of dedication and hard work.

In the formative years as you develop this, you will need to bowl for a minimum of 60 minutes a day, just on one spot, what this spot bowling does is gives you a base level of accuracy from which you can go ahead and build other skills in bowling. However, the key to this type of bowling is to begin the process of self discovery, and aspects of your own bowling which you never believed was possible, will begin to emerge.

You need to isolate yourself and do this practice independently of anything or anyone being around. It gives you an opportunity to discover, this is one of the most critical aspects of your game.

If you are doing other drills mentioned below, you can do your accuracy practice for 30 minutes a day. You can also set targets i.e. calculate your own ability to bowl accurately and keep improving on that each day.

Further, once you have achieved a base level of accuracy i.e. in simple terms if you are able to drop four out of six balls where you want, you can begin working on specifics i.e. bowling a short ball and hitting a certain target at a certain height (for fast bowlers) and developing the skill to drop the ball on a spot but to get it there in different ways i.e. flight, flat, round arm, from behind the crease, from wide of the crease from close of the crease and so on and so forth for spinners.

However, until such time as you are able to bowl four or five deliveries out of six at the spot you want, you should refrain from practising advanced skills, which will be something we will address in Stage 2 and 3 of the TPG minimum standards programme.

Get your basics and your foundation rock solid, and then implementation of other skills will be possible.

Otherwise you are only relying on luck instead of a practiced solution which will give you a greater success rate.

The Long Bowl:

- A minimum of five overs a day bowling from five feet behind the wickets (for fast bowlers) and the spinners can vary it between two and three feet – from the bowling end

- The idea is to pitch the ball on the same good length spot (this obviously is undefined as each batsman has a separate good length, but the idea is to develop a base level of accuracy)
- ONLY FOR FAST BOWLERS: If you have the option of the wicket keeper make him stand in exactly the same spot as he would stand if you were bowling at full pace from your normal release position at the crease.
- Now, from five feet behind the crease try and get the ball thudding into the wicket keepers gloves
- The objective is simple; to see how you can better utilise aspects of your arms, shoulders, back, legs and follow through to propel the ball at faster speeds into the wicket keepers gloves.
- Spinners should try and see that the ball falls in the same spot, but you use various ways in which to get the ball there i.e. loop it up or flatter or with a rounder arm as well as different angles on the crease at release

The Simulation (and Fitness) Bowl:

- It is critical to simulate identical match movements, today in all versions of the game one has to move away towards cover or mid wicket after bowling to save the single and hence as this is never practiced bowlers tend to tire easily on the fifth and sixth ball of the over. This practice will ensure you are in appropriate physical and mental shape to be control of your body specially when it is tiring and better able to control the fifth and sixth ball of the over
- In Stage 1 you are requested to bowl six balls while springing down the wicket after you bowl, three times towards cover and three times towards mid wicket, after that we would like you to sprint back, take a deep breath at the top of your run up and immediately run in to bowl again.

The Stationery Bowl:

- A minimum of five overs a day bowling from five feet behind the wickets at the bowling end.
- You must be in your final delivery stride i.e. with your left and right leg stationery and spread across the crease, as you would in your final delivery stride. Then, get your arms up, as you would in your final bowling stride and lean back. After that, attempt to bowl as fast as possible (for fast bowlers only, spinners attempt to achieve normal speed) by using your full follow through of both arms, but without moving the legs. When you finish your arm rotation; your front leg should be straight (not bent at the knee) and if looking from the side, it should still be in that position as when you had leaned back i.e. at the angle which

is still leaning back. The release has to be in front of the head and eyes, almost as if you could see your wrist from the periphery of your eye just before release. For spinners the release has to be at the highest point possible and as a variation with the release in front of the eyes.

- You must still attempt to achieve the same length as roughly a good length delivery

Two Important Variations:

- Use a “**lighter ball**” and bowl at least five overs a day with the lighter ball
- The other variation would be to use a **handkerchief/cloth over your eyes** and still attempt to get a feel for bowling accurately, this needs to be done for five overs a day.

Six Angles:

- To bowl a minimum of five overs from each angle
- The angles are wide of the crease from over the wicket. Middle of the crease from over the wicket. Close to the crease from over the wicket. The same from around the wicket – close, middle and wide.
- Still pitching it on the same good length spot which will be between middle and off stump. The length for rough measurements will be around ten and fifteen feet from the popping crease (for fast bowlers) and (seven to eight feet from the popping crease for spinners) as mentioned above in line with off and middle stump, with slight variations for the leg spinner having it to pitch on middle and even middle and leg and then spin it away towards off stump

One Arm Bowl:

- A minimum of five overs a day bowling from five feet behind the wickets at the bowling end.
- You must be in your final delivery stride i.e. with your left and right leg stationery and spread across the crease as you would in your final stride. Then, get only your bowling hand into position, as you would in your final bowling stride and lean back. After that, attempt to bowl as fast as possible (only for fast bowlers, spinners use normal speed) by using your full follow through of just one arm, but without moving the legs. When you finish your arm rotation; your front leg should be straight (not bent at the knee) and if looking from the side, it should still be in that position as when you had leaned back i.e. at the angle still leaning back. The release has to be in front of the head and eyes, almost as if you could see your wrist from the periphery of your eye just before release. Spinners to release the ball from the highest point and only occasionally as a variation can try and release the ball in front, so that the ball can be seen from the periphery of the eye.

- You must still attempt to achieve the same length as a good length delivery
- Variations would be to use a slightly heavier ball which will be supplied to you.

Jump (Final Stride) & Bowl:

- A minimum of five overs a day bowling from five feet behind the wickets at the bowling end.
- No run up, just a final jump or stride with a lean back, full release of both arms and full follow through going down the wicket. Spinners will simply stand with their weight on the back leg and then lean forward into their action, then, you must be able to keep that front leg quite rigid and not bend the front knee at the point of release, while allowing the hands to follow through quite vigorously over that rigid front leg, and spinners don't be overly keen to follow through, let it happen naturally, what is important is that you create that tension between the arms going through rapidly and the rigid front leg so that you get plenty of torque!
- You must still attempt to achieve the same length as a good length delivery
- Variations would be to use a slightly heavier ball which will be supplied to you.

Slower Ones – Six Angles

- To bowl a minimum of five overs from each angle
- The angles are wide of the crease from over the wicket. Middle of the crease from over the wicket. Close to the crease from over the wicket. The same from around the wicket – close, middle and wide.
- Still pitching it on the same good length spot which will be between middle and off stump (slight changes for leg spinners, more towards middle and leg). The length for rough measurements will be around ten and fifteen feet from the popping crease and as mentioned above in line with off and middle stump.
- You will attempt a number of slower one grip's, from increasing the width of your index and middle finger through to holding it in the palm of your hand (as opposed to the fingers). Also, try it with the off spinners and the leg spinners grip. Experiment and see what works best for you. Spinners can also attempt to hold the ball with the middle finger becoming the prominent finger as opposed to the index finger. As well as other grips for leg spinners like holding the ball in two fingers and also attempting to flicking it as opposed to releasing the ball with two fingers. You can also try and put less of your palm behind the ball i.e. turn the palm away so that you don't have the full weight of the palm behind the ball, this will automatically slow the ball down.

- The key to the slower one is the late release i.e. you should be able to see your wrist from the periphery of your eye before release
- You have to keep believing in deception, you have to keep thinking about outfoxing the batsman, that is the mentality you need to be successful at bowling these slower ones, it's not just a physical exercise, you need to scheme, plot and outwit the batsman.
- For spinners particularly, it is important to see that your arms go through rapidly but the ball comes out slower, this form of deception is the most deceptive. To achieve this you must be able to keep that front leg quite rigid and not bend the front knee at the point of release, while allowing the hands to follow through quite vigorously over that rigid front leg and don't be overly keen to follow through.

Yorkers – Six Angles

- To bowl a minimum of five overs from each angle
- The angles are wide of the crease from over the wicket. Middle of the crease from over the wicket. Close to the crease from over the wicket. The same from around the wicket – close, middle and wide.
- Pitching it in the batsman's crease.
- There will be a number of angles which will have to be achieved i.e. wide of the crease hitting off stump. Wide of the crease hitting middle stump and wide of the crease hitting leg stump. And the same with the other five delivery angles i.e. around the wicket at off stump, middle stump and leg stump and so on and so forth.
- You have to be thinking about the element of surprise, beating him with the angles, as he is also thinking of outsmarting you.
- Further, you need to be thinking about your field setting when bowling different types of deliveries i.e. if you are bowling from around the wicket and bowling a Yorker at off stump for a right hander what kind of field are you going to have and so on and so forth.

Bowling From Behind: Six Angles:

- To bowl a minimum of five overs from behind i.e. between the stumps and where the umpire stands as well as from each of the six angles
- The angles are wide of the crease from over the wicket. Middle of the crease from over the wicket. Close to the crease from over the wicket. The same from around the wicket – close, middle and wide.

- Still pitching it on the same good length spot which will be between middle and off stump. The length for rough measurements will be around ten and fifteen feet from the popping crease (for a fast bowler and between seven and eight feet for a spinner) and as mentioned above in line with off and middle stump. Of course you will make slight adjustments e.g. when you bowl wide of the crease you will need to bowl it more towards outside off stump to make it hit middle and off stump and so on and so forth.

Bowling in the nets:

- Be focused on match situations, or at least develop scenarios in your own mind i.e. think about where you are going to bowl, each ball. Deliver each ball with a purpose. Count the deliveries you are going to bowl. Think about your field placement. Think about where you are going to get the batsman out. Focus on delivering the type of delivery you think is going to get him out.
- Follow zero tolerance policies on yourself i.e. not a single no ball or wide ball i.e. if you bowl a no ball you should punish yourself i.e. take one round of the ground and or stop bowling in the net and go to another net and bowl an over before allowing yourself back into the net. The same if you bowl a wide ball – and this especially with a new ball. This is your profession and there is no room for mistakes. You should detest runs being scored of your bowling and relish the opportunity of getting the batsman out.
- Also, during a net, get someone to hit the ball to you both on the off side and the on side after your have finished your run up so that you can go and chase that ball down before going back to your run up. This happens in the match on virtually every ball and is extremely tiring – hence if we don't practice this, we will be tired by the fifth ball in the match and will end up going for runs, so you must simulate this during practice all the time i.e. you must chase down balls after you have delivered the same in the nets as that is what you do in a match.
- Bowling with different types of balls, attempt to bowl as much as you can with a new ball (for fast bowlers), but also experiment new grips, angles and ideas with an older ball. Spend time bowling with the old ball i.e. think about using your fingers to cut the ball or different angles of delivery or shining one side vigorously to see whether you get any reverse swing or drift.

It is critical for all bowlers to keep tossing the ball around in their hands at all times, keep thinking of ideas which will help you out fox the batsman, and keep thinking about discovering new ways to deliver and release the ball, as deception is paramount. Hence, we want all bowlers to do this for at least half an hour everyday, just isolate yourself with a ball and keep tinkering with it, to see what new discovery you can bring to your bowling. The next step would be to put that into practice at the nets and begin the long hard road of perfecting the same. None of this easy, but you need to first discover it in your mind and then think about how you are going to go about perfecting the same.

BATTING

STAGE 1

To improve foundation skills:

- Still Head and Level Eyes: this is step one i.e. it is imperative for you to ensure that your head is perfectly still and eyes are level so that you can judge the ball to perfection, moving the head and eyes just before receiving the ball will create havoc with your judgment. Hence, it is critical that once you get into your stance, you can move your hands but your head doesn't move at all. You must be "super conscious" of this and keep telling yourself this in practice as well as when doing your drills.
- To see that you have learnt the functions of the hand's, and specially the bottom hand in pulling the bat back. This results in better ball control while defending leading to the ability to convert good balls into singles. Get someone to throw tennis or rubber balls at speed to you, and you try and pull the bottom hand back at the point of contact and attempt to drop the ball as close to your body as possible. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- To see that all balls played defensively drop in-front of the wicket. This will enable the taking of quick singles with the ball dropping into angles where fielders are not present. This by default would also get the feet moving into better positions to play the ball. While practicing your defence see that all the balls you defend don't trickle away to gully or point, but go more in the direction of mid off or mid on or mid wicket as opposed to point. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- To see that the downswing of the bat is in line with the on coming ball. This will enable playing with a straighter bat face leading to less risk as well as the ability to play more balls (more balls played means more runs scored). Attempt to keep the downswing of the bat in line with the on coming ball i.e. see to it that the bat doesn't go behind you towards fine leg but stays straight no matter where the ball needs to be hit, so for example, even if you are attempting to hit the ball to cover you will not turn the bat or the shoulder towards cover, but allow the ball to keep coming towards you, past your front leg, and then let the bat meet the ball in line with your hip, which will automatically take the ball to cover. Remember at all times, to keep the bat and downswing in line with the oncoming ball and do not turn your shoulder to cover. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

- Working in partnerships to enable getting quickly into position to play the ball, through half and quarter wicket practice. This will slowly increase your dominance over bowlers. Find a fellow batsman or player who can throw the ball at great speeds and then keep decreasing the distance from which you are doing the drill. Also, set out targets for this practice i.e. that in the first thirty minutes of this practice you will play all balls on the on side and then in the next thirty minutes you will play all balls towards mid wicket with a straight bat, and the next thirty minutes you will only play the ball between point and third man, and so on and so forth. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- To pad up and bat one over at a time in the nets, when one is not entirely ready, with the goal of scoring a minimum of 10 runs of 6 balls each time. This will give the captain the option of sending any batsman in at any number who can then go in and swiftly start scoring runs at over a 150% strike rate requirement. Keep creating situations in practice where you are working on match simulations all the time, be it the shorter or longer version of the game. In the longer version for example, one day practice on a cut up wicket, and have a simulation where you are only allowed to defend with fielders around the bat. You then create a situation where if it hits your pads you are out, as well as if you get beaten, keep making it harder for yourself. Another time; if the ball goes to the off side you would be given out. Also, use the nano bats and nano balls to practice this drill. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- Do all your drills with a heavier bat i.e. tie a stone and wrap it with a cloth/towel to your bat or just buy a much heavier bat - while doing your drills. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- Variations: do plenty of one hand drills i.e. many of the above drills can be attempted with one hand. Also, do a lot of target drills with one hand. So, for example, have someone/feeder throw the nano ball at you from a distance of about ten feet and you will attempt to get the ball between two cones set out on either side of the feeder, just using your top hand. You will then repeat the same drill only using your bottom hand. You will also practice the same drill but drop the ball in front of you i.e. defending it, both on the front foot and the back foot, again using just the top hand and then the bottom hand only. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.
- Leaving the bouncer: practice this by getting someone to throw a tennis ball at your face from a short distance and attempt to leave this with minimal movement of your body but just moving your feet and your head a little, to allow the ball to pass. It is imperative not to have an elaborate movement but a simple movement to leave the ball. Also, get the feeder to vary the height so that when it comes near your chest you actually play the ball down back towards the feeder (remember the ball should not end up at gully or point after you have played it, but back towards the feeder, this will signify that you have middled it). Ideally you should try and stop it close to and in front of your body, but also in line with the

feeder, that would be perfect. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

ALL PLAYERS

STAGE 1

Attention To MINOR DETAILS To Be Practiced & "Thought About" Generically By All Players – a lot of the below to be done in the off season.

BATTING

Objective:

To find new ways to increase runs for the team

Practice: 1

Simulate this movement on the hill and the beach i.e. moving out of crease and making fielders throw down stumps to generate overthrow runs for the team. Minimum 10 minutes a day.

Practice 2:

Simulate running between the wicket on the hill and the beach to increase speed between wickets to convert no-run into ones, and ones into twos and so on and so forth. Minimum 10 minutes a day.

Practice 3:

Simulate turning for the second run on the hill and beach to improve turning speed to enable conversion of the second or third run. Minimum 10 minutes a day.

BOWLING

Objective:

To find new ways to reduce runs for the team

Practice: 1

To follow zero tolerance policy on no balls and wide balls

Practice 2:

To be controlled and focused on rhythm and a still head rather than pace specially when batsman are attacking.

Practice 3:

To be constantly aware and quickly adapt to situations and conditions i.e. pace of the wicket, time of day we are bowling, weather conditions and make minor changes with the captain

FIELDING

Objective:

To find new ways to reduce runs and convert catches and run outs for the team

Practice: 1

Inner circle awareness and focus on reducing singles. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

Practice 2:

Outfielder's awareness and focus on converting catches which normally drop short and on stopping the second run. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

Practice 3:

Simulate turning and chasing the ball on the hill and the beach so as to increase speed to the ball, being able to stop the ball before it reaches the boundary or saving the extra run. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

Practice 4:

Simulate running sideways to the ball on the hill and the beach so as to increase speed to the ball and being able to stop the extra run. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

Practice 5:

Simulate backwards running to the ball on the hill and the beach so as to increase speed to the ball and being able to take the catch which normally drops behind the fielder. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

TRAINING

Objective:

We train to be supremely fit enabling us to contribute to the team's performance. However rest and the importance of being fresh is also a critical part of training.

Further, one needs to also focus on appropriate recovery i.e. massages, spending time loosening muscles in the swimming pool, ice baths and plenty of stretching exercises.

STAGE 1

To be able to complete 5 kilometres in 20 minutes (long distance running is also required as one completes a minimum of 5 to 6 kilometres a day while playing a match).

To be able to complete 12x22, 24x22, 36x22 yard sprints in 1,2 and 3 minutes respectively (x 2 sets each) with a break of 1 and 2 minutes between the sets

To be able to complete 10 minutes of overall sprinting on the beach, without stopping, you can jog between sets, but not walk (keep all sprints to 22 yards) – so it could be a full sprint of 22 yards with a jog back and then a full sprint again and keep this going for ten minutes.

To be able to complete 10 minutes of overall sprinting on the hill, without stopping, you can jog between sets, but not walk (keep all sprints to 22 yards) – so it could be a full sprint of 22 yards with a jog back and then a full sprint again and keep this going for ten minutes.

To be able to simulate all batting, fielding and catching drills on the beach and hill (mainly in the off season) i.e. go through the exact same routine you would in a match, but do it on different surfaces. You could do all your shadow batting drills on sand, you could even do your stationery bowl and or short run up bowling on the same and the same with the fielding movements, like walking in and then quickly turning to chase the ball or attempting a catch which is going to drop behind you, by quickly moving your feet in the sand. Spend as much time as you feel is necessary to develop and perfect the skill the best clock is in your head.

To be able to complete 50 crunches of different stomach exercises at one go, and five hundred in a day in the off season

To be able to complete 50 push ups at one go and test yourself on what is the maximum you can achieve in a day (this is mainly in the off season).

To be able to do 10 minutes of circuit training (on the ground with various different routines) without stopping - the routines could involve, push ups, sit ups, star jumps and bunny walks.

Gym work: these sessions need to be quick and exhausting; you need to strengthen key muscle groups like the legs (all aspects), shoulders and forearms, back and core (stomach/hip). You need to work efficiently in the gym, with zero downtime i.e. minimal rest. You should not have any energy left when you are done with your work out. You need to be gasping for breath, that's how intense the work out needs to be, as soon as you realize that you are just moving from one machine to another without gasping you know you are not doing something right. If you finish and you are not exhausted, again, that should be a sign that you need to push much harder. Your gym session should not last more than an hour at best, and slowly you need to compress what you do in an hour into thirty minutes, you will be surprised if you push yourself, how much more you can achieve.