Chapter - I

INTRODUCTION

“The game of cricket has boundless possibilities for creation of friendship, travel, education and development of character”

- Bradman.

The origin and development of Cricket

The precise origin of cricket is unknown, though there are many different theories about its origin. The game was most commonly thought to have begun as a diversion played by shepherds in sheep grazing fields. One shepherd would defend one of the wicket-gates in a paddock fence (the reference to a “wicket” is suggestive) from being hit by stones thrown by another shepherd; using his crook he tried to hit the stones away.

Some theories place its origins as early as the eighth century when bat and ball games were played in the Punjab region of southern Asia. Cricket, along with chess was believed to have migrated through Persia and Constantinople into Europe. There are eighth and ninth century accounts of bat and ball games being played in the Mediterranean region, sometimes as church-sponsored events to promote community
feeling. The speculations that these activities are direct precursors of cricket relied on the Normans bringing them into England during or after the 1066 conquest of the Saxons. There are references in writing and pictures of several stick and stone games with some resemblance to cricket being played as early as 1183.

A number of words are thought to be the possible sources for the term cricket, which could refer to the bat or the wicket. In old French, the word “croquet” meant a kind of club, which probably gave its name to croquet. Some believe that cricket and croquet have a common origin. In Flemish, “krick” (e) means stick and, in old English, “crick” or “cryce” means crutch or staff (though the hard "k" sound suggests the North or Northeast midlands, rather than the Southeast, where cricket seems to have begun).

Alternatively, the French “criquet” apparently comes from the Flemish word “krickstorl”, which is a long low stool on which people kneel in church which may look similar to the long low wicket with two stumps used in early cricket, or the early stool in stool ball. The word “stool” is old Sussex dialect for tree stump, and stool ball is a sport similar to cricket played by the Dutch.
The first definite reference to the game was found in a 1597 court case concerning dispute over a school's ownership of a plot of land. A fifty-nine-year-old coroner, John Derrick, testified that he and his school friends had played krecket on the site fifty years earlier. The school was the Royal Grammar School, Guildford, and Mr. Derrick’s account proves beyond doubt that the game was being played in Surrey in 1550. The first reference to it being played as an adult sport was in 1611, when two men in Sussex were prosecuted for playing cricket on Sunday instead of going to church. In the same year a dictionary defines cricket as a boys’ game and that suggests that adult participation was a recent development (Reader’s Digest, 2002).

The first conclusive records for a game recognisable as cricket describes a match played in Kent in 1646. The first match between English counties was played between Surrey and Kent at Dartford Brem on the twenty-ninth June, 1709. At this time there were no rules regarding the width of a cricket bat. On September twenty-third, 1741, Shock White of Ryegate used a bat as wide as the wicket against the Hambledon Club. This prompted the Hambledon Club to record a minute to the effect that the maximum breadth of a cricket bat be set at four
and a quarter inches. Other clubs quickly adopted this standard, using metal gauges to check the size of bats before allowing their use. The first recorded codification of the rules of cricket was the "Code of 1744".

It specified that the pitch be twenty-two yards long and the distance between the bowling and popping creases be forty-six inches. The wicket must be twenty-two inches tall and six inches wide, and the ball must weigh between five and six ounces. The size of the ball was not fixed until 1838.

The game of cricket has known a long history spanning to the present day, with international matches played since 1844, although the official history of International Test cricket began in 1877. During this time, it developed from its possible origins in England into a major game, which is now played professionally in most of the "Commonwealth of Nations".

In the later half of the eighteenth century, cricket was played by gentleman of the aristocracy, who considered it a manly sport akin to shooting or fox hunting, and a good activity to place a wager on. In London, the gentry played at White Conduit Fields in Islington. In those days, cricket was seen as a chance for the gentlemen to hit the ball, and bowlers were
restricted to bowling relatively gentle underarm lobs. In some cases, gentlemen hired lower class men to bowl to them so they could simply bat and hit the ball.

By 1787, the nobility became annoyed with the crowds of commoners who gathered around the field to watch them play. Thomas Lord, a bowler with the White Conduit Cricket Club, leased some land on Dorset Fields in Marylebone and established a private cricket ground, so that gentleman could play without commoners gathering to observe. Lord, founded the Marylebone Cricket Club (MCC), which staged its first match between Middlesex and Essex on May thirty-first, 1787.

In 1788, the MCC published the Laws of Cricket, which contained the first complete codification of the rules of the game and the dimensions of the pitch and equipments. Other cricket clubs across England quickly adopted the MCC’s Laws, and cricket became standardized for the first time. The MCC remains the custodian of the Laws of cricket to the present day, updating them with new or changed rules from time to time.

In 1811, the MCC moved to a new ground at Marylebone Bank in Regents Park. Three years later, it moved for the final time to its present location in St John's Wood. The cricket ground there was named Lord's after Thomas Lord’s death in
1825, and is still the premier cricket venue in the world today.

By 1821, the distance between the bowling and popping creases was increased from forty-six to forty-eight inches. On the tenth of May 1838, the size of a cricket ball was codified for the first time, fixing its circumference between nine and nine and quarter inches. In 1844, the first international cricket match was played. Surprisingly, it was played at the St George's Club in New York, between sides representing the USA and Canada. The match was for a wager of a thousand dollars. By 1853, the cricket bat had been developed into roughly its modern form, carved from a single piece of willow and attached to a cane handle. In 1864, perhaps the most far-reaching change to the game was made. Up to that point, only under-arm bowling was allowed. A few people had tried bowling over-arm, but their action was banned.

Finally, in 1864, the rules were changed to allow over-arm bowling actions. This revolutionised the game and paved the way for the much more even contests between bat and ball than those that had prevailed for the rest of cricket’s history. In 1865, creases were painted with whitewash for the first time. Before 1865, the creases were cut into the turf, forming small ditches an inch in width and depth. County cricket matches
played between sides representing the English counties grew in popularity throughout the nineteenth century. By the 1870s, the MCC decided that the next step was to establish international relations with the colonies, where cricket was becoming more popular. In 1877 James Lillywhite organised a side and set off by ship for a tour of Australia.

**Cricket during early Seventeenth Century**

A number of references occur up to the English Civil War and these indicate that it had become an adult game contested by parish teams, but there is no evidence of the strength of county teams at that time. Equally there was evidence of the rampant gambling that characterised the game throughout the eighteenth century. It is generally believed, therefore, that "Village Cricket" had developed by the middle of the seventeenth century but county cricket had not and that investment in the game had not begun.

**Cricket and the Commonwealth**

After the Civil War ended in 1648, the new Puritan government clamped down on "unlawful assemblies", this helped in particular the more raucous sports such as football. Their laws also demanded a stricter observance of the Sabbath
than there had been previously. As the Sabbath was the only free time available to the lower classes, cricket's popularity may have waned during the Commonwealth. But it seems to have flourished in public fee-paying schools such as Winchester and St Paul's. There is no actual evidence that Commonwealth governments banned cricket specifically and there are references to it during the interregnum that suggests that it was acceptable to the authorities provided it did not cause any "breach of the Sabbath".

**Gambling and Press Coverage in Cricket history**

Cricket certainly thrived after the Restoration in 1660 and is believed to have first attracted gamblers making large bets. In 1664, the "Cavalier" Parliament passed a Gambling Act, which limited stakes to a hundred pounds. Although that was a fortune, cricket had certainly become a significant gambling sport by the end of the seventeenth century. We know of the "great match" played in Sussex in 1697, which was eleven-a-side and played for high stakes of fifty guineas a side. The knowledge of that game came about because, for the first time, cricket was reported in the newspapers with freedom of press having been granted the previous year. But it was a long time
before the newspapers adapted sufficiently to provide frequent, let alone comprehensive coverage of the game.

**Cricket during the Eighteenth Century**

The oldest cricket bat still in existence dates to 1729. The shape of the bat resembled closer to that of a modern day hockey stick than to that of a modern day cricket bat.

**Cricket moves out of England**

Cricket was introduced to North America by the English colonies in the seventeenth century, probably before it had even reached the north of England. In the eighteenth century it arrived in other parts of the globe. It was introduced to the West Indies by colonists and to India by East India Company mariners in the first half of the eighteenth century. It arrived in Australia almost as soon as colonisation began in 1788. New Zealand and South Africa followed in the early years of the nineteenth century.

**Development of the Laws of Cricket**

The basic rules of cricket such as bat and ball, the wicket, pitch dimensions, over, how out; etcetera had existed since time immemorial. In 1727, we first hear of "Articles of Agreement" to
determine the code of practice in a particular game and that became a common feature, especially for payment of stake money and distributing the winnings, given the wide spread prevalence of gambling at that time. In 1744, the Laws of cricket were codified for the first time and then amended in 1774, when innovations such as low, middle stump and maximum bat width were added. This law stated that 'the principals shall choose from amongst the gentleman present two umpires who shall absolutely decide all disputes.' The codes were drawn up by the so-called "Star and Garter Club" whose members ultimately founded MCC at Lord's in 1787. MCC immediately became the custodian of the Laws and has made periodic revisions and re-codifications subsequently (Reader’s digest, 2002).

**Continued growth of Cricket in England**

The game continued to spread throughout England and, in 1751, Yorkshire was first mentioned as a venue. The original form of bowling (i.e., rolling the ball along the ground as in bowls) was superseded sometime after 1760 when bowlers began to pitch the ball and study variations in line, length and pace. Scorecards began to be kept on a regular basis from 1772
and since then we have an increasingly clear picture of the sport's development.

The first famous clubs were London and Dartford in the early 18th century. London played its matches on the famous Artillery Ground (Fig-I). Other club namely Slindon in Sussex, was backed by the Duke of Richmond and featured the star player Richard Newland. There were other prominent clubs like Maidenhead, Hornchurch, Maidstone, Sevenoaks, Bromley, Addington, Hadlow and Chertsey. But far and away the most famous of the early clubs was Hambledon in Hampshire. It started as a parish organisation and first achieved prominence in 1756. The club itself was founded in the 1760s and was well patronised to the extent that it was the focal point of the game for about thirty years until the formation of MCC and the opening of Lord's in 1787. Hambledon produced several outstanding players including the master batsman John Small and the first great fast bowler Thomas Brett. Their notable opponent was the Chertsey. Surrey bowler Edward "Lumpy" Stevens is believed to have been the main proponent of the flighted delivery. It was in answer to the flighted, or pitched, delivery that the straight bat was introduced. The old "hockey
stick" style of bat was only really effective against the ball being trundled or skimmed along the ground.

**Cricket during the Nineteenth Century**

Cricket faced its first real crisis at the beginning of the nineteenth century when major matches virtually ceased during the culminating period of the Napoleonic Wars. This was largely due to shortage of players and lack of investment. But the game survived and a slow recovery began in 1815. Then cricket faced a crisis of its own making as the campaign to allow round-arm bowling gathered pace. The game also underwent a fundamental change of organisation with the formation for the first time of county clubs. All the modern county clubs, starting with Sussex, were founded during the 19th century. No sooner had the county clubs established themselves that they faced what amounted to "player action" as William Clarke created the traveling All-England Eleven in 1846. Other similar teams were created and this vogue lasted for about thirty years. But the counties and MCC prevailed.
Figure-I: Cricketers of about 1740 AD enjoying their Cricket at Artillery Ground, London. While the umpire kept score by cutting notches in a stick, enthusiasts played the game in their everyday clothes, with hats and tail coats removed for ease of movement. Courtesy – Reader’s Digest, “Origin of Everyday Things”
**The Beginning of International Cricket**

The first ever-international cricket game was between the USA and Canada in 1844. The match was played at Elysian Field in Hoboken, New Jersey. In 1859, a team of leading English professionals set off for North America on a first ever overseas tour. In 1864, another bowling revolution resulted in the legalisation of over arm. The "Great Cricketer", W G Grace, made his debut the same year. In 1877, an England touring team in Australia played two matches against a full Australian team, which were regarded as the inaugural Test matches. The following year, the Australians toured England for the first time and were a spectacular success. No Tests were played on that tour but more tours soon followed and, at The Oval in 1882, arguably the most famous match of all time gave rise to "The Ashes". South Africa became the third Test playing nation in 1889.

**The Start of County Cricket Championships**

A major watershed occurred in 1890 when the County cricket Championship was formally constituted for the first time to replace the ad-hoc championship criteria that had been used hitherto. The period from 1890 to the outbreak of the First
World War was especially nostalgic, ostensibly because the teams played cricket according to "the spirit of the game". But probably, this nostalgia was due to the sense of loss brought about by the war. Yet, the era has been called "The Golden Age of Cricket" and it featured numerous great players such as Wilfred Rhodes, C. B. Fry, K.S. Ranjitsinhji and Victor Trumper.

In 1889 the immemorial four balls over was replaced by five balls over and then this was changed to the current six balls an over in 1900. Some countries experimented with eight balls an over too. In 1922, the number of balls per over was changed from six to eight in Australia. In 1924 the eight balls over was extended to New Zealand and in 1937 to South Africa. In England, the eight balls over was adopted experimentally for the 1939 season; their intention was to continue the experiment in 1940, but first-class cricket was suspended due to the Second World War and when it resumed, English cricket reverted to the six balls over. The 1947 laws of cricket allowed six or eight balls depending on the conditions of play. Since the 1979-80 Australian and New Zealand seasons, the six balls over has been used worldwide and the most recent version of the Laws in 2000 permits only six balls an over.
Growth of Test Cricket in the Twentieth Century

India, West Indies and New Zealand became Test nations before the Second World War and Pakistan soon afterwards. The international game grew with several "affiliate nations" getting involved and, in the closing years of twentieth century, three of those became Test nations namely Sri Lanka, Zimbabwe and Bangladesh. Test cricket remained the most popular form of the sport throughout the twentieth century but it had its problems, never more so than in the infamous "Bodyline Series" of 1932-33 when Douglas Jardine's England used the so called "leg theory" to try and neutralize the run-scoring brilliance of Australia's Don Bradman.

Suspension of South Africa (1970-1991)

The greatest crisis to hit international cricket was brought about by the apartheid, the South African policy of racial segregation. The situation began to crystallise after 1961 when South Africa left the Commonwealth of Nations and so, under the rules of the day, its cricket board had to leave the International cricket Conference (ICC). Cricket's opposition to the apartheid intensified in 1968 with the cancellation of England's tour to South Africa by the South African authorities,
due to the inclusion of "colored" cricketer Basil D'Oliveira in the England team. In 1970, the ICC members voted to suspend South Africa indefinitely from international cricket competition. Ironically, the South African team at that time was probably the strongest in the world.

Starved of top-level competition for its best players, the South African cricket Board began funding what it called "rebel tours", offering large sums of money for international players to form teams and tour South Africa. The ICC's response was to blacklist any rebel players who agreed to tour South Africa, banning them from officially sanctioned international Cricket. As players were poorly remunerated during the 1970s, several accepted the offer to tour South Africa, particularly players getting towards the end of their careers for whom, blacklisting would have had little effect. The rebel tours continued into the 1980s but then due to the progress made in South African politics, it became clear that apartheid was coming to an end. South Africa, called a "Rainbow Nation" under Nelson Mandela, was welcomed back into international sport in 1991.
World Series Cricket

The money problems of top cricketers were also the root cause of another cricketing crisis that arose in 1977 when the Australian media magnet Kerry Packer fell out with the Australian cricket Board over TV rights. Taking advantage of the low remuneration paid to players, Packer retaliated by signing several of the best players in the world to a privately run cricket league outside the structure of international cricket. World Series cricket hired some of the banned South African players and allowed them to show off their skills in an international arena against other world class players. The scheme lasted only until 1979 and the "rebel" players were allowed back into established international cricket, though many found that their national teams had moved on without them. Long-term results of World Series cricket have included the introduction of significantly higher player salaries and innovations such as colored kit and ‘day and night’ games.

The advent of ‘Limited Overs’ Cricket

In the 1960s, English county teams began playing a version of cricket with games of only one inning each and a pre-defined number of overs per innings. That was the start of
limited overs cricket. Started in 1963 as a knockout competition, limited overs cricket grew in popularity and in 1969 a national league was created which consequently caused a reduction in the number of matches in the county championship. Although many "traditional" cricket fans objected to the shorter form of the game, limited overs cricket did have the advantage of delivering results to the spectators within a single day; it did improve cricket's appeal to younger and busier people and it did prove to be commercially successful.

The first limited overs international cricket match took place at Melbourne Cricket Ground in 1971 as a time-filler after a Test match had been abandoned because of heavy rain. It was tried simply as an experiment and to give the players some exercise, but turned out to be immensely popular. Limited overs internationals (LOIs) later changed as One-day Internationals (ODIs) have since grown to become massively popular especially for busy people who wanted to be able to see a whole match. The International Cricket Council reacted to this development by organising the first cricket World Cup in England in 1975, with the all the Test playing nations taking part.
**Cricket during the Twenty-First Century**

In June 2001, the ICC introduced a "Test Championship Table" and, in October 2002 a "One-day International Championship Table". Australia has consistently topped both these tables since they were first published. Cricket remains a major world sport and arguably the most popular spectator sport in the Indian subcontinent. The ICC has expanded its development programme with the goal of producing more national teams capable of competing at Test level. Development efforts are focused on African continent, Asian continent and the United States. In 2004, the ICC Inter-Continental Cup brought first class cricket to twelve nations mostly for the first time *(Internet sources, 2006)*.

Cricket's latest innovation the “Twenty-20” is essentially an evening entertainment aimed at working people. It has so far enjoyed enormous popularity and has attracted large attendances as well as good television audience ratings. With the emergence of international professional Twenty-20 leagues-cricket is poised for yet another huge change, both in the way it is played and how its players are paid.
The most successful batsman in cricket, Bradman emphasized that the character of a person determines the level of success in the game of cricket. The character of a person is by and large determined by his or her thinking and attitude, which are in turn controlled by their mind. Therefore in order to study ones mind or mental activity in a sport setting, sports psychology’s role becomes crucial.

**Sports Psychology and its Relationship with Cricket**

Sport psychology is the study of psychological and mental factors that influence, and are influenced by, participation in sport, exercise and physical activity and the application of this knowledge to everyday settings. Sport psychologists are interested in how participation in sport, exercise, and physical activity may enhance personal development and wellbeing throughout a life span. Sport psychologists often work as a part of teams or organisations, as well as in private capacity.

Sports psychology is a branch of psychology that researches mental factors in attainment of athletic skills and performance. It is a study of mental factors that influence and are influenced by participation in sports and exercise.
Psychology has a major role to play in determining the levels of performance achieved in competitive settings. Athletes should be apprised of the techniques and be provided with practice opportunities for their implementation as part of the evolving professions of coaching and sport psychology.

Sports psychology is gradually and steadily gaining momentum in the field of high performance training of sportspersons at all levels. A sport is no more a recreation today. It is not a show of just strength and fitness. Scientific training plays an important role in modern day sports performance. Performance in sports is a complex mixture of genetic make up and is determined by several factors namely skill, technique, tactics, fitness, training etcetera. It is a big game of nerves as well. The winning margins in sports these days have consistently narrowing down and the constant strive for higher and better performance among sportspersons have pushed sports to incorporate the essentials of sports psychology in a manner approved by science and on a daily basis.

Mental training can also be called as ‘Psyching- up’. It can be said as a process through which a player or a sportsperson prepares himself psychologically for better performance. ‘Psychology’ is the study of behavior, and it is both covert and
overt. It is relatively easy to investigate overt behavior accurately, reliably, and to employ independent verification of that phenomenon. When it came to covert behavior, such as thoughts and emotional interpretations, the ability to independently verify the phenomena was usually thwarted. However, it may still be possible to affect covert behavior without actually observing them. It can be described by manipulating external events and observing the resultant behavioral outcomes, functional relationships between environmental, psychological factors and performances.

A former English Cricketer Smith (1994), emphasised that, “Cricket is played in the mind more than any other game”.

According to Bradman (1990), “Every ball is for me the first ball, whether my score is zero or two hundred I never visualise the possibility of anybody getting me out”.

According to Botham (1980), “In Cricket, where concentration counts for so much, it is doubly important. Every delivery, every over, every day, and every session, one has to concentrate on the ball”.
Weinberg, et.al. (1983), wrote that in any sport, a player’s success or failure results from a combination of physical and mental abilities.

The importance of sports psychology in cricket is being increasingly well recognised with many professional clubs and organisations employing sports psychologists. Sports psychology is sometimes called mental preparation or mental training or mind games or mind over matter. The aim for any team is to play cricket at their peak in every match. The researcher had attempted to show that there was an empirical research and anecdotal evidence that support the use of particular mental skills and thought-content in competitive strategies to produce enhanced performance. Maintaining performance levels once an athlete’s growth has stopped is a rich area for sports psychologists. Practitioners need to be made aware of this improvement potential. Sport psychologists can do much to promote this concern.

According to Sharangpani (1992), “In Cricket, we find an excellent integration of physical attributes in different actions executed by batsmen, bowlers, wicket keepers and fielders. In general, strength is required to take a quick single and to stop a ball before it crosses the boundary. Flexibility is shown by an
acrobatic fielder. A square drive or a square cut speeding through a cordon of fielders shows high degree of co-ordination. A pace bowler bowling through the entire session shows ample evidence of endurance. Even a single shot executed by a master batsman shows an excellent combination of all these characteristics, when to a casual observer what was apparent was only good ‘timing’. Let’s see an example of a well executed cover drive. As a bowler runs in the batsman begins to concentrate and watch. Then in a split second he lunges forward showing speed and flexibility and times the ball well, showing strength and co-ordination. If he sees a chance to take a quick single, he speeds off to take one and he does this, ball after ball, which shows stamina”.

Today, cricket is a big game. The visual media has taken cricket to all corners of the world. In India cricketers are treated as demigods and the passion the game evokes in our subcontinent is immense. So much so that each and every move the players and the administrators make are sharply scrutinised by the public and the media. The pressure on the administrators to support and have the right set of players to perform at all levels is huge indeed. The administrators have to get their part right and the players have to perform better and
better to live up to the expectations of their fans and sponsors. All this has resulted in constant evolution of the game and today it has become a highly complex game of fitness, entertainment and performance. The players are getting fitter, more powerful, are able to handle pressure better and perform with better equipments. Those along with changes in the rules of the game focusing on media friendliness and entertainment factor have brought about this progress.

Nothing can illustrate it better than the one day international (ODI) between two of the top teams in the world cricket - South Africa and Australia at the Wanderers Cricket Ground in Johannesburg in South Africa. Set a near impossible target of Four hundred and thirty four runs in fifty overs, South Africa managed to overcome the target to the amazement of almost everybody around the world. Though such performances are rare it has become a definite possibility from the world of ‘impossible’. For accomplishing such tasks there must be something more than skill and ability- the ‘belief’ that the target can be achieved would have been of supreme importance.

Giri (2006), regards that changes made from ‘five days’ test cricket to ‘one-day’ limited overs cricket an then to ‘Twenty-20’ are an indicator to the events that has made cricket more
thrilling. In a sense, it can be said that while pure sports tests man’s hardcore physical and mental stamina and skills. Games test ones all-round caliber including managerial, leadership and nervous capabilities to the ultimate. It is true that each game like Football, Hockey, Baseball, Cricket etcetera have their own characteristics with respect to such thrills and challenges. Cricket’s unique specialty is that it is both continuous and discontinuous and at the same time it is a team game. Ball by ball discretions coupled with continuity of scoring over the entire match gives it the unique flavor of thrills and frills, which many games may not offer. Tennis is very close in that regard, but it is not exactly a team game.

Sundaram (2003), says that, at the highest level, the game of cricket is a supreme test of a person’s mental composure and the ‘will’ to succeed. More than an individual’s technical competence, the supreme desire to excel, to win against all odds, and to drive oneself to higher goals clearly differentiates a class performer from the ‘run of the mill’ cricketers.

The impact of mental toughness is well illustrated when we compare the careers of Marcus Trescothik, a former England cricket player and Sourav Ganguly a former Indian cricket
player. The former was better equipped technically and physically to play the game better than the later. But due to lack of mental strength or toughness Marcus could not succeed and perform as much as Sourav. Marcus retired prematurely as he could not handle the pressure as well as Saurav. But Sourav thrived on pressure situations and with his superior mental strength; he could deliver the goods and perform better.

Tendulkar (2002), wrote on effects of positive thinking during his debut tour of Pakistan, that he was too young at sixteen to be frightened by anything. He went out to play as hard as he could. He dreamed of being the best player in the world. He simply wanted to score more runs than anybody else. He had learnt that mental discipline could improve performance of any player. The ability to think differently and to generate energy in the right direction and at the right time was very crucial for success. He also added that though everybody was trying hard, the players who succeeded were the ones who pushed themselves a bit harder both, physically and mentally.

All sportspersons including cricketers at some stage in their career experience the phase of a lean patch. They experience self doubt; they are short of confidence and are very
nervous during such times. That is more due to the psychological effect on their performance than any other factor.

The main aim of training is to prepare cricketers for outstanding performance in competition. Nowadays, technico-tactical training has become highly scientific and systematic.

Both physical and mental fitness demonstrate influential role in performance. In the eighty’s fitness in cricket was not given due consideration. But result oriented one-day cricket has developed vastly in the last two decades due to which the overall standard of the game has improved tremendously. The improvements in fielding abilities and high scoring rates are simple example of it.

**STATEMENT OF THE PROBLEM**

The purpose of the present research is to analyse the influence of psycho-tonic training on selected psychological parameters and performance among batsmen in cricket.

**HYPOTHESES**

1. There would be significant influence of psycho-tonic training on selected psychological parameters.
2. There would be significant improvement on the performance of batsmen in cricket after the influence of psycho-tonic training.

**DELIMITATIONS**

1. For this study, only fifty state level cricketers from various schools were randomly selected from Puducherry, India. The age of the players ranged from fifteen to nineteen years.

2. By using the matching procedure on the basis of their initial cricket test performance scores, the subjects were divided into two equal groups of twenty-five subjects each. Group I acted as control group while Group II acted as an experimental group.

3. The control group was exposed only to regular cricket training. The experimental group underwent psycho-tonic training in addition to regular cricket training, twice everyday for twenty minutes except during the rest days.

4. The period of experimental treatment for the psycho-tonic training group was twelve weeks.
5. Psychological variables namely motivation, focus, self belief, visualisation, preparation, cognitive anxiety, somatic anxiety and self confidence were selected for this study.

6. For testing the skill and performance ability of the subjects in cricket, the front foot and back foot defense tests: and front foot and back foot drive tests were used.

LIMITATIONS

1. The factors considered as limitations for the study were the food habits, climatic conditions, economic status and life style of the subjects, as they could not be controlled.

2. The differences due to the cultural, economical, social and religious background of the subjects were not considered.

3. Participation of the subjects in local cricket league and other tournaments could not be controlled.

4. The responses of the subjects to the statements in the questionnaire would depend upon various factors,
such as understanding the statements, seriousness and sincerity of the subjects etcetera. The accuracy and reliability of the subject’s responses to the questionnaire could not therefore be assessed.

**DEFINITION OF THE TERMS**

**Cricket**

Cricket is a ‘bat and ball’ game played between two sides of eleven players. Each side bats and fields in turn. To win, one side must accumulate more runs than the other and get all the opposing batsmen out *(Reader’s Digest, 2002)*. The batting team bats in pairs called ‘batsmen’ and the bowling team fields with all its eleven players while one of them acts as a bowler. When a batman is ‘out’ he is replaced by another player from the batting team till all of them are ‘out’.

**Psycho-Tonic Training**

Psycho-tonic training is specialised training package designed to positively impact the mental faculties of a cricketer. It consists of a series of ‘psych-up’ strategies that can be used along with regular training so as to improve a player’s performance. It is to be given everyday before the morning
training session and after the evening training session except during the rest day.

**Sports Psychology**

*Cox, et.al. (1993)*, defines sports psychology as the science of applying psychology to sport. It is a study of behavioral science in a sports setting.

**‘Psych-up’ package**

It is a set of psychological strategies that can be used on an athlete during training or competition in order to improve sports performance. According to *Weinberg (1984)*, the psyching-up strategies fall into five categories. They are namely attention-focus, self-talk, relaxation, imagery and preparatory arousal.

**Motivation**

It is the psychological feature that arouses an organism to action. It is in fact the reason for the action. Becoming a competent sportsperson involves giving up a great deal of free time and putting oneself through a considerable amount of physical effort. Without strong motivation, it would be difficult to keep up the required tempo. Motivation is the force that
pushes a sportsperson towards better performances or vice versa. It can be internal or external. The former is derived from one own intentions, ambitions and personal goals and the later includes rewards, punishments or living up to others expectations.

**Focus**

It a state of mind where one is just able to think what he must rightly be thinking at that point of time. One should not be thinking about what is not his primary goal. He is then said to be out of focus. Orlick (1980), says that in sports, frequently a very narrow focus of attention is required.

**Optimum Arousal**

Tyson (2002), says every cricketer must be aroused to a certain degree if he is to produce his best performance. But too much of arousal would affect performance adversely. Therefore optimum arousal is the ideal state of excitement or arousal which is conducive to good or better sports performance.

**Relaxation**

According to Tyson (2002), it is the state of mind where there is lack of activity or tension. It is characterised by
stillness or an absence of the sense of need. It is one of the ‘psych-up’ strategies. It gives both psychological and physiological benefits to the athlete.

**Self Belief**

*Bull, Albinson and Shambrook (1996)*, explains ‘Self Belief’ as an extremely confident behavior of a sportsperson. Players with high self belief believe that they can perform well under the most challenging situations. They are able to come back strongly even when it seems like it’s all over for them.

It is a process of directing self-talk to affirm both the positive abilities and skill of the athlete in order to improve performance.

**Imagery**

It is the reproduction, in the mind, of all the relevant sensory information which contributes to the successful execution of a skill, or the correct behavior for a specific situation *(Bull, Albinson and Shambrook, 1996)*.

**Visualisation**

It means focusing on positive images and desired outcomes to specific situations *(Charlish, 1999)*.
It can be said as practicing or rehearsing in ones mind, or picturing oneself in his or her minds eye, a skill or a routine. As he grows a cricketer has to improve his skill if he intends to scale greater heights. But to give a feel of what it is like to be actually executing the technique or skill he has to visualise himself doing it in his mind so that his mind knows how exactly the body has to do. Visualisation also helps in slowing down the movements so that it can be learnt step by step and latter performed in a sequence.

**Progressive Muscular Relaxation (P.M.R)**

It is the sequential tensing and relaxation of the major muscle groups of the body, inducing a sense of warm heaviness in each group and allows tension to drain away (Tyson, 2002).

**Affirmations**

According to Tyson (2002), it is a statement or a sentence which one repeats at intervals before a competition or during performance. It is always positive and it often changes negative sentiments into positive performances. For example, Mohamed Ali, one of the greatest boxers in the world, used to say, “I am the greatest” before every competition.
Concentration

Bull, Albinson and Shambrook (1996), says concentration is a relaxed state of being alert. It is the capacity of the athlete to shut out distractions and pay attention to the things that matter in their sports performance. It is the ability of the athletes to be completely focused on the necessary cues for successful execution of a skill.

According to Schmid (1986), it is the ability to focus one’s attention on the task at hand and thereby not being disturbed or affected by irrelevant external and internal stimuli.

Preparation

It can be said as the usual routines or steps for setting up success just before and during any performance. It could range from waking up slowly in the morning with positive thoughts, keeping time, checking gear, planning, rehearsing mentally, listening to favorite music and so on. But more importantly one needs to prepare for different situations that may arise during a match. Sometimes plans may not work the way one wants too. There may also be some surprises in-store. So it pays to be well prepared so that one is not taken off guard during a match or performance.
**Cognitive Anxiety**

According to Bull, Albinson and Shambrook (1996), cognitive anxiety results from the apprehensions and concerns we have about the demands of the situation. This is characterised by feelings of worry, lack of confidence and inability to concentrate. It is typically felt by athletes well before the competition.

**Somatic Anxiety**

According to Bull, Albinson and Shambrook (1996), somatic anxiety results from how one interprets the psychological reactions in one's body. Our acknowledgement of things like butterflies in the stomach, muscle tension, sweaty palms and increased heart rate are all signs of somatic anxiety. Typically they are felt very close to the start of a competition and often disappear soon after performance gets underway.

**Self Confidence**

Weinberg and Gould (1995), define self confidence as the ‘belief’ that one can successfully perform a desired behavior.

Tyson (2002), says that self confidence is very essential for better performance and is characterised by the following:
The player is very sure of himself and his ability, not prone to worry about his play, does not show indecisiveness, is not upset by unexpected situations, accepts criticism from the coach and tends to speak up for what he believes in.

**Front Foot Defense**

It is played to a ball bowled on the good length in line to the stumps. It is played by first moving of the front foot to the pitch of the ball and just besides the ball. The back foot does not move at all. When the ball is played the entire body weight is on the front foot with knees bent, elbows upright and eyes closely watching the ball. The bat and pads are close together with head still and a soft bottom hand. The back foot is grounded within the crease with the inside of the toe on the ground (*Sundaram, 2003*).

**Back Foot Defense**

The back-lift is straight in line with the stumps with the top hand in control. The back foot moves towards the stumps and across towards the off-side. The body and the right leg are brought into position just inside the line of the ball. The front foot follows naturally. The head and eyes are brought directly behind the line of the ball. The head is steady and the eyes
level. The body weight is on the back foot and the bent front elbow is pointed towards the direction of the ball. The bat is brought down as the front elbow is raised. The bat is brought down close to the body and contact is made under the head with a firm top hand and loose bottom hand (Tyson, 1994).

**Front Foot Drive**

It is played to a ball well pitched up, though not necessarily a half-volley. The batter’s starts with the first movement of the front foot to a point just inside the line of the ball with shoulder and head as cross as possible to the line of the ball. The bat goes through in a pendulum swing, wrists snaps open at the precise movement the bat hits the ball so as to get the placement right. The head is as still as possible and the full body weight is thrown in the direction of the shot. The bat follows through in the direction of the intended shot with high front elbow. This stroke is played with a firm top hand (Sundaram, 2003).

**Back Foot Drive**

The back-lift is back and straight over the middle and off-stump. The top hand is in control and back-lift is high for more power. The back foot is moved back and across towards the off
stump and just inside the line of the ball. The head and eyes are directly behind the line of the ball with eyes level. The front foot follows back naturally. The body weight is firmly on the back foot with the leading shoulder, side and the front elbow pointing towards the ball. The bat is brought down close to the body. The front shoulder, elbow and the top hand swing the top of the blade ahead of the bottom of the bat at the point of contact with the ball. The contact is made under the head and in the follow through the bottom hand and back shoulder push the bat through, giving power to the stroke. The bat is carried high above the head after contact with the ball (Tyson, 1994).

**Wicketkeeper**

A wicketkeeper provides the focal point for the fielding team. He is positioned behind the stumps when a bowler bowls so as to collect the ball when the batsman misses or plays improperly.

**Fieldsmen**

Members of the bowling team who are positioned at various strategic points on a cricket field so as to catch or stop the ball hit in their general direction and also to stop the
batsmen from scoring runs by fielding the ball as quickly as possible.

**Batsmen**

They are members of the batting team with the primary responsibility to bat and score runs for their team without getting out. They bat in pairs. If a batsman gets out he is replaced by one of the remaining member of his team till such time that all of them have got an opportunity to bat.

**Server**

The person who pitches the ball on a desired or specific area so that a batsman can play an appropriate stroke to it.

**SIGNIFICANCE OF THE STUDY**

1. This study would help young players to know the importance of psychological preparation and training.

2. This study will provide guidance to the physical educators, coaches and people related and interested in the subject to know the influence of psycho-tonic training and improve their player’s performance in cricket.
3. It would further add to the quantum of knowledge in the area of sports training and sports psychology.

4. This study may serve as a model for future psychological training package in the game of cricket.

**SUMMARY OF THE CHAPTER**

In this chapter the researcher has extensively discussed the origin and history of cricket from the seventeenth to the twenty-first century. The evolution of cricket and its gradual association with sports psychology has given better performance and results in the international arena. The need for scientific use of sports psychology in day-to-day sport setting has also been discussed in this chapter. The views of experts on importance of sports psychology for improving and sustaining high performance in sports and specifically in cricket have also been presented. Most of the psychological parameters as explained by the experts and its importance and usage have also been thoroughly discussed. Finally, statement of the problem, the hypotheses, delimitations and limitations, significance of the study and definitions of some important terms has been presented.