

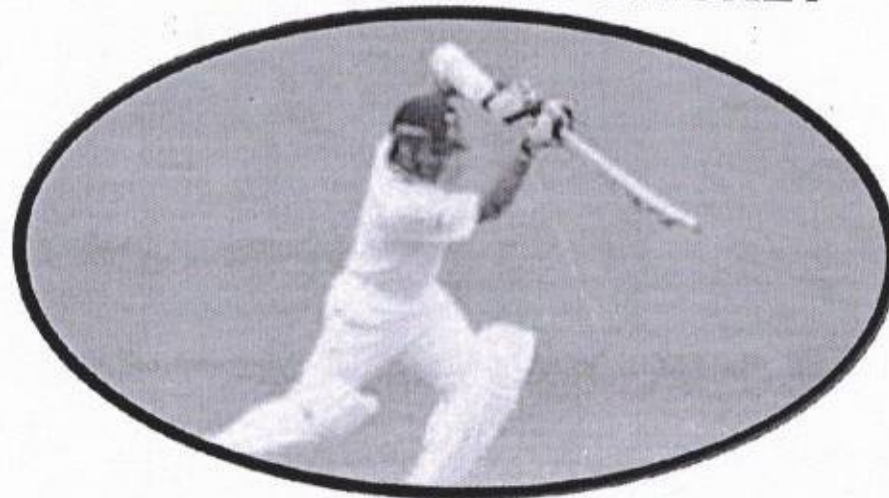


**HANUMAN VYAYAM SHALA KRIDA MANDAL'S,
COLLEGE OF PHYSICAL EDUCATION,
LOHARA, YAVATMAL (M.S.)**

LESSON PLAN

ON

COVERD DRIVE IN CRICKET



Assit.Prof. Abhay Y. Bhisma


Co.ordinator

IQAC
HVS KM Phy.Edu.College
Yavatma!


Chairperson

IQAC
HVS KM Phy.Edu.College
Yavatmal

Introduction:

Lesson planning in physical education is very important aspect from teachers point of view. Teacher has to teach the activity in a stipulated time and has to take care that the subject matter is understood by the students properly.

Activity

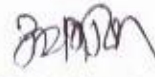
1. ASSEMBLY & ROLL CALL


- i Single Line formation
- ii Attendance of the class
- iii observation
- iv Report to the supervisor / Teachers
- v Get permission to teach the class

Method

Teacher will blow a long whistle and make single line according to their height. After that attendance will be taken and keep them at attendance position. Then he will report to the supervisor / Teachers for starting the class.




Co.ordinator
IQAC
HVS KM Phy.Edu.College
Yavatmal


Chairperson
IQAC
HVS KM Phy.Edu.College
Yavatmal

2. WARMING UP

General: Slow & fast running.

- ▶ Spot jumping & jogging.
- ▶ Cycling of leg.
- ▶ Running on one leg .
- ▶ Jump in air and touch the chest by knee.


SPECIFIC: Neck rotation.

- ▶ 1. Shoulder rotation
- ▶ Wrist rotation.
- ▶ iii. Trunk rotation.
- ▶ iv. Alternative toe touch
- ▶ v. Body bending forward backward & sideward.


Co.ordinator
IQAC
HVS KM Phy.Edu.College
Yavatmal

Method

- ▶ The teacher will ask them to make a circle and order to them run on circle which he do himself. Then the students follow the teacher and do same exercises, by those exercise our body became warm and free and we can do any activity easily and also we can perform better.


Chairperson
IQAC
HVS KM Phy.Edu.College
Yavatmal

GROUP SKILL COVER.

Drive in Cricket.

Cover drive placed by a bats-man when the ball on off stamps or out side the off stamp Cover drive means to hit the ball in the center of point and short mid off the cover drive in divided into six categories.

1. GRIPE

- i) left hand in the top of handle will "v" shape and right hand in the bottom near to the left. The both hand should be cland.
- ii) Blade of the bat placed between leg & middle stump
- iii) The outer edge faceting toward iner fine leg and square leg points.



2. STANCE.

- i) Both the feet parallel to the popping crease.
- ii) Toe at the line of the leg sets.
- iii) Gap a in between the two feet.
- iv) Body weight equal on both feet.
- v) Both the elbow kept close to the body.
- vi) Body free towards points and shoulder towards bow



Method

1. After completing the second part the teacher will order the students to come in two straight line face to each other. Then in middle he will demonstrate the skill of cover drive.

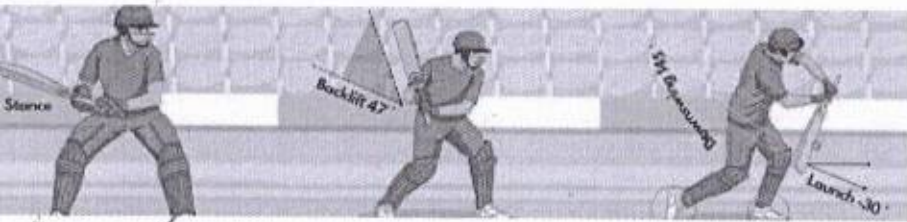
First of all he will demonstrate how to grip the bat in "N" shape left hood is tap on the bat and right hand in the bottom near to the left. The both hand should be cland.

2. After that he will demonstrate about the stance both feet parallel to popping crease the gap in between two feet will be a' to 11' according to the batsman eye should be towards bowler wrist. The line of leg will in the line of stumps elbow close the body and body weight equally on the both legs body slightly bend.

After complete the stance. Then about back lift the bat will in the waist level parallel to the ground above the wickets elbow close to the body look straight wrist of the bowler body slightly hand body weight both of leg.

➤ 3. BACK LIFT.

- i) The bat is kept back side parallel to the ground above the wicket
- ii) Elbow kept near to the body.
- iii) Face of the bat pacer towards point..
- iv) Right hand stay straight with the bat.



4. PLACEMENT OF THE FOOT.

- 1) Batsman place his foot parallel to the ball as near as possible.
- ii) Toe pointing towards cover position.
- iii) Look straight at the ball.



Method

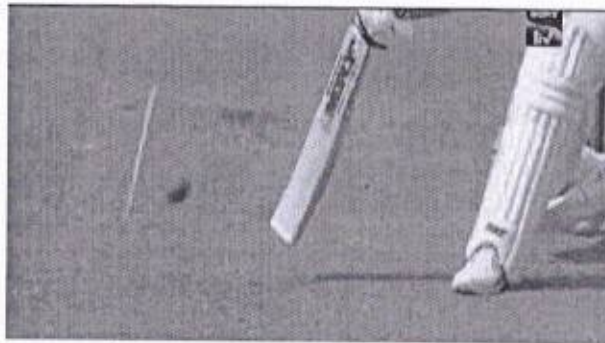
3. After complete the back lift then about placement of the foot should be straight of the ball. Toe pointing towards cover position look straight at the ball.

After complete have placement of the foot Then about contact of the ball. Bring the bat with contact of ball in angular position and the body on the front foot and there should be no gaps between bat and pad.

4. After complete have placement of the foot. Then about contact of the ball. Bring the bat with contact of the ball in angular position and the body weight on the front foot and there should be no gaps between bat and pad.

► 5. CONTACT OF THE BALL.

- i) Bring the bat with contact of ball in angular position.
- ii) Body weight on front foot.
- iii) There should no gap between bat and pad.
- iv) the ball as caver drive between powl & shet mid off.



6. FOLLOW THROUGH

After taking the shot the batsman swing his bat up to shoulder level parallel to the ground as above the shoulder for the better stroke.


Co.ordinator
IQAC
HVSKM Phy.Edu.College
Yavatmal


Chairperson
IQAC
HVSKM Phy.Edu.College
Yavatmal

4. RECREATION PART

► Cover drive.

- i) Single line formation.
- ii) Divide the students into two groups.
- iii) Give name of the both groups.
- iv) After that take completion of cover drive.

5. DISMISSAL PART


- i) Single line formation.
- ii) Attended of the students.
- iii) To the supervisor for taking permission to dismissal the class.
- iv) Demon straight to students of dismissal
- v) Order to dismissal the class.

"VISARJAN"


Co.ordinator
IQAC
HVSKM Phy.Edu.College
Yavatmal


- After complete the contact of the ball. Then came in to follow through Batsman swing his bat up to shoulder level That is called follow through After complete skin part the student came in to single time. after that teacher will divide the student in two groups give them names. He will demonstrate how to play the game. The game-will played only with cover drive the student who will show the good performance will be declared as the winners. Claps will be given to winners ten in three time and runner two time
- After recreating the teacher will order to students to came in single line after that take roll call of the students and report to the supervisor for dismiss the class. demonstrate of dismissal Then order dismissal students response First right turn saying.

"EK DO JAI HIND"


Chairperson
IQAC
HVSKM Phy.Edu.College
Yavatmal

THANK YOU


Co.ordinator
IQAC
HVSKM Phy.Edu.College
Yavatmal


Chairperson
IQAC
HVSKM Phy.Edu.College
Yavatmal