



PRE-MATCH TESTING / ASSESSMENT FOR NATIONAL AND INTERNATIONAL CRICKETERS

Prashant Pujar.

AFFILIATION

Vizzy Trophy by Board of Control for Cricket in India)

ABSTRACT

Super Sixes Test (Level 2 Semi Professional Mode) and MRP (Level 1) Muscle Recruitment Pattern test a 30 second test for every athlete individually in order to assess certain sporting abilities and parameters specific to cricket and sport in general. The details of MRP (Muscle Recruitment Pattern) are very vast in nature, hence the briefing and details shall be provided to able, capable professionals in Sports Science and for those who have an exceptional understanding of the human body and performance.

MRP (Level 1) Muscle Recruitment Pattern Test, Anatomy and Exercise Physiology for Sports Assessment- A part of Sports Science Technology (Patented System), Super Sixes Test Level 2- Semi Professional mode is a part of the Patented Module, Anatomy and Exercise Physiology for Sports Assessment A part of Sports Science Technology (Patented system)

This is predominantly an anaerobic test conducted to assess the following factors as per the observations and the perception based on the requirements of the sport. The test covers six key parameters specifically to assess the sporting parameters. The defined assessed parameters are being explained to Sports Science Professionals along with practical assignments and Generic briefing to the common sportsperson and Executives.

Key Words- Super Sixes, Test, Pre Match Testing, Pre Season Fitness Testing, Anaerobic Test

1. INTRODUCTION

Super Sixes Test Level 2- Semi Professional Mode

To assess the match fitness levels for cricket and other sports in a match scenario. Pre Match Benchmarks: 1.6 (24 hours prior to practice session and Match) Super Sixes Test (Level 2) Is predominantly an anaerobic test where the author is testing the athletes on the following predetermined factors. There could be other factors also, but the above mentioned are the key factors on which the testing is done.

The aim of the test is to finish 3 runs between the markers within the given time frame and rest for 19 seconds, (Reason: for submaximal anaerobic system recovery)

One rep is to be complete within 12 seconds (Reason: On an average, the athlete would complete 1 best rep in 8.5 to 10 seconds with the bat in hand, Here the athlete does not have a bat or cricketing gears involved, Hence the time to complete is 12 seconds.)

the distance between each marker is 17.7 meters (ie) 58 feet (Reason: The distance is exactly as that of a Cricket pitch)

There will be 6 repetitions of this in each set, One set is completed if an athlete completes 6 repetitions in one set. (Reason: Number of balls in an over is 6)

Once the set is completed, the athlete will get to actively rest for 180 seconds ie 3 minutes. (Reason: in order for the anaerobic system to recover well)

You would be informed every 30 seconds of your rest time in order to be on track with the test. (Reason: To keep the athlete on track with the rest period)

This would help you to be at your markers 10 seconds prior to the beep or the Start command. (Reason: Readiness for the next step)

You are now fully prepared for the test. Warning shall be received on the following occasions

- **Non completion of runs**
- **Foul starts**
- **inability to complete the rep within the given time frame.**

2. METHODOLOGY 2.1 Participants

South Zone Vizzy Trophy -Benchmarks for Fast Bowlers: 0.6 & Benchmarks for all Batsmen, Spinners and All rounders- 1.6.

Sl No	Athlete	Score	Feedback
1	Aditya Somanna	0.6	fit
2	Jesse Acharya	1.6	fit
3	Kolla Kranti Kiran	1.6	fit
4	Dinesh	1.6	fit
5	Yodhan	1.6	fit
6	Pranay Reddy	1.6	fit
7	Abhirat Reddy	1.6	fit
8	Kranti Kumar	1.6	fit
9	UAV Kumar Varma	1.6	Slight issue while turning
10	Pranav bhatia	1.6	fit
11	Kishore kamath	1.6	fit
12	Shashank	0.6	fit
13	Venkatesh	0.6	fit
14	Aiyappa	0.6	fit

3. RESULTS

- Matches Played 4 matches
- No major niggles and injuries
- Temperature: 30-35 degrees and beyond
- ODI Matches played: Indore, Madhya Pradesh
- Camp: Belgaum, Karnataka (Test conducted)
- Result: No niggles to all the athletes. One athlete had a groin niggle which was identified by the physio and was being managed to play the tournament.
(Athlete Name: UAVKumar Varma)

4. DISCUSSION

The athletes were being tested for the reason to check their current match fitness as they were joining the team from various backgrounds of fitness levels and workloads. In order to assess and check their current fitness levels, the Super sixes test was conducted before the first warm up session. The duration of the test conducted was for (9-12 minutes) in total.

The athletes were fresh and ready for the practice session, Unlike any other tests which could not be modified to suit the needs of the timelines and the exertion levels of the team.

The time constraint and the need for assessing the players/athletes can be used to try the match fitness levels of athletes in order to know the current fitness levels and the approximate levels of workload planning, Pre Match Fitness sessions for the team. It is extremely important to have such specific parameters as these athletes have gathered together for the BCCI tournament with no history to the professionals, This assessment and testing methods (A part of Sports Science Technology) helps in identifying the underlying issues and ground based methods (Not Physio table testing) in order to get a brief understanding of the current and match fitness levels of the cricketers/athletes.

The bottom line was the physio was well prepared and treat the slight niggles which UAV Kumar Verma as per the feedback received in MRP (Muscle Recruitment Pattern Test) Level 1 and Super Sixes Test (Level 2), Both a Part of **Sports Science Technology (A patented System)**.

5. ONCLUSION

All the fast bowlers, Batsmen Spinners and All rounders were in good physical condition, played and went on to win the **Vizzy Trophy (All India)** conducted and handled by the BCCI for the very first time.

Under usual SOP's if an athlete plays with such niggles without taking the assessment, the medical staff is unaware of the extent of the niggle and hence the athlete would end up in a sever injury and miss the competitive sport for months and even years unfortunately.

REFERENCES

Current invention and has not been derived or referred from any places.