



IMPLEMENTATION OF SUPER SIXES TEST ON U-19 INDIAN PLAYERS, CONDUCTED BY THE BOARD OF CONTROL FOR CRICKET IN INDIA

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ABSTRACT

To assess the match fitness levels for cricket and other sports in a match scenario, the reason for conducting the Super Sixes Test Level 1 is as the athletes were underprepared and their lungs had to open up at a definitive pace as the athletes were in a Quarantine prior to the test, this was a decision taken keeping in mind the interest and career of the players which was of paramount importance as it was the U-19 Team India E and along with the players not being physically ready but had to play the matches without any further hurdles.

We did not conduct the usual testing parameters as being a professional working with elite athletes (working with national and international level athletes), We did not want to risk the players and as a result of which most of our athletes had niggles but did not pick any major injuries during the course of the entire tournament. We had pressures to conduct some random tests which were sent to us at the very last moment and we thought of risking us than to risk the career of the budding International cricketers. It was in the best interest of the cricketers and cricket and not to follow the protocols, following which 9-10 cricketers were injured among the other teams of the BCCI. One team had 4 players injured and on the bench unfortunately by following the protocols which is usually conducted but was not suitable.

Key Words -Super Sixes Test, Utilized as Pre Match Testing, Pre Season Fitness Testing, aerobic Test

1. BACKGROUND

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.

The players of our team (Team India E) were match fit and the testing gave the necessary identification and findings to treat and train players accordingly.

Conducting Super Sixes Test was a better option as 7 of our players underlying were identified and a pro-active physiotherapist , understood how the assessment/test works and did his treatment to keep players match fit.

Other team tests and 9-10 players injured and a few players had major injuries which were not identified during these tests. Team F players had 4 players injured during the course of the match and there was a scenario that the coach might have had to go and field in order to have 11 players on the field.

2. METHODOLOGY

2.1 Sample

The fifteen players were selected for the purpose of this study. The names of the players are mention in below table. Pre Match Benchmarks: 1.6 (24 hours prior to practice session) was employed

S.No	Player Name
1	Angkrish Raghuvanshi
2	Kudugunta Krithik Reddy
3	A vignesh Reddy
4	Nikhil Sachdev
5	Raghav Angra
6	Vicky Ostwal
7	Sraman Nigrodh
8	PUshpendra Singh
9	Yash H Tandel
10	Deboprati Halder
11	Shashwat Dangwal
12	Rishith Reddy Nirvetla
13	Danish Malewar
14	Shaik jani basha
15	Aayush Singh Thakur

2.2 Required Instruments

- (i) Training Field
- (ii) Running Shoes
- (iii) Marker Cones
- (iv) Super Sixes Test
- (v) Strength and Conditioning Specialist Educated and Qualified in this regard

2.3 Method and System

- (i) Module Used: Super Sixes Test
- (ii) Sub Module: Level 1
- (iii) Super Sixes Test Level 1- Aerobic Test (Marathoner Mode), Anatomy and Exercise Physiology for Sports Assessment. A part of Sports Science Technology (A Patented System).

This is predominantly an aerobic test conducted to assess the following factors as per the observations and the perception based on the requirements of the sport.

Super Sixes Test (Level 1) Is predominantly an aerobic test where the author is testing the athletes on the following factors. The details of the test shall be explained during the Super Sixes Test Level 1 Workshops and in Sports Science Technology Level 1 Workshops respectively.

2.4 Test protocol

Super Sixes Test (Level 1) is predominantly an aerobic test where the author is testing the athletes on the following factors. The details of the test shall be explained during the Super Sixes Test Level 1 Workshops and in Sports Science Technology Level 1 Workshops respectively.

The aim of the test is to finish 3 runs between the markers within the given time frame and rest as per the command, (Reason: for aerobic system testing)

One repetition is to be complete within the given time frame as the command

the distance between each marker is predefined and the entire testing can be completed within a 30 meter range Maximum (Reason: Unlike any other aerobic test when running around the ground/laps can have varied distance)

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

Once the set is completed, the athlete will get to actively rest as per the predefined command. (Reason: in order for the aerobic system sub maximal readiness)

You would be informed in the last 5 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 5-10 seconds prior to the beep or the Start command. (Reason: Readiness for the next step)

Subject 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 repetition within the given time frame. The instrument was implemented by Strength and Conditioning Specialist

3. RESULTS

S.No.	Player Name	Score	Observations and Feedback
1	Angkrish Raghuvanshi	1.6	No Complains
2	Kudugunta Krithik Reddy	1.6	No Complains
3	A vignesh Reddy	1.6	B/L Shin Pain
4	Nikhil Sachdev	1.6	Rt - Pattelar tendinitis, Pain on Tibial Tubrocity
5	Raghav Angra	1.6	No Complains
6	Vicky Ostwal	1.6	No Complains
7	Sraman Nigrodh	1.6	Occipital folliculitis
8	PUshpendra Singh	1.6	Lower back stiffness and lower body soreness
9	Yash H Tandel	1.6	No Complains
10	Debopratim Halder	1.6	No Complains
11	Shashwat Dangwal	1.6	No Complains
12	Rishith Reddy Nirvetla	1.6	Lowe back stifnees on Right side more
13	Danish Malewar	1.6	No Complains
14	Shaik jani basha	1.6	LB Stifness & Hamstring soreness (Muscular Endurance), Breathing difficulty (Aerobic threshold, Ventilatory Threshold)
15	Aayush Singh Thakur	1.6	Lower back stiffness and lower body soreness

Unfortunately the players who used the 20 meter test, Run a 3 (All sprint) had about 10 injuries in a span of 4 teams respectively, since the teams were staying in a different hotel and administered by their respective Specialists, I personally chose not to intervene with their last minute set protocols. ODI Matches played and Test conducted in Ahmedabad, (Gujarat)

The 5 matches were Played. No major niggles and injuries in the players who used Super Sixes Test, A part of Sports Science Technology. The temperature of place was 35-38 degrees

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 tournament was called off and the entire nation and the world was on Lockdown and Quarantine.

4. DISCUSSION

Logical reasoning behind not putting players under these tests (Run a 3 and 20 metre sprint) 24 hours prior to the match and using Super Sixes Test Level 1, a part of Sports Science Technology. Logical reasoning behind Vertical Jump and Broad Jump (1 Rep)

1. Needs a rest of 48 hours before being able to conduct it right after lockdown
2. Neural Load is high as these are 1 Rep best/Max tests.
- 3, In a professional scenario gives it might aggravate a niggle or may not give a feedback on the current fitness levels of a cricketer in specific during these selection matches.

5. CONCLUSION

We still would have conducted the usual tests if the protocols were sent to us at the beginning of the tour, Two meetings were conducted in a span of 6 days but no mention was being made to conduct as of such non functional tests at that time. With my experience of working with numerous camps, tournaments and certain high profile tournaments, never has a situation raised that players had to be put in to these tests. Considering the timing and the situation and as the Super Sixes Test, A part of Sports Science Technology was already implemented and 24 hours post conducting the tests, and above mentioned protocols were informed. I have also used these protocols during Indian National camps i.e. the (20 meter and the Run 3 times) as the schedule and the timeline allowed us to conduct these tests, have conducted these tests in multiple national camps respectively. It is only and only in the best interest of the players we conducted and since I understand its functioning and implementation, was able to do so.

The results are quite clear (none of our squad of 15 players broke down during the important span of their careers but unfortunately the players who underwent the 20 meter and a Run a 3 (Best of 3) around 9-10 players had to miss matches during the span of the tournament.

Other team tests and 9-10 players injured and a few players had major injuries which were not identified during these tests. Team F players had 4 players injured during the course of the match and there was a scenario that the coach might have had to go and field in order to have 11 players on the field.

SOURCE

Original work was conducted by Prashant Pujar on the entitled “Implementation of Super Sixes Test on U-19 Indian Players”.

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