

Gurukul Educational And Research Institute

SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,

DEHRADUN, UTTARAKHAND PIN CODE - 248013



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CRICKET COURSE (1 YEAR)

 Duration: 1 Year

 Mode: Theory + Practical

Based on rules of International Cricket Council

THEORY SYLLABUS

1 Introduction to Cricket

- History of Cricket
- Types of Matches (Test, ODI, T20)
- Ground & Pitch Measurements
- Equipment Knowledge

2 Laws of the Game

- Player Roles (Batsman, Bowler, Wicketkeeper, All-rounder)
- Overs & Innings Rules
- LBW Rule
- Powerplay Rules
- Umpire Signals

3 Sports Fitness & Nutrition

- Warm-up & Stretching
- Diet Plan for Players
- Injury Prevention
- First Aid in Sports

4 Tournament & Coaching Basics

- Match Organization

- Score Sheet Knowledge
- Captaincy & Team Strategy
- Leadership Skills



PRACTICAL SYLLABUS

1☐ Batting Skills

- Grip & Stance
- Defensive & Attacking Shots
- Footwork Practice
- Net Practice

2☐ Bowling Skills

- Fast Bowling Basics
- Spin Bowling Techniques
- Line & Length Practice

3☐ Fielding Skills

- Catching Practice
- Throwing Accuracy
- Ground Fielding
- Wicketkeeping Basics

4☐ Match Practice

- Practice Matches
- Team Formation
- Game Strategy Implementation



Examination Pattern

- Theory – 30 Marks
- Practical – 60 Marks
- Physical Test – 10 Marks



Certificate Line (Poster ke liye)

- 🏏 1 Year Diploma in Cricket
- 🏆 Professional Coaching & Training
- 📄 Annual Examination
- ☀️ Sports Certificate