

Rajim Cricket Association

Cricket Syllabus 2025-26

Unit-1 Fundamentals of Cricket

- Introduction to cricket sports and equipment.
- Basics of playing cricket and warm up drills.
- Playing Positions
- Field Positions on ground.
- Cricket Officials role and importance.
- Score keeping rules

Unit-2 Fielding Skills and positions

- Introduction to fielding skills
- Ball stopping and collection
- Throwing skills
- Catching Skills
- Diving and fielding in various positions
- Fielding in pairs, calling, appealing.

Unit – 3 Wicket Keeping

- Introduction to wicket keeping
- Wicket Keeping positions
- Ball stopping and collection
- Throwing and stumping skills
- Wicket Keeper DRS role and importance.

Unit -4 Bowling Skills and techniques

- Introduction to bowling
- Bowling run up and action
- Bowling release points
- Bowling landing and follow up
- Fast bowling expertise
- Leg Spin Bowling Skills
- Off Spin Bowling Skills
- Medium Pace bowling.
- Bowler role, appealing and match management.

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Unit-5 Batting technical skills

- Introduction to batting.
- Batting Basics- Grip, Stance, Guard
- Batting Shots (Flick, Cover Drive, Straight Drive, Sweep, Late Cut, Pull, Hook, Slog)
- Blink Eye technique.
- Running between the wickets
- Shot Selection and innings management.

Unit-6 Cricket Ethics and Conduct

- Team captain and vice-captain roles.
- Sportsman spirit and discipline
- Ambition and confidence building
- History and records remembrance.
- Patriotism and Team playing spirit.

Unit-7 English Communication Skills

- Basic Spoken English.
- Personality development.
- English Vocals.
- Communication and interview skills.

Approved by :-

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