

G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION & SPORT

DIPLOMA IN COACHING

MAY 2017-EXAMINATION

CRICKET - LEVEL 1

YEAR 1

TIME: 2 hrs.

Instructions: This examination consists of three sections. Candidates must answer ALL questions from sections.

Section A – [20 marks]

Circle the letter that matches the correct response and or fill in the blanks.

1. The danger zone on the cricket pitch measures _____ feet.
 - (a) 10 x 66
 - (b) 66 x 2
 - (c) 22 x 22
 - (d) 48 x 2

2. _____ is vital in the playing of every cricket stroke.
 - (a) Timing
 - (b) Balance
 - (c) Technique
 - (d) Shot selection

3. The batting crease measures _____ and it is sometimes referred to as
 - (a) the popping crease
 - (b) the forward extension of the return crease
 - (c) the bowling crease
 - (d) the bowling crease

4. The _____ are the sole judges of fair and unfair play
 - (a) players
 - (b) captains
 - (c) umpires
 - (d) spectators

5. The aspect of the game that occupies 80% of the game is
- (a) batting
 - (b) bowling
 - (c) practicing
 - (d) fielding
6. The bails are _____ in length and they are made of _____.
- (a) 9 ins
 - (b) 6 ins
 - (c) 4 3/8 ins
 - (d) 5 1/2 ins
7. To which delivery would you play the stroke "off drive"?
- (a) Good length
 - (b) Half volley on or outside the off stump.
 - (c) Full toss
 - (d) Short of a good length
8. A substitute may field in any position EXCEPT the
- (a) cover point position
 - (b) wicket-keeper's position
 - (c) square leg position
 - (d) fine leg position
9. In trying to run out a batsman going for a quick run, a fielder close to the wicket may employ
- (a) the under arm flick
 - (b) the long barrier
 - (c) the over arm throw
 - (d) the sliding technique
10. Which of the following is not an attacking fielding position?
- (a) Deep mid wicket
 - (b) Silly mid off
 - (c) First slip
 - (d) Leg gully

11. The ----- allows the wrist to cock naturally and the bat face to open towards _____.

- (a) back lift
- (b) stance
- (c) grip
- (d) head

12. A cricket ball should not weigh less than ----- when new.

- (a) 6 ozs.
- (b) 5 ½ ozs.
- (c) 5 ¾ ozs.
- (d) 4 ¾ ozs.

13. The height of the stumps with bails attached should be

- (a) 28 ins.
- (b) 27ins.
- (c) 28 ½ ins.
- (d) 4 3/8 ins.

14. The width of the wicket (stumps) is

- (a) 22yds.
- (b) 10 ft.
- (c) 9 ins.
- (d) 4 3/8 ins.

15. The width of the bat should be no more than _____ wide.

- (a) 4 ¼ inches
- (b) 6 inches
- (c) 3 ½ inches
- (d) 38 inches

16. In running between the wickets, the order of the “calls” should be:

- (a) “wait”, “yes”, “no”
- (b) “yes”, “no”, “wait”
- (c) “no”, “wait”, “yes”
- (d) “yes”, “wait”

17. When turning for a run the batter closer to the ball should:

- (a) Turn blind.
- (b) Listen to his partner.
- (c) Have full view of the ball.
- (d) Turn as quickly as possible.

SECTION B – [60 marks]

Answer ALL questions.

18. List three (3) ways in which the ball may be considered dead. (3mks)
19. List all the ways (modes) of dismissals (11mks.)
20. Name the four basic bowling actions. (4mks.)
21. Which of the named bowling action is considered dangerous or unsafe? Why (2mks)
22. List the points of bowling. Explain the mechanics of any one of the points listed (5mks)
23. Give four (4) reasons why fielding is important. (4mks)
24. Describe the mechanics of the long barrier technique in fielding (3mks.)
25. Describe how the ball should be held for throwing and why? (2mks.)
26. The wrist should be kept _____ for over arm throws and _____ for under arm throws. (2mks.)
27. What is the meaning of SPOT? (2mks.)
28. List the coaching points for the forward defensive stroke (6mks.)
29. List the coaching points the under arm flick (5mks)
30. What is the purpose of the “crow hop” in fielding? Briefly explain how this is done. (6mks.)
31. Outline the correct procedure one would follow when doing the stance or set up and the back lift in batting. (5mks)

SECTION C – [20 marks]

Answer one (1) question only.

32. What do you understand by the term “the spirit of cricket” (20mks)

END OF EXAMINATION

