

Cricket

Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



Skills (S)

1	Accuracy of bowling	11	Forward defensive
2	Speed of bowling	12	Back foot defensive
3	Variation of bowling	13	Drive
4	Defensive batting	14	Cut
5	Attacking batting	15	Hook
6	Catching	16	Pull
7	Long barrier	17	Sweep
8	Throwing into the stumps	18	Leg spin
9	Running up	19	Off spin
10	Communication between the stumps	20	Googly

Tactics (T)

1	Placement of fielders when bowling
2	Placement of the ball when batting
3	Spells of bowling, varying delivery
4	Backing up in the field
5	Tactical batting (Defensive)
6	Tactical batting (Attacking)