



### TIAS reborn TIAS2.0

August 9<sup>th</sup> 2021: TIAS 2.0 × JCA :: SEKISHO FIELD – **Women’s** Cricket Talent ID Project  
>Continuing TIAS Legacy through Internships at JCA (from the 1<sup>st</sup> Batch and the 5<sup>th</sup> batch, and onto the TIAS2.0 1<sup>st</sup> Batch Students) and promoting Joint Research Projects (Talent ID) with TIAS 2.0<

Preliminary Efforts: Starting with the TIAS 1<sup>st</sup> Batch (2016) and the 5<sup>th</sup> Batch student (2020) interns working with the Japan Cricket Association (JCA, <https://cricket.or.jp/en/>) the association between TIAS 2.0 (<https://tias.tsukuba.ac.jp/tias2/>) has blossomed to mutual interest cooperation comprising not only internships (3 - 1<sup>st</sup> batch students are supposed to join JCA this summer and fall semester) but also the first joint research between TIAS 2.0 (modules Sport Science and Medicine and Teaching Coaching, Japanese Culture) and JCA. The rationale was to work together on the Talent Identification for WOMEN amalgamating the JCA protocol with the Sport Science and High Performance expertise at TIAS 2.0 and TAIKU to create a versatile protocol. A visit by JCA to TIAS 2.0 was held, and a visit by the TIAS 2.0 Internship Chair, Associate Prof. Toshinobu KAWAI (TCJC) and Prof. Randeep Rakwal (SSM) to Sano (Tochigi) was made prior to realization of this project. Discussions between **JCA’s** –Alan CURR (Head of Cricket Operations, Japan Cricket Association, Sano International Cricket Ground, 300-1 Tochimotocho, Sano, Tochigi, 327-0312, Japan), Dhugal BEDINGFIELD (Coach), and Simon DART (High Performance Manager) and Profs. Rakwal over the past year or so led to the understanding the value of cooperation for this new sport and the potential cross-over of talent from other ‘ball’ sports to cricket; especially women’s cricket which has great potential in Japan. The role of SPORT SCIENCE in detecting talent, and utilization of **new technology/techniques in ‘fitness and testing’** was a motivating factor in bringing about this cooperation with University of Tsukuba (UT)- TIAS2.0/TAIKU.



The project (named – Tsukuba University Women's Cricket Talent ID Day) was conducted at the SEKISHO FIELD (Sports area, UT) with permissions and adequate precautions as per UT/TAIKU Center rules and regulations. The day began at 9:00 AM with welcoming the JCA staffs and setting up the grounds for the testing,

recording and note taking together. The participants (=research subjects; original 6 had registered, but 2 dropped out due to ‘not so good’ condition) arrived thereafter along with the National Squad members. All were in good health as requested through the health check. Following all equipment checks and all members present including support staffs, the fitness tests and protocols were put into place – explained the whole process and tests to be carried out – starting around 10:30 AM and we finished around 2:30 PM; the weather was cloudy and windy, and we could avoid any heat stroke issues that day; thanks JCA and Kawai sensei for providing icing and water.



Yo-Yo- Run-a-3 30m sprint Max Chin up Vertical Jump Plank 5min Reaction M Board Medicine Ball Throw Throwing



(SIMON DART)

Each of the nine (9) FITNESS-SPECIFIC TESTS: were explained, briefly demonstrated (by the squad members), and carried out, with detailed record taking; Simon was the lead and Dhugal assisted along with the National

Squad player. Video recordings and photography was also carried out to record the whole project. 5 to 10 minute breaks were given after each test, and rehydration carried out.



- 1) Yo-Yo: *test to measure the aerobic endurance with the change direction ability*; commonly performed at HP level in cricket, the Yo Yo test was developed to measure an athlete's ability to repeatedly perform high-intensity aerobic work. It is most relevant for measuring an athlete's capacity to perform repeated efforts in quick succession while batting.
- 2) Run-a-3: *a special batsman's' test to measure the anaerobic endurance with change direction*; running between wickets is a fundamental part of batting in cricket and requires speed, agility, flexibility, coordination and technique. Athletes were given some basic training in the technique required then their time was measured.
- 3) 30 m Sprint: *test to measure the short distance running ability*; speed and acceleration measurement is used in many sports. Relevant to fielding, batting and bowling - this test was set up by the UT staff.
- 4) Max Chin-up: *test to measure the higher back muscles and the biceps strength*; measures upper-body strength (in relation to body weight) which is fundamental to many sports, including cricket. Relevant for both batting and bowling.
- 5) Vertical Jump: *test to measure the leg power*; a simple test to perform, measuring lower-body power. Lower-body power is important for any explosive movements such as fast bowling - this test was conducted using UT measurement system.
- 6) Plank 5 min: *test to measure the body core muscles strength*; a common fitness test of core muscle strength, used in many sports, including cricket. Core strength is fundamental to batting, bowling and fielding, where balance and stability are required.
- 7) Medicine Ball Throw: *test to measure the explosive back strength power*; (Overhead Power Ball Throw): measures core strength and total body power. Relevant for fast bowling, which requires these attributes and also for batting, where power is becoming more important in modern cricket.

- 8) Throwing: test to measure the long throw ability: a fundamental skill in cricket, the maximum throwing distance of each athlete was measured. Requires strength, power and, perhaps most importantly, efficient mechanics. Athletes with previous experience in throwing sports excelled at this test.
- 9) Reaction Board: a special visual function test to measure the vision function.

Following the reaction board (Supreme Vision) testing at GSI building, the team moved back to the SEKISHO field for CRICKET-SPECIFIC TESTING: 5 to 10 minute breaks were given after each test, and rehydration carried out.

- Throwing & Catching: a basic drill was set up in which athletes practised throwing and catching in pairs at various distances. Variety was introduced into the drill to simulate various situations that arise when fielding in cricket: running towards the ball, lateral movement, catching on the full and off the ground, etc.
- Batting & Bowling Drills: Athletes were introduced to the protective batting equipment and given the opportunity to "swing freely" at a moving ball. They were offered some coaching feedback and tested with various speeds of throw. The drill requires good hand-eye coordination and a "natural bat swing", both of which can be derived from experience at other sports. Athletes were also taught the basics of bowling and tested on their ability to bowl with a "straight arm", an action which is somewhat foreign to many athletes but is required under the rules of cricket. Upon learning the required action, athletes were encouraged to increase the pace of their bowling.
- Game Scenario (2 pitches and different scenarios): the fitness tests measured a variety of athletic traits in isolation but not much in terms of decision-making and problem-solving, which are arguably just as important when it comes to cricket. A "mini" game of cricket was set up and the athletes were given the opportunity to bat, bowl and field competitively. The aim of such game scenarios is for athletes to learn the rules and strategy of the game through playing and also gauge the athlete's ability to problem-solve and make decisions under pressure.



Finally, a DEBRIEF was held, and the Tsukuba University Women's Cricket Talent ID Day was concluded – thanking everyone involved PARTICIPANTS, and the JCA – Japan National Squad (Women) TIAS2.0/TAIKU.



The following is the Feedback from Simon (Simon Dart, High Performance Manager, JCA):

- ✓ “Thank you for being involved on Monday 9th August at the Tsukuba University Women's Cricket Talent ID Day at Tsukuba University. For 2 (out of 6) participants who could not make it, we are very keen to have you a part of the next steps and let you experience cricket too.
- ✓ Both Dhugal and myself (Coaches) were really impressed with your initial cricket skills and athletic ability. Everyone’s hand eye coordination to the moving ball and fielding and throwing were standouts! We would like to teach you more and develop your cricket skills further, with the aim to expose you to cricket training and matches and ultimately aim for the Women's National Squad in March 2022.

Next Steps

- We would like you to come to the Sano International Cricket Ground (SICG) in Sano and participate in further cricket training sessions. We have 5 sessions planned for this Tsukuba University student athlete group between September 2021 to March 2022, which we would love for you to be a part of and enjoy. We are willing to cover transport costs at JPY 5,000 per person (each) in travel support.
- The first cricket training session will be on Thursday 23rd September (public holiday) from 10:30 to 12:30 at SICG in Sano. More info and details will be emailed shortly to you and a google form to fill out your availability.”

Thank you TAIKU CENTER for the permission and great support. Thanks to all the PARTICIPANTS (4 University Female Students, Hinata, Yoshioka, Mako-all from UT, and Yamauchi-Soka University), JCA STAFFS (Simon and Dhugal, and Manami) and Japan Women's National Cricket PLAYERS (4 squad members; Meg, Toki, Erika, and Manami). Thank you TIAS2.0 Faculty (Drs. Kawai and Rakwal) and graduate student's/researcher

support (Takafumi, Shigeki, Abe Hayato, and Sena Takahasi) for making this a successful day in terms of data **collection for finding new talent in Women's Cricket, the main goal of the project.** We look forward to the next project and continuing our cooperation through CRICKET, SPORT and SPORT SCIENCE-HIGH PERFORMANCE. Further, JCA × TIAS2.0 INTERNSHIPS start in September 2021; THANK YOU ALL at the SANO INTERNATIONAL CRICKET GROUND.

Thank you Kawai sensei, Simon and Dhugal and Alan for inputs to finalize this report.  
Sincerely Yours

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#### LINKS

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