

THE CHAMPION SHIFT

**Why Cricketers Fail – And How to Break
the System, Build the Skills, and Live the Dream**

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Book Summary – The Champion Shift

Phase 1: Ek Bachcha Cricket Kyun Nahi Khel Paya? – System Ka Sach

Talent hone ke baad bhi agar koi bachcha cricket mein fail ho jaata hai, to galti sirf uski nahi hoti – system bhi zimmedar hota hai.

es phase me humne un *hidden obstacles* ko expose kiya jo cricket ki duniya me aksar chhupe rehte hai – academy ka commercialization, selection bias, financial struggle, aur wo emotional battles jo ek player ko andheron me dhakel deti hai.

Maksad: Jo ladka haar gaya, uske peechhe ki asli wajah samajhna – aur uss ladke ko jagana.

Key Topics:

- **Academy Culture:** Kuch academies khiladi banati hain, kuch sirf sapne todti hai.
- **Good & Bad Coaching:** Coaching ka asli farq – time pass ya professional training?
- **Financial Pressure:** Gareebi ka asar sapno par kaise padta hai.
- **Platform & Exposure:** Talent ko dikhane ke liye sahi stage ki zarurat.
- **Mental Health, Bad Form & Comparison:** Stress aur comparison se confidence ka tootna.
- **System Flaws:** Trials aur selection ka sach.
- **Family Expectations & Support System:** Jab gharwale sapno ko nahi samajhte.
- **Toxic People & Friend Circle:** Dost jo direction chura lete hain.
- **Personal Sacrifices:** Cricket ki tanhaai aur qurbaniyan.
- **Final Chapter – Fight for Your Own Name:** System todne ke liye khud ladna seekho.

Mirror Chapter Essence: Ye phase system se ladna nahi, system todna sikhata hai.

Phase 2: Galtiyaan – Jab Player Khud Apne Dushman Ban Jaata Hai

Chahe system kitna bhi galat ho, bahut players apni khud ki choices, attitude, aur lack of mindset ki wajah se bhi fail ho jaate hai.

es phase me humne un **10 galtiyan** ko breakdown kiya jo players khud karke apne career ko khud hi khatam kar dete hai – aur fir blame system ko dete hai.

Maksad: Apni galtiyan ko pehchanna aur un habits ko chhodna jo growth rok deti hai.

Phase 3: Inner Development + Execution

Yahan se cricket evolve hota hai – sirf skill nahi, soch, character, aur execution ka game.

es phase ko 3 parts me divide kiya gaya hai, jahan har part aapke andar ke cricketer ko ek nayi shape deta hai.

Part 1 – Inner Game Mastery:

- Mindset, Mental Toughness, Discipline.
- Fitness Training & Process – off days me bhi consistency.
- Meditation & Visualisation – mind aur body ki tayyari.
- Confidence, Focus & Distraction control.
- Criticism ko fuel banana.

Part 2 – Real Practice & Match Execution:

- Quality Practice & Match Day Preparation.
- Game Intelligence & Fielding skills.
- Planning & Role Clarity.

Part 3 – Team & Life Balance:

- Team Spirit & Leadership.

- Cricket-Life Balance & Legacy.
- Professional Pathway – sacrifice aur strategy.
- Injury Management.
- Hard Work vs Smart Work, Pressure Handling, Environment Building.

Phase 4: Execution – Decision, Discipline & Imaan

Ye final phase planning aur theory ka test hai.

Ab sirf ek choice bachi hai

ya to aap cricketer banne nikalenge...

ya excuses ke maze me wapas laut jaayenge.

Ye phase kisi manual ka hissa nahi,

ye aapke character ka test hai.

Ye Sirf Ek Book Nahi Hai Ye

Cricketer Banne Ka Real Pathway Hai.

Agar aap serious ho cricket ke liye to ye kitab aapka game badal degi.

Ye book batati hai kyun talented players fail hote hai.

Wo bhi khul ke bina filter ke.

- System ki politics aur unfair trials,jo koi openly nahi bolta.
- Khud player ki apni galtiyan – jo success ke raaste ko block karti hain.
- Mental game, discipline, role clarity jo game ke andar ka asli game hai.
- Match execution, planning, off-day training –jo India ke 99% players ignore karte hai.
- Real examples,jo batate hai ki elite mindset kaise banta hai.

Es kitab ko padhkar aap

System ka trap samjhoge.

Apni khud ki kamzori pe kaam karoge.

Elite mindset aur pressure handling seekhoge.

Ek clear action plan ke saath practice karoge.

Aur sabse important – excuse banana band kar doge.

Agar aap es kitab ko honestly padhe, samjhe, aur implement kiya to cricketer banne se koi nahi rok sakta.

Cricket ke dream ko sach karne ke liye aapko bas ek cheez chahiye –

“Truth. ”

Aur wo aapko yahan milega – har page par.

Introduction

Chapter one academy

Academy Culture

Socho . .

Ek subah, suraj nikalne se pehle ka time.

Ek chhota sa ground.

Mittii ki khushboo.

Aur ek ladka... haath mein purana bat, jo tape se bandha hua hai.

Uske sapne naye hain, par shoes purane.

Dil mein junoon hai, par jeb khaali.

Wo run-up le raha hai, shot maar raha hai, lekin samajh nahi paata

kaise khele us game mein jahan rules talent se nahi, setting se bante hai.

Hello doston, Main hoon Sarwar Choudhary. Main sirf ek normal ladka hoon, aur meri zindagi ka sabse bada junoon cricket hai

Mai cricket khelta hoon. Na mai koi writer hoon, Na mai koi star player hoon, na koi bada coach, na hi motivational speaker.

Jab mere paas koi jawab nahi bacha, sirf sawaal bache, tab maine unhi sawaalon ko likhna shuru kar diya. Jab sapne reality se har roz takraate rahe, jab andar se awaaz aane lagi, **Ab khelna chhod de.**

tab maine likhna chhuna, **aur jeena shuru kiya.** Mujhe nahi pata ye kitab kabhi kisi bestseller list mai aayegi ya nahi. Shayad espar koi YouTube review bhi na bane. **Lekin ek baat ki guarantee hai — is kitaab ka har page ek cricketer**

ke aansoo aur dard se likha gaya hai. Har line mein sach hai, woh sach jo ground ki mitti se uthta hai. Ye un crore bacchon ke liye hai jo har saal ek jersey ke liye apni zindagi daav par laga dete hain... lekin unka naam kabhi selection list mein aata hi nahi. Har saal wahi kahani repeat hoti hai.

Pata nahi kitne bacche cricket se mohabbat chhod dete hain,
pata nahi kitne apni zindagi hi khatam kar dete hain,
aur kitne aise hote hain jo har raat bas is sawaal ke saath rote hain –
“Mujhse kahan galti ho gayi? Main hi kyun nahi khel paaya? Main hi kyun har baar reject hota raha?”

Ye kitab un players ke liye hai jinke paas na coach hai, na source – sirf ek bat, ek ball aur ek ziddi dream. Sabse badi baat ye hai ke aaj tak kisi ne in cheezon ko important samjha hi nahi. Na bade players, na experts, na associations, na un logon ne jo desh ke liye leadership karte rahe. Sabko sirf performance chahiye, sirf fame chahiye. Lekin kisi ne yeh nahi dekha ki India mein har saal crore bacche cricket khelte hain – apna sab kuch chhod kar, apni zindagi daav par laga kar.

Aur jab wo fail hote hain, to unke paas na plan B hota hai, na backup, na mental support. Kya kisi ne kabhi socha? Ek ladka 10-15 saal tak cricket khelta rahe aur fir bhi select na ho... to uska sirf career nahi, uski poori zindagi barbad ho jaati hai. Lekin yeh dard kabhi news nahi banta. Kyunki yeh players viral nahi hote. Ye sirf zinda rehne ki koshish karte hain. Ek waqt tha jab main khud bhi bikhar gaya tha.

Har din sirf ek hi sawaal tha Main kyu nahi khel pa raha? Main kab cricket khelunga ?ya bs main hamesha dusron ko hi khelte dekhunga?aur mai khud se hi ladta rehta tha. Andar se rota rehta tha,stress, overthinking, anxiety,en sab se akele lad raha tha,

Aur Sirf cricket nahi, zindagi ek bojh lagne lagi thi. Par ek din samajh aaya,ki ye game sirf runs ya wickets ka nahi hai. Ye

game to un logon ka hai jo pressure mai bhi khud ko sambhalte hai. Tab maine decision liya,result bhale hi mere control mai na ho, par process to mera hai.

mai process par rahunga,Aur us din se maine result ke bajaye routine ko jeena start kiya.

Cricket mere liye ek sport nahi, **ek zinda emotion** hai. Jo pain maine saha hai, wo mujhe har us bacche ke kareeb le jaata hai

jise system ne ignore kiya, society ne taane diye, par fir bhi usne bat nahi chhoda. **Ye kitab us pain ka jawab hai. Aur esmai har line un players ke liye hai,jo kabhi kisi academy ke poster pe nahi aaye,lekin har din aasman ke neeche practice karte rahe.**

Kya aapne kabhi socha...?

Ek baccha cricket khelna chahta hai. Uske paas sapna hai,lekin support nahi.

Uske paas talent hai,lekin platform nahi.

Uske paas junoon hai,lekin koi rasta nahi.

Aur jab rasta nahi milta,to wo sirf cricket nahi chhodta. Wo khud par bharosa karna chhod deta hai. Har saal laakhon bachche cricket ka sapna le kar ground pe aate hai,Lekin unmein se sirf kuch hi aage badh paate hai.

Baaki?

Kuch thak kar chhod dete hai.

Kuch system ke unfair maze se haarke ruk jaate hai.

Aur kuch,itna toot jaate hai ki zinda rehna bhi mushkil ho jaata hai.

Par aap sabse question ye hai,

Kya aapne sirf unka,failure dekha?

Ya us failure ke peeche ka reason bhi samjha?

Kya aapne kabhi socha

ki wo baccha haar kyun gaya?

Wo fail kyun ho gya ?

Cricketer kyun nahi ban paya?

Kya wo kaabil nahi tha?

Ya system ne kabhi raasta hi nahi diya aage jane ka ?

Kya aapne kabhi socha

ki ek bachcha cricket nahi khel paya,
kyunki uske paas sirf sapna tha,
lekin na sahi academy thi, na sahi coach, na sahi support system, na backup,
na source?

Kabhi socha hai success hone ke liye kiya chahiye hota hai ?

Aap cricket dekhte ho.

Par kya aapne cricketer ka pain dekha hai?

Kya aapne socha,ki har ek blue jersey k peeche laakhon aesi kahaniyan hoti hai,jo kabhi blue jersey tak pahuch hi nahi paati?

Tab jakar ek bachha blue jersey tak pahunchta hai

Ye kitaab unhi bacchon ki awaz hai

jo apne game se nahi, system se haare hai. jo talent mai zero nahi the,par unka talent koi ginta nahi tha. jo sirf ek chance chahte the,par unki awaaz kabhi kisi selection list tak pahuchi hi nahi

Aur sabse dardnaak baat ye hai

Ke enhi sab wajahon se ,Pata nahi kitne bacche khud ko khatam kar dete hai. Aur duniya mai kisi ko pta bhi nahi chalta . Na koi expert baat karta hai,Na koi news channel Esko follow-up karta hai,Na kisi bade player ki Instagram post mai enka zikr hota hai. Unke sapne marte hai, lekin system kabhi guilty nahi hota. aur na es baare mai baat karna chahta

India mai har gali, har ground, har mohalle mai cricket khela jaata hai. Par ye sirf ek game nahi hai,ye laakhon,crore bacchon ke liye jeene ya marne ka question ban chuka hai.

Unmai se 95% bachche middle class ya lower middle class background se hote hai.

Kisi ke papa auto chala rahe hote hai,kis ke kuch aur struggle kar rahe hote hai,kisi ki maa ghar-ghar kaam karke ek dusra bat kharidne ke liye paise jodti hai. aur koi bus ya train se 50 km duur net practice karne jate hai ,to koi apni cycle se 15 km net session karne k liye nikalta hai,khaali pet, lekin bharpur umeed k saath.

Ye wo bacche hote hai,jinhone apne **school ke marks, back-up plan, comfort zone**,sab kuch chhod diya sirf ek khwab ke liye. Aur jab unse koi puchta hai.

Agar selection nahi hua to?

To unka jawab hota hai.

To kya hua? Cricket chhodna option hi nahi hai, khelenge to cricket hi nahi to kuch nahi krnege.

Par duniya unka junoon nahi samajhti.

Aur system unke sacrifice ki language nahi samajhta.

Trial par 2000 bache hote hai.

selection sirf 15 ka hota hai.

Baaki ?

Kisi se paise ki demand ki jati hai

aur kisi ko,kuch kaha hi nahi jaata,sirf ignore kiya jaata hai.

Aur unmain se kai to wapas ground pe kabhi laut ke nahi aate.

Ye Wo sach jiske baare mai koi baat nahi karta.

2024 mai Bengaluru ka ek 16-year-old ladka

sirf Esliye duniya se chala gaya,

kyunki uska naam school cricket team mai nahi tha. aur mera khud ka ek dost tha wo 14 saal ka tha, wo gaur city (Noida extension)mai rehta tha, uska name the Vedant usne apne falt se neeche kuud kar apni jaan de deti .

Aur *Former India player Robin Uthappa* ek interview Mai khud bol chuke hai.

Cricket has one of the highest suicide rates among all sports globally.

India Mai har saal 13,000+ students apni jaan de dete hai.

Aur unmai se kai cricket ya competitive dream pressure ke shikaar hote hai.

Ek global study ne ye bhi bataya .

Cricketers ka mental breakdown aur suicide risk general public se zyada hota hai.

Par ye sab *TV pe ek ticker* ban ke chhup jaata hai. saare expert aur news channel wale,sirf players ki form aur performance ke baare mai baat karte hai

.

Lekin jo maa har raat apne bacche ka bat dekh kar roti hai,uska dard kabhi viral nahi hota.

Lekin Khaamosh kab tak rahoge,kabhi to apne liye awaaz utani pdegi, kisi ko to revolution lana pdega .

Ye kitab unhi ke liye hai .

jo har baar trial se reject hote hai,

lekin har baar agle din nayi hope ke saath ground pe khade ho jaate hai. Jinke sapne sirf selection tak nahi,izzat, identity, aur ek insaan ke roop mai recognition tak jaate hai.

Ye kitab un players ke liye hai.

jinke paas *na coach hai, na contact*

bas ek **ziddi dream** hai.

jo kehta hai,**Mujhe khelna hi hai.**

Aur Yaad Rakhna.

Agar aaj aap akele feel kar raha ho, to yaad rakhe aap akele nahi ho .

Aapka pain, aapka sapna, aapka struggle,

Ess book ke har page mai zinda hai.

Aur agar aap ladna nahi chhodte .

To ek din duniya ye zaroor kahegi.

Cricket aapka sapna ho sakta hai.

Lekin aap khud ek kahani ho.

Aur agar aap chahe, to us kahani ko apne andar ki aag se likh sakte ho. Lekin har kahani jeet se nahi likhi jaati. Kuch kahaniyaan jeet se nahi, balki toot kar, gir kar, aansoon baha kar, aur phir se uth kar likhi jaati hain. Har bacha apni kahani likhne nikalta hai... par ground ki dhool sabko champion nahi banati. Aur tab sawaal uthta hai — jab sapna sach nahi hota, to kya galti sirf bacche ki hoti hai?

Nahi. Bahut baar duniya bas itna keh deti hai — “Wo cricketer nahi ban paya? Shayad usme hi kami thi.” Par kya kabhi kisi ne socha... us bacche ya uske parents ne kis par bharosa kiya tha? Usko kisne guide kiya? Kya system uske saath tha ya uske against?

Jo bacha 5 saal, 7 saal, 10 saal tak sirf ek dream ke liye jeeta hai.

To kya usme himmat ki kami thi?

Nahi.

To fir usne haar kyun maani?

Kyuki Kabhi sapna galat nahi hota — raasta galat hota hai.

Aur jab pehla kadam hi galat padta hai, to manzil se pehle hi pair thak jaate hain.

Aur yahi se shuru hota hai ess kitaab ka pehla phase, wo sach, jo aksar kisi ne aapko nahi bataya.

Wo reasons, jo ek talented bacche ka sapna chup-chaap maar dete hai, bina headlines bane. Mai aapko unhi ki pehli wajah batane ja raha hoon, jo shayad aapke apne safar ka hissa bhi ban chuka hoga.

Reason 1: Academy

Cricket ke sapne ka pehla kadam hota hai academy.

Naam sunte hi lagta hai, ye wo jagah hai jahan se talent tarasha jaata hai, jahan coach aapko better banate hai, aur jahan aapke liye doors khulte hai.

Lekin reality?

Academy aajkal sirf practice ground ka naam nahi hai, ye ek business ban chuki hai.

Aisa business jahan monthly fees aapki skill se zyada important hai, aur jahan chance milna aapki mehnat se zyada aapke connection” par depend karta hai.

Bahut bacche apne maa-baap ke sapne le kar, apne comfort side me rakh kar, roz 20–30 km travel karke academy aate hai.

Unke parents fees dete hai, cricket kit kharidte hai, kabhi kabhi to loan le kar bhi support karte hai.

Par kuch mahine baad reality saamne aa jati hai, Academy ka poster to “Future Stars” ka hota hai, lekin andar ki kahani “Favourites Club” ki hoti hai.

Aur ye kahani yahan khatam nahi hoti

Academy ka asli game shuru hota hai wahan se, jahan cricket ek sapna kam aur ek product zyada ban jaata hai.

Jahan entry ka ticket aapke shots ya bowling speed se nahi, aapke wallet ki motai se decide hota hai.

eska naam hai – **Commercialisation of Academies.**

Commercialisation of Academies

• Entry on Fees, Not Talent

Pehle academy ka matlab tha, jahan talent ko polish kiya jaata hai, chahe wo kisi bhi background ka ho.

Lekin aaj-kal system ulta chal raha hai. Practice ka naam hota hai, par asli filter talent nahi, fees hoti hai.

Jo 15k -20k monthly pay kare, uske liye nets ka gate hamesha khula hai. Aur sirf nets hi nahi – matches ki list bhi unke liye tayyar hai.

Jo kam paisa de, ya financial struggle kare, uske liye academy ek waiting room ban jaati hai net main 15-20 ball khelo, fielding karo, ghar jao, na coaches ki guidance milti na match ka mauka

• Extra charges har cheez pe

Aaj-kal academy ek school ki tarah ban gayi hai, jahan har chapter alag becha jaata hai.

Monthly fees alag, match fees alag, aur personal coaching culture fees alag

Bachpan ka cricket free gully cricket se shuru hota hai, par academy ka cricket ek paid subscription ban chuka hai.

Aur subscription ka rule simple hai –

Jitna zyada pay karo, utna zyada khelo.

Par sach ye hai ki talent kabhi invoice pe nahi likha jaa sakta. Lekin system ne aaj talent ko bhi billable service bana diya hai.

Aur ye paisa ka silsila sirf entry tak simit nahi hai

Academy ke andar bhi ek alag hi khel chalta hai.

Yahaan aapko sirf ground pe aane ka haq milta hai, lekin khelne ka haq?

Wo ek alag list me likha hota hai — jiska naam hai **Favourites Club.** ”

2. Lack of Equal Match Opportunities

- **Favourites Club**

Academy ka match schedule dekhoge to aapko lagega ki cricket ek open platform hai — sabko mauka milega.

Lekin reality me ek invisible group hota hai, jiska naam hai **“Favourites Club”**. es club me aane ke liye skill ke saath-saath “proximity” chahiye — coach se dosti, influential parents, ya bas wo “special treatment” jo kuch players ko automatically milta hai.

Ye players har tournament me khelte hai, har important match me unka naam list me hota hai, chahe wo last 20 matches me flop hi kyun na gaye ho.

Baaki players?

Unka role match ke din bas itna hota hai

Boundary ke bahar khade rehna, clap karna, water bottles dena, ya net practice me dusre ke liye bowling/fielding karna.

Match ka pressure samajhne ka unhe mauka hi nahi milta, kyunki wo actual match me utarte hi nahi.

- **Rotation System ka Naam, Implementation Zero**

Most academies ke rules me likha hota hai, *Sab players ko equal chance milega.*

Lekin ground pe hamesha wahi purane naam scoreboard pe hote hai.

Naye players din, hafte, mahine wait karte rehte hai ki shayad agle match me unka number aayega.

Par wo “agle match ka number” kabhi aata hi nahi. Ye wait ek din confidence tod deta hai, doosre din motivation.

Aur kuch time baad wo ladka bas attendance mark karne aata hai — game ke liye nahi, sirf esliye ki kahin cricket ka sapna bilkul hi khatam na ho.

Lekin kahani yahin khatam nahi hoti.

Jinhhe mauka mil bhi jaata hai, unke liye bhi guarantee nahi ki wo sahi tareeke se tayyar honge.

Kyunki aaj-kal academies me cricket sirf khelna nahi, ‘coaching ka naam leke time pass’ ban gaya hai.

*Aur es game ka sabse silent killer hai – **Poor Coaching Standards.**”*

3.Poor Coaching Standards

- **Quantity over Quality**

Aaj-kal academy ka scene ye hai ki ek coach ke under 80-90 players hote hai.

Ek net pe 10 bowlers, apne special group ke bacchon ko net ka aadhe se jyada time aur baaki batsman ko bas 15-20 balls ka .

Aur Coach ke paas time hi nahi hota ki wo har player ki technique check kare.

Batsman ki grip glat ho, stance unstable ho, ya bowler ka run-up aise ho ki injury fix ho jaye — phir bhi bas net kara ke chhod dena.

Koi detail feedback nahi, koi personal correction nahi.

Aur jab feedback milta hai to sirf ek do line:

“Thoda better khelna. ”

“Pace laa shot me. ”

Bas. Na reason, na solution.

- **No Game Awareness Training**

Technique pe thoda kaam hota hai, lekin cricket sirf technique ka naam nahi hai.

Match situation, pressure handling, strategy — ye bhi utne hi important hai.

Kaise last over defend kare, kaise field set kare, kaise target chase kare

Ye cheezein ground pe sikhane ka time hi nahi diya jaata.

Result? Player technique to seekh leta hai, par game samajhne me fail ho jaata hai.

Match me jaake wo bas “react” karta hai, “plan” nahi.

- **Favouritism in Feedback**

Galti har player karta hai, par coach ki nazar selective hoti hai.

Favourites galti kare to ignore, dusre kare to sabke saamne chilla ke insult.

Ye culture aise hota hai ki kuch players ko lagta hai wo naturally ache hai, aur baaki apne aap pe doubt karne lagte hai.

Wo sochte hai, “Shayad main kabhi kaabil ban hi nahi sakta.

Result?

Favourites player improve hote rehte hai, kyunki unki galti cover ki jaati hai.

Baaki players guilt, self-doubt, aur fear me ghul jaate hai — aur dheere-dheere apna best dena chhod dete hai.

Aur jab coach ka training system hi flawed ho, to socho selection table pe kya hota hoga.

Jahan skill aur mehnat ki value kam ho jaati hai, aur game ka asli scoreboard ‘connections’ ban jaata hai.

*Yahi wo jagah hai jahan cricket ka sabse dangerous opponent milta hai — **Politics & Bias.***

4. Academy Politics & Bias

- **Favouritism Over Hard Work**

Academy ka asli maqsad hota hai players ko groom karna, unki skills aur numbers ke basis par progress karwana. Lekin ground par reality kuch aur hi hoti hai.

Jinke parents coach ke close contacts me hote hain, ya jo players extra fee, gift, ya personal favour karte hain — unke liye academy ek shortcut ban jaati hai. Chahe wo ladka practice me serious ho ya na ho, usko

har time match practice, bowling quota, aur coach ki special attention milti hai.

Baaki players jo din-raat mehnat karte hain, routine follow karte hain, unke liye sirf “line lagao aur wait karo” system hota hai. Ground par unka performance dekhne ke bawajood unhe side kar diya jaata hai, kyunki coach ke nazdeek unka “connection value” kam hota hai.

Yahan realise hota hai ki academy sirf cricket training ki jagah nahi, balki ek “favoritism ka tournament” ban gayi hai — jahan talent se zyada importance milti hai ki coach आपको kitna pasand karta hai.

- **Coach-Parent Relationships**

Academy me ek silent rule hota hai — *“Jinke parents influential hai, unka bachcha safe zone me hai.”*

Business, politics, cricket association, media — koi bhi field ho, agar parents ka wahan naam hai, to coach ka attitude alag hota hai.

Unke bachche ko zyada batting time milta hai, bowling ke liye new ball, aur har match me “sure spot”.

Aur jab baaki players es bias ko dekhte hai, to wo samajh jaate hai ki yahan equal opportunity ek poster ka slogan hai, reality nahi.

5. Infrastructure Gap

- **Mismatch between Fees & Facilities**

Jab ek bachcha admission lene aata hai, uske maa-baap fees sunte hai — ₹3,000, ₹4,000, ₹5,000 mahina.

Dil me tasveer ban jaati hai ki ground international standard ka hoga, coach world-class hoga, facilities top level ki milengi.

Lekin jaise hi wo pehli baar practice ground par aata hai

Pitch par uneven cracks, nets phate hue, ball seam se nikal rahi hai, aur practice gear aisa jaise 10 saal se kisi ne replace na kiya ho.

Wo bachcha sochta hai

“Maa-baap ne itna paisa diya, shayad yahi normal hai... shayad mujhe hi adjust karna hoga.”

Par andar se wo jaanta hai ki uska sapna “international level” ke naam pe ek compromised version me convert ho gaya hai.

- **Overcrowding**

Subah 6 baje se ground bharne lagta hai.

Ek net me ek sath 14-15 bowlers line me, batsman ko bas 20-25 balls ka turn milta hai.

Bowler sochta hai – *Pehli ball galat gayi to agli ball daalne ka number kab ayega?*

Batsman sochta hai – *Abhi settle hua hi tha ki turn khatam.*

Din ke 2 ghante ground par khade rehne ke baad bhi actual practice sirf kuch minute hoti hai.

Pura din school, homework, travel manage karke practice pe aaya... lekin ground se wapas frustration leke ja raha hai.

- **No Fitness or Mental Training**

Sirf batting aur bowling drills chala dena coaching nahi hoti.

Par academies me fitness programs ka naam bhi nahi hota. Injury prevention ka system zero.

Aur mental toughness?

Koi nahi sikhata kaise match ke last over ka pressure handle karna hai, kaise crowd ke saamne confident feel karna hai, kaise failure ke baad wapas uthna hai.

Result?

Wo bachcha technique to seekh leta hai, par jab match ka real pressure aata hai, to uski body aur mind dono fail ho jaate hai.

Aur jab wo ground se wapas ghar jaata hai, uske chehre pe ek hi sawaal likha hota hai –

“Main yahan seekhne aaya tha, ya sirf survive karne?”

Aur facilities ki kami sirf body ko impact karti hai

lekin sabse badi chot tab lagti hai jab aapka dil aur dimaag tod diya jaata hai. Jab aap ek player ke roop me nahi, sirf ek number ke roop me treat hote ho. Wahi hota hai jab academy aapke saath karti hai, **Emotional Neglect**.

6. Emotional Neglect

- **No Motivation or Guidance**

Bahut saari academies me coach ka role bas do cheezon tak simit ho gaya hai –net karwana aur galti nikalna.

Inspire karna, player ke goals set karwana, uska long-term plan banana... ye cheezein jaise system se gaayab ho chuki hai.

Socho ek ladka subah 4 baje uth ke travel karke academy aata hai.

Do ghante practice karta hai, har ball me apna 100% deta hai.

Par agar ek shot miss ho gaya, ya ek delivery misfire ho gayi, to uska reward sirf ek line hota hai:

“Abe Kiya kar raha hai, acche se khelna . ”

Bas, khatam.

Koi encouragement nahi, koi ye nahi kehta, *“Theek hai, kal better hoga. ”*

Jab sirf criticism milta hai, to mehnat motivation me badalne ke bajaye guilt me badal jaati hai.

- **Public Insult Culture**

Galti sabse hoti hai – Virat Kohli se leke gully ke player tak.

Lekin kuch academies ka culture hi aisa hai ki ek miss shot ya wide ball pe coach sabke saamne chillata hai.

Socho 20 players ke beech me aap ek shot miss karte ho, aur coach loud voice me aapka naam leke bolta hai:

Ye khelne aaya hai? selection chahiye Esko ?

Wo ek moment aapke liye sirf embarrassment nahi hota, wo aapka confidence chura leta hai.

Agli ball pe aap double nervous hote ho, aur jab nervousness badhti hai to galtiyan bhi badh jaati hai.

Ye ek vicious cycle ban jaata hai — jo aapko dheere-dheere mentally weak bana deta hai.

- **Player's Mental Health Ignore**

Cricket sirf bat aur ball ka khel nahi, ye mind ka bhi game hai.

Pressure, competition, failure... ye sab daily ka part hai.

Par academies me mental strength sikhane ka system hi nahi hota.

Koi nahi batata kaise crowd ke saamne calm rehna hai, kaise last over ka pressure handle karna hai, ya kaise failure ke baad wapas bounce back karna hai.

Result?

Har baar fail hone pe player apne guilt, anxiety, aur self-doubt ke saath akela ladta hai.

Aur jab aapke paas koi emotional support nahi hota, to aap sirf cricket se nahi... apne sapne se bhi door hone lagte ho.

Wo junoon jo aapko ground tak leke aata tha, ek din bas chhup jaata hai aapke andar.

Aur jab aapko lagta hai ki bas ab ek chance mil jaaye, ek match mil jaaye, to aap apna game proof kar doge, tab academy aapko ek naya sapna dikhaati hai.

Bada tournament, state trials, ya koi showcase event ka promise.

Lekin ground pe aane ke baad samajh aata hai ye sapna bas brochure me tha, reality me nahi.

Yehi hai cricket academies ka sabse bada dhokha — **Fake Exposure Promise.**

7. Fake Exposure Promise

- **Trials ka Sapna, Reality Zero**

Admission ke time aapko bataya jaata hai — es academy ke players XYZ tournament me khelte hai, yahan se direct state trials ka rasta hai. ”

Aap aur aapke parents sochte hai ki bas yahi wo jagah hai jahan se career start hoga.

Lekin kuch mahine baad pata lagta hai tournament me sirf wahi players gaye jo pehle se coach ke “special list” me the.

Baaki players bas photo me group ka part bante hai, ground ka nahi.

Tournament ka ticket aapke liye pending hi rehta hai, chahe aap kitni bhi performance do.

- **Stats Manipulation**

Jo matches hote bhi hai, unke stats bhi ek selective story ban ke saamne aate hai.

Favourites ke runs/wickets highlight hote hai, unke videos social media pe upload hote hai.

Baaki players chahe match win kara de, unka naam mention bhi nahi hota.

Es tarah ek player ka career sirf performance se nahi, academy ke narrative se banta ya bigadta hai. Aur aap realise karte ho, yahan match jeetna important nahi, highlight me aana” important hai.

Last line

Cricket academy ka naam sunte hi ek ladke ke dimaag me tasveer banti hai green ground, quality coaching, fair chances, aur ek din apne naam ke saath India selected” likha hua dekhna.

Par reality me, bahut academies sapna shuru hone se pehle hi kahtam kar deti hai.

Paisa lekar entry dena, par matches aur practice sirf favourites players ko dena.

Coach ka time quantity me baant dena, quality ka zero hona.

Selection table pe skill se zyada connection ka chalna.

Facilities ke naam pe compromise.

Emotional support ke bajaye public insult.

Aur jab sapne ka stage milne wala hota hai, tab fake exposure ka jhaansa.

Ek ladka jo academy join karta hai, wo sirf cricket seekhne nahi aata, wo apne sapne ke saath aata hai, Par jab saalon ki fees, mehnat, aur waqt ke baad bhi uska naam list me nahi hota, to wo sirf ek match nahi haar raha hota .

wo apne aap pe bharosa haar raha hota hai.

System ke liye wo sirf ek “former academy player” ban jaata hai, par apne liye, wo ek adhoora sapna ban jaata hai.

Aur sach ye hai

cricket ka sabse bada heartbreak ground par out hone se nahi, system se out hone se hota hai.

Ab tak aapne dekha ki galat academy ka system kaise ek player ke sapne ko shuru hone se pehle hi tod sakta hai.

Par ye kahani sirf system ko blame karke khatam nahi hoti.

Har player aur parent ke haath me ek choice hoti hai, pehla kadam sahi rakhna ya galat rakhna.

Aur cricket me pehla kadam hi decide karta hai ki aapka rasta stadium tak jaayega, ya sirf nets tak simit rahega.

Esliye, sahi academy choose karna sirf zaroori nahi, survival ke liye compulsory hai. ”

Academy Sahi Choose Karna Kyun Zaroori Hai

(Kyunki galat academy aapka career shuru hone se pehle hi kahtam kar sakti hai)

Academy sirf practice karne ki jagah nahi hoti — ye ek player ke career ki foundation hoti hai.

Jahan aapki technique banti hai, aapka game sense grow hota hai, aur aapke liye cricket ka rasta clear hota hai.

Lekin agar ye pehla step hi galat ho gaya, to aage jaake aap kitni bhi mehnat kar lo, aapka base hamesha weak rahega.

1. Galat Academy = Galat Foundation

Cricket ka pehla phase aapke poore career ki shape decide karta hai.

Ye wahi time hota hai jab aapka batting stance, grip, footwork, bowling action, fitness habits aur mental approach set hota hai.

Agar ye base hi galat ban gaya, jaise wrong grip, unstable stance, ya injury-prone action — to aage jaake aapki growth slow ho jaati hai.

Ek galat habit ko correct karne me saalon lag jaate hai, aur bahut players ke liye ye correction ka time kabhi aata hi nahi.

2. Wrong Environment = Early Dropout

Ek positive environment aapko push karta hai, aur ek toxic environment aapko game se door karta hai.

Agar academy me favouritism, politics, aur demotivation ka culture hai, to aapka practice time kam ho jaata hai, aur ye aapke confidence pe direct attack hota hai.

Bahut players ke sapne esliye khatam nahi hote kyunki unme talent kam tha, balki Esliye kahtam ho jate hai kyunki unhone galat environment me apne best years waste kar diye.

3. Time & Money Waste

Academy join karna sirf player ka step nahi poori family ka commitment hoti hai.

Parents har mahine fees dete hai, match ke travel ka kharcha uthate hai, aur kabhi-kabhi to loan le kar saman kharidte hai.

Agar academy me proper guidance, match opportunities, aur structured training nahi hai, to ye poori investment bekaar chala jaata hai, aur saath me bachche ka career bhi.

4. No Exposure, No Career

Cricket me sirf practice se kaam nahi chalta, aapko “visibility” chahiye.

Ek sahi academy ka network aapko tournaments, leagues, aur trials tak le jaata hai.

Galat academy aapko sirf nets tak simit kar deti hai.

Aur cricket ka simple rule hai, *jo dikh raha hai wahi select hoga.*

Agar aap matches me dikhe hi nahi, to chahe aap kitne bhi talented ho, selectors ke liye aap exist hi nahi karte.

“Galat academy ka nuksaan sirf ek season ka loss nahi hota, ye aapke poore career ki direction badal deta hai.

Esliye sirf passion aur sapna leke academy join mat karo, pehle jaanch karo, research karo, aur ensure karo ki aapka pehla kadam sahi jagah pad raha hai.

Academy choose karna ek cricketer ke life ka sabse important decision hota hai, aur ye kaam player ke saath-saath parents ka bhi hai. To aao dekhte hai – sahi academy choose karne ka ek clear checklist.

A. Pre-Visit Research

1. Reputation Check

Academy join karne ka pehla step hota hai uska past dekhna.

Ye samajhna ki academy sirf naam me badi hai ya waqai me players nikaalti hai.

- Pichle 3–4 saalon me academy se kitne players ne state, national ya professional leagues kheli hai, ye verify karo.
- Sirf academy ke brochure ya website pe likhe naam mat maano, kyunki kai baar wo bas ek-do baar training lene wale players ko bhi “our product” likh dete hai.
- Best source hamesha ex-players hote hai, unse ground pe jaake baat karo, unka experience suno. Ye aapko sach batayenge jo marketing material me nahi milta.

2. Coach Credentials

Ek achhi academy ka foundation hota hai uska coach.

- Dekho ki coach ka khud ka cricket background kya hai – kya usne high-level cricket (state/national) khela hai, ya certified coaching courses kiye hai?

- Uske coaching style aur student record ka analysis karo — kya usne sirf talented players ko polish kiya hai, ya average players ko bhi improve kiya hai?
- Sirf coach ki apni baatein sun ke trust mat karo — ek trial class observe karo, dekho wo players ko kaise guide karta hai.

3. Facilities Review

Facilities aapki training quality ka seedha asar hoti hai.

- Ground ki quality check karo — pitch ka bounce consistent hai ya unpredictable? Outfield smooth hai ya uneven?
- Nets ki condition dekho — phate hue nets practice ka maza khatam kar dete hai.
- Agar evening practice hoti hai to floodlights ka standard dekho — dim lights me training se eye coordination pe asar padta hai.
- Fitness area properly maintained hai ya nahi, kyunki fitness drills aur injury prevention bhi career ke liye crucial hote hai.

Online search aur doosron ki opinion lena ek strong shuruaat hai, lekin asli sach samajhne ke liye aapko khud ground par jaana hoga.

Academy ka mahaul, coach ka behaviour, aur players ka environment sirf tab samajh aata hai jab aap khud us jagah ka hissa bante ho.

Esliye 'trial visit' har player aur parent ke liye ek zaroori step hai — jahan decision ground ki reality dekh kar liya jaata hai, brochure padh ke nahi.

B. Trial Visit

4. Player-to-Coach Ratio

Agar ek coach ek time pe 40–50 players ko handle kar raha hai, to individual growth ka chance bahut kam ho jaata hai.

Ideal ratio 1:15–20 hona chahiye — taaki har player ko time mile, uski galtiyan spot ki ja sake, aur feedback mil sake.

Trial ke waqt dekho kitne players ek coach ke under practice kar rahe hai. Agar rush zyada hai, to samajh lo aapko net main koi practice ka time jyada nahi milega.

5. Match Exposure Policy

Academy sirf nets aur drills tak simit nahi honi chahiye. Dekho kya wahan regular internal matches hote hai? Kya academy external leagues, state trials ya private tournaments me players bhejti hai?

Aur sabse important:

Kya wahan **fixed rotation system** hai?

Ya sirf academy ke favourites players har baar match khelte hai?

Trial ke dauraan players se baat karo – wo aapko asli truth batayenge, *yahan sabko mauka milta hai ya nahi?*

6. Feedback Culture

Coach ke behaviour ko closely observe karo.

Kya wo players ko sirf daant raha hai ya unki galti explain bhi kar raha hai?

Kya feedback general hota hai (“Thoda better khel”) ya specific hota hai (“Backlift low hai, shoulder close karo”)?

Achi academy me feedback sirf criticism nahi hota – wo growth ka engine hota hai.

Galti pe insult milti hai ya guidance – ye decide karega ki wo academy aapko mentally strong banayegi ya weak.

Trial visit me aap ground ka sach dekhte ho, lekin academy ka pura picture tab clear hota hai jab parents actively involve hote hai. Cricket coaching sirf player ka safar nahi, ek family ka project hai, jahan maa-baap ka role sirf fees dena nahi, balki career decisions me partner banna hai.

Sahi academy ka choice tabhi hota hai jab parents apne bacche ki progress, coach ke behaviour, aur financial clarity pe regularly nazar rakhte hai.

C. Parents' Role

7. Monthly Review with Coach

Parents har mahine coach se directly baat kare performance, improvement areas, aur upcoming matches ke baare me.

esse coach ko bhi pata rahega ki player ke peeche ek active support system hai, aur player ko bhi feel hoga ki uski journey monitored hai.

8. Observe Interaction

Parents observe kare ki coach ka behaviour sab players ke saath equal hai ya biased.

Kya sirf favourites ko praise milta hai? Kya baaki players se cold tone me baat hoti hai?

Equal treatment ka matlab hai academy genuinely fair hai.

9. Financial Transparency

Academy se saare extra charges ka written structure lo, match fees, academy charges, tournament registration, sab clear hona chahiye.

Hidden charges ka matlab hota hai planning me problem, aur kabhi-kabhi ye financial pressure parents ko mid-season academy change karne pe majboor kar deti hai.

Parents ka active involvement ek positive step hai, lekin sath-sath ye samajhna bhi zaroori hai ki konse signs academy ke bare me red alert dete hai.

Ye wo cheezein hai jo shuru me chhoti lag sakti hai, lekin ek season ke andar player ka career slow kar deti hai.

Agar trial visit ya starting weeks me ye patterns dikhe, to samajh jao, ye jagah aapke sapne ke liye safe nahi.

D. Red Flags (Jahan Se Bachna Hai)

- **Overcrowded Nets**

Agar ek net me itne players khade hai ki batsman ko bas 10-15 balls ki batting milti hai, to samajh lo ye academy sirf “headcount” badha rahi hai, talent develop nahi.

Practice ki volume kam, waiting time zyada — eska matlab improvement slow hoga, aur match me pressure handle karna aur mushkil.

Ek player ko form me aane ke liye momentum chahiye, jo overcrowded nets me possible hi nahi.

- **Favouritism Clearly Visible**

Ground pe dekho ki match me khelne wale players ka rotation ho raha hai ya nahi.

Agar har baar wahi fixed players khel rahe hai, chahe unki performance average hi kyon na ho, to samajh lo ki yahan “merit” ke bajaye “contacts” chal rahe hai.

Aisi jagah me chahe aap kitni bhi mehnat karo, aapka number bas injury replacement me hi aayega.

- **No Official Tournaments**

Kuch academies apna social media strong rakhne ke liye sirf internal matches karati hai aur uske photos dal deti hai, jaise koi badi achievement ho.

Par agar academy aapko recognized tournaments, leagues, ya acche level matches me nahi bhej rahi, to aapka career ka exposure zero hai.

Yaad rakho — *sirf photo viral hone se selection nahi hota, performance recognized tournaments me dikhana padta hai.*

- **No Fitness/Mental Training**

Agar academy me sirf batting aur bowling drills hoti hai, to samajh lo training incomplete hai.

Fitness ka proper plan, injury prevention drills, aur mental toughness sessions hona zaroori hai.

Kyuki cricket sirf shots aur balls ka game nahi, ye stamina, recovery, aur dimaag ka game bhi hai.

En cheezon ki kami ka matlab hai ki match ke real pressure me aap collapse kar sakte ho.

- **High Fees, No Results**

Agar academy ka fee structure high hai lekin pichle kuch saalon me usse koi player aage nahi badh paaya, to ye bada red flag hai.

Eska matlab paisa training improve karne me lagne ke bajaye maintenance, marketing, ya bas revenue collection me lag raha hai.

Fees ka justification tabhi hota hai jab output visible ho — warna ye sirf sapne bechne ka business hai.

“Red flags dekhna zaroori hai, lekin sirf problem identify karna kaafi nahi.

aapko pata hona chahiye ki safe aur strong decision kaise liya jaata hai, taaki aap galat academy me fasne se bacho, apne paise ki best value lo, aur apne career ka control apne haath me rakho.

Ye simple steps aapke liye ek ready roadmap ban jayenge.

Last line

Academy ka naam sunte hi har ladke ke dimaag me ek tasveer banti hai green ground, net practice, coach ka guidance, fair chances, aur ek din apne naam ke saamne “selected” likha hua dekhna.

Lekin reality me, galat academy wo sapna shuru hone se pehle hi tod sakti hai.

Paisa le kar entry dena, par matches sirf favourites ko dena.

Coaching ke naam pe bas drills, feedback zero.

Selection table pe talent se zyada connection chalna.

Facilities ka standard low, emotional support ka culture zero.

Aur jab talent dikhane ka waqt aata hai, tab fake exposure ka jhaansa.

Par ye kahani sirf system ko blame karke khatam nahi hoti.

Aapke haath me ek choice hoti hai, pehla kadam sahi rakhna.

Agar aapne academy join karne se pehle research ki, trial liya, parents ka involvement banaya, aur red flags ko ignore nahi kiya

to aapka career safe rahega, chahe system kitna bhi unfair ho.

Cricket ka simple rule hai, *wrong decision career slow kar deta hai, right decision aapka career fast track pe daal deta hai.*

Aur academy ka selection es journey ka pehla aur sabse important decision hai.

Ye chapter sirf aapko sach dikhane ke liye nahi, aapko tayyar karne ke liye likha gaya hai.

Taaki jab aap academy ka gate cross karo, aap bas player banke na jao, aap ek informed player banke jao.

Kyuki cricket ka sabse bada heartbreak ground pe out hone se nahi, system ke galat gate me entry lene se hota hai.

Chapter 2

Bad & Good Coaching System

Aap jaante hai, Cricket sirf bat-ball ka khel nahi hota

Ye ek aisa safar hai jahan aapke sapne ka raasta, sahi waqt par sahi coach se milne par tay hota hai.

Agar wo coach galat mil gaya, to aap match ground pe nahi, system ke andar haar jaate ho.

Aapka coach aapke career ka architect hota hai. Aapne apna hundred percent diya, apni side se full mehnat ki, apna waqt diya ab sahi coach ka farz hai ki wo aapke sapne ko banaye, todne ka kaam system par chhode, khud na kare.

Aur yahi se shuru hoti hai ek cricketer ki asli kahani

Cricket sirf talent ka khel nahi hai,

ye timing ka game hai — sahi waqt pe sahi guidance ka game. Aapke paas best bat , best fitness, best dedication ho sakti hai,

lekin agar sahi waqt pe galat coaching mil gayi,

to career ki direction glat ho jati hai.

13 se 18 saal — ye bas ek age group nahi,

ye aapke cricket career ka **golden time hot** hai.

Esi waqt

- Aapki technique permanently set hoti hai.
- Aapki fitness ki foundation banti hai.

- Aapka match temperament mature hota hai.

Es phase me kiya gaya improvement aapko lifetime sath deta hai, aur es phase me kiya gaya galat kaam lifetime regret deta hai.

Galat coaching ka dard samajhna ho to ek line yaad rakho

Coach der se mile to sirf sikhata hai, waqt pe mile to banata hai.

Sahi waqt pe milne wala coach sirf aapki technique improve nahi karta, wo aapki soch, aapka self-belief, aur aapki game ki reading badal deta hai.

Wo aapke career ka architect ban jaata hai.

Lekin

Agar es golden phase me coach ne aapki galti ignore kar di, ya aapko galat technique sikhadi,

to chahe aap kitne bhi motivated ho,

aapko ek din lagega

Kaash mujhe pehle sahi coach milta, mera career alag hota.

Esliye, sahi waqt par sahi coaching — ye ek choice nahi,

ye aapke cricket career ka **first and most important selection** hai.

3. Coaching Ka Matlab Sirf Drills Nahi

Cricket sirf cones lagane, net me 20 ball khelne, ya fitness ke 2–3 round karne ka naam nahi hai.

Ye koi attendance system nahi, ye ek career banane ka kaam hai.

Ek **achha coach** wo hota hai jo aapke game ko sirf upar se nahi, *andar tak* samjhe, aapka sochne ka tareeka, aapke game ke waqt ki feeling, aur aapke andar chhupa hua asli player.

Achhi coaching ka matlab hai

- **Game Samajhna:** Aap kis format me naturally suit karte ho — T20, ODI, Test? Aur aap konse role me maximum impact karte ho opener, finisher, all-rounder, death bowler?
- **Weakness Pe Kaam:** Sirf strengths ko polish karna nahi, balki kamzori ko khatam karna. Aap kaise girte ho, konsi ball par phaste ho, ya

match ke konse movement me pressure me fail hote ho — usse sudharna.

- **Roadmap Dena:** Aaj kahan ho, 6 mahine baad kahan pahunchoge, aur wahan pahunchne ke liye kis tarah ki mehnat chahiye — ye clear plan banana.
- **Monitoring:** Har session ka record rakhna, improvement ko track karna, aur jab zarurat ho tab plan adjust kar dena.
- **Mental Support:** Jab form gir jaye, selection miss ho, ya performance down ho, tab आपको वापस खड़ा करने का काम करना.

Ek **true coach** sirf aapka shot *repair* nahi karta — wo आपके पूरे career ko *shape* deta hai.

Aur bhai, shape tabhi banti hai jab **niyat saaf ho, samajh gehri ho, aur आपके सपने को अपना सपना समझा जाये.**

Jab ek coach apna काम सचाई से karta hai, to ek player ki direction clear hoti hai.

Lekin problem tab shuru hoti hai jab sirf ek-do coach nahi, poor system hi half-hearted ho.

Yaani aap kitni bhi dedication le aao, agar environment khud biased, commercial ya poorly structured hai, to aapki growth roadmap hawa mein latak jaata hai.

Aur ye sirf ek jagah ki baat nahi, ye har sheher, har gali, har jagah ka scene hai. Har jagah aisa talent hai jo born ready lagta hai, lekin galat system me gir ke bhatakne lagta hai.

Esliye sach ye hai —

Talent mar nahi raha, bhatak raha hai.

Bahar se lagta hai ki sabko equal treatment mil raha hai, lekin andar se system ek illusion chala raha hota hai, jahan kuch log fast-track par hote hai, aur baaki saal-dar-saal wait karte rehte hai.

4. Jab System Hi Ganda Ho To Talent Ka Kya Kasoor?

Cricket ka sabse dardnaak sach ye hai ki talent kam nahi ho raha, wo har gali, har sheher, har academy me bar-bar janm le raha hai.

Lekin uska safar pitch tak pahunchne se pehle hi galat mod le leta hai.

Aap chahe kisi bhi level pe chale jao – academy ho, district trial ho, ya state camp – ek cheez constant milegi: **system ka selective filter**.

Wo filter skill ya mehnat pe nahi, connection, background, ya paise pe chalta hai.

Bahar se lagta hai sabko equal chance mil raha hai. Posters, reels, speeches me bas ek hi line hoti hai:

Yahan har player ko fair opportunity milegi.

Lekin andar ka game alag hai

kuch players fast-track par chadh rahe hote hai, baaki saal-dar-saal wait list me atke rehte hai.

Aur jo players sach me god Yeah chartering call me to know gifted hote hai, jinke shots naturally clean hote hai, jinki bowling me pace ke saath control hota hai, jinka game sense mazedaar hota hai

wo apni energy system ke against survive karne me laga dete hai, apne game ko grow karne me nahi.

Ye sach hai:

Talent khatam nahi ho raha, **talent bhatak raha hai**.

Ek ladka jo full potential pe state se upar khel sakta tha, wo academy ke net me cones set karte hue time guzar deta hai.

Ek bowler jo match ka last over defend kar sakta tha, wo 2 ghante line me wait karke sirf 2 over dal paata hai.

Ek batsman jo 60-ball hundred maar sakta tha, wo sirf trial ki boundary rope se dekh ke ghar laut jata hai.

Aur phir log bolte hai

Usme wo baat nahi thi.

Nahi bhai, baat thi, lekin system ne us baat ko surface tak aane hi nahi diya.

System jab biased hota hai, to wo sirf selection churaata nahi, wo player ka belief bhi chura leta hai.

Aur cricket me belief tod dena, skill todne se zyada khatarnaak hoti hai.

Ab aapne abhi tak system ka **filter** samjha

Ab es filter ka sabse bada “weight samjho **paise ka weight**.”

Aur bhai, ye jo selective filter hai na esmain sabse bhari patthar paisa hota hai.

System ka rule simple hai, jiske paas paisa hai, uska gate khula hai.

Aur jiske paas nahi hai, uska talent gate ke bahar line me lag ke bas khatam ho jaata hai.

Ye bias sirf approach ka nahi, coaching quality tak chala gaya hai, ab game sirf skills ka nahi, financial capacity ka ho gaya hai.

5. Paisa First, Talent Later – Aaj Ke Coaching System Ka Sabse Bada Villain

Aaj ka cricket coaching system ek sad reality par chal raha hai — **jo zyada paisa de sakta hai, uske liye zyada darwaze khule hai.**

Coaching ka matlab sirf skill development hona chahiye, lekin ab ye ek premium service ban chuki hai. Agar aapke maa-baap high fees afford kar sakte hai, to aapko milega:

- Personal coaching one-on-one sessions
- Top-level facilities (indoor nets, turf wickets, bowling machines)
- Match exposure har week
- Fitness trainer aur mental conditioning coach ka support

Aur eska direct effect hota hai growth par. Jiska bat har week match me ghoomta hai, wo real game sense develop karta hai, pressure handle karna seekhta hai, aur har mahine apne game me improvement dekh pata hai.

Doosri taraf, gareeb background se aane wala player — jisme utna hi talent aur junoon hai — sirf bheed wale nets me 20-30 balls batting kar pata hai. Uske liye

- Na koi special coaching plan

- Na real match exposure
- Na fitness aur mental training ka focus

Bas ek do casual instructions milte hai aur routine repeat hota rehta hai.

Yahan gap clear ho jaata hai.

- Ek player apne highlights video banata hai, doosra apna bat saaf karke bag me rakh deta hai.
- Ek ka confidence har match ke saath badhta hai, doosre ka self-belief har season ke saath girta hai.

Sach simple hai, **Jiska bat har week match me ghoomta hai, wo grow karega. Jiska bat sirf net me ghoomta hai, wo sirf sapna dekhega.**

Aur jab system me paisa talent se pehle aata hai, to cricket sirf ek game nahi, ek privilege ban jaata hai.

Jab paisa cricket ka entry ticket ban jaata hai, to asli talent aksar galat jagah atak jaata hai. Aur jab player ek aisi academy me hota hai jahan paisa pehle aur quality baad me aati hai, to naturally coaching ka standard gir jaata hai.

Result? Galat coaching.

Aur galat coaching ek slow poison hai shuru me lagta hai sab normal chal raha hai, lekin dheere-dheere ye aapke game ka structure todta hai. Shot galat, stance galat, bowling action flawed – aur ye sab itna deeply set ho jaata hai ki baad me sudharna mushkil ho jaata hai.

Ab chalo dekhte hain **Galat Coaching ke 6 sabse bade asar**, jo sirf aapke game ko nahi, aapke poore cricketing career ko palat ke rakh dete hai.

6. Galat Coaching Ke 6 Asar

Galat coaching ek player ke liye sirf ek bad phase nahi hota – ye uske career ka **blueprint** kharab kar deta hai.

Cricket me training ka har din ek building block hota hai. Agar wo block galat tarah rakha gaya, to poora structure future me gir sakta hai.

Jo galti aaj training me hoti hai, wo kal match me **result** ban ke saamne aati hai.

Aur cricket me result hi aapka naam, aapki pehchaan banata hai.

Chalo, ek-ek karke samajhte hai ye 6 sabse khatarnaak asar

Effect 1: Galat Technique → Saalon Ki Mehnat Waste

Agar coach aapko wrong technique, ya bowling action sikha de, to aap kitni bhi practice karo, improvement nahi aayega .

Aap sochoge ki aap hard work kar rahe ho, par asal me aap **galat movement ko perfect** bana rahe ho.

Aur sabse badi problem

Jitna time aapne galat technique seekhne me lagaya, utna hi (kabhi kabhi usse zyada) time usse sudharne me lagta hai.

Bahut players ka poora golden phase sirf ess “correction” me chala jaata hai, aur jab tak sahi hota hai, **career ka best time nikal chuka hota hai**.

Effect 2: Wrong Foundation → Match Level Pe Struggle

Net practice me aap confident lagte ho, shots connect hote hai, bowling sahi ja rahi hai.

Lekin jaise hi real match ka pressure aata hai, aapka game gir jaata hai.

Kyun hota hai ye?

Kyunki aapki training sirf nets ke liye design hui thi, wahan na koi scoreboard ki tension, na koi crowd ki noise, na koi real opposition ka intent .

Match me situation badal jaati hai

- Bowler aapko out karne ki planning karta hai.
- Field placement aapke shot ko rokne ke liye hoti hai.
- Target chase ka pressure decisions ko tough banata hai.

Agar foundation match-specific training pe based nahi, to aap ek **practice hero, match ke zero ban jaate ho**.

Effect 3: Cricket Ki Galat Samajh Develop Hona

Agar coach ka focus sirf “ball hit karo” ya “pace lao” pe hai, to aap sochne lagte ho ki cricket sirf **execution** ka game hai.

Lekin sach ye hai ki cricket me:

- Game awareness
- Field placement understanding
- Target chasing ki calculation
- Bowler ke plan ko read karna
- Pressure ke time calm rehna

ye sab equally important hai.

Agar aapko ye nahi sikhaya gaya, to aap sirf instructions follow karoge, apne dimaag ka use nahi karoge.

Result – aap ek dependent player ban jaate ho jo sirf guidance ke sath hi khel sakta hai, khud se match nahi jeet sakta.

Effect 4: Muscle Memory Me Galat Habits Set Ho Jaana

Cricket me muscle memory ka matlab hai ki aapke actions pressure me bhi **automatic** ho jaate hai.

Problem tab shuru hoti hai jab ye automatic actions galat hote hai:

- Bat face wrong hota hai
- Footwork slow hota hai
- Bowling action flawed hota hai

Jab aap match ke tough moment me hote ho, aapki body wahi galti repeat karti hai jo aapne habit me daali thi.

Aur jab ek galat move habit ban jaata hai, usse todna bohot mushkil hota hai – kyunki aapka mind aur body dono usse “normal” samajhne lagte hai.

Effect 5: Weakness Highlight Hoti Hai, Par Sikhaya Kuch Nahi

Bahut coaches, players ki weakness sabke saamne point out kar dete hai

- Shot selection weak hai
- Bowling ka release kharab hai
- Fitness low hai

Lekin problem ye hai ki weakness ko **improve kaise karna hai** eska roadmap nahi diya jaata.

Result:

- aapka self-confidence girta hai
- aap apne talent pe doubt karne lagte ho
- aap match me apni strengths use karne ke bajaye weakness avoid karte ho — aur usse aur zyada fail hote ho

Yahan aapki galti zero hoti hai, par blame aap par aa jaata hai.

Effect 6: Mental Health Ka Breakdown

Galat coaching sirf aapka cricket nahi kahtam karti — aapka **dimaag bhi tod deti hai**.

Socho

Aap saal-dar-saal mehnat karte ho, par selection miss hota hai.

Feedback sirf criticism hota hai, guidance zero.

Gradually aapka mind negative soch se bhar jaata hai.

Impact:

- Practice ka excitement khatam ho jaata hai
- Har match se pehle anxiety badh jaati hai
- aap mental fatigue ke shikaar ho jaate ho, aur match shuru hone se pehle hi haar jaate ho

Ye breakdown ek slow poison hai jo aapke passion aur hunger khatam kar deta hai.

Reminder

Cricket me har player me talent hota hai.

Lekin **galat coaching** us talent ko ya to waste kar deti hai, ya zinda dafan kar deti hai.

Esliye coach choose karte waqt sirf fees mat dekho — uski **niyat, system**, aur aapke liye uska **commitment** dekho.

Kyuki agar selection galat hua, to aap match ground pe nahi, system me hi haar jaoge.

Aur bhai, sabse badi baat ye hai ki ye saare effects sirf tabhi itne dangerous ban jaate hai jab coaching system ke andar ek aur silent killer chhupa hota hai — **politics**.

Yahan mehnat se zyada setting kaam karti hai, talent se zyada surname ka wazan hota hai.

Galat coaching aapki skill todti hai, lekin politics aapka career ka rasta hi band kar deti hai.

7. Coaching Politics – Jab Mehnat Se Zyada Setting Chale

Cricket coaching ka sabse dangerous virus hai, **politics**.

Yahan aap kitna bhi acha khelo, kitni bhi mehnat karo, agar aap wrong group me ho, to aapke khelne ke chances half ho jaate hai.

Politics ka basic formula simple hai:

- Coach ke apne favourites
- Groupism (academy ke andar mini-gangs)
- Unhi logon ka rotation matches me

Aur ye sirf club level ka issue nahi hai. Har level par aisa hota hai.

Virender Sehwag sir ne bola tha:

India me selection me politics hoti hai, par aapko apni performance se itna strong banna padega ki politics fail ho jaye.

Sourav Ganguly sir ka bhi ek famous quote hai:

Mere career me bhi selection politics hui thi, par maine har baar runs se jawab diya.

Problem ye hai bhai, har player ke paas Sehwag ya Dada jaisi platform aur exposure nahi hote. Local aur state level pe, politics ka impact double hota hai kyunki wahan media coverage zero hota hai. Aapke runs sirf scorebook me bante hai, Instagram post me nahi.

Aur mental damage?

- aap har match me performance kar ke bhi bench pe baithe rehte ho.

- aapka confidence slow poison ki tarah girta hai.
- aap sochte ho, “Shayad mai hi kaabil nahi hoon, jabki asli reason politics hota hai.

Aur politics ka sabse toxic extension hota hai – references ka game.

Politics me aapke group decide karte hai ki aapko chance milega ya nahi

par references me aapka naam decide karta hai ek phone call, ek sponsor, ya aapke surname ka weight kitna hai .

Yahan mehnat ki value half ho jaati hai, aur setting ki value double.

8. Reference Wale Players vs Real Players

India ke cricket system me ek alag species hoti hai, **reference wale players**.

Ye wo log hote hai jinka selection skill se zyada phone call se hota hai.

Mechanism simple:

- Coach ya selector ka ek phone call: Ye mera ladka hai, dekh lena.
- Sponsor ya brand ka pressure: es player ko include karo, warna funding cut.
- Influential surname: Agar aapke naam ke aage ek heavy title hai, to aapne half battle jeet li.

Ravichandran Ashwin ne ek baar openly kaha tha ki “References aur connections har level pe kaam karte hai.

Manoj Tiwary ka example le lo – Bengal ka consistent run scorer, phir bhi saalon tak ignore hua kyunki uske paas “right connection” nahi tha.

Wasim Jaffer sir ne accept kiya ki unhone kitne talented players ko sirf Esliye chance nahi milte dekha kyunki unke paas koi reference nahi tha.

Aur bhai, eska emotional effect bahut brutal hota hai:|

- aap perform kar ke bhi sirf “*next time*” sunte ho.
- Har saal ka season aapke liye hope se start hota hai, aur frustration pe end.
- aapka cricket ka pyaar slowly guilt me badal jata hai, Main apne maa-baap ka waqt aur paisa waste kar raha hoon.

*Aur jab reference wale players system ka darwaza aasani se cross kar lete hai,
to agla step hota hai favouritism ka stage.*

*Yahan bas coaching ke andar ke game se shuru hota hai
selection ho chuka hai, ab mauke ka distribution bhi unhi ke liye fix hai.
Matlab reference ne aapko gate ke bahar rok diya,
aur favouritism aapko dressing room ke corner me bithake chhod degi.*

9. Favouritism – Jab Mauka Sirf Rishton Ko Milta Hai

Coaching ka sabse obvious cancer hai – **favouritism**.

Aur eski smell aap pehle week me hi feel kar loge.

Ye ek silent rule hota hai jo koi likh ke nahi lagata,
par har net session, har match me chal raha hota hai.

Net sessions ka fixed batting order:

1. Owner ka beta – chahe batting karni aaye ya na aaye, pehla chance uska.
2. Group ke dost – jo coach ke personal circle me hai.
3. Already selected state players – jinko aur sharpen karne ka excuse dekar har mauka inhi ko.
4. Aur last me – aap jaise players, jinke paas bas talent hai, connection nahi.

Rahul Dravid sir ne ek interview me kaha tha:

Talent ka equal treatment hona chahiye, warna hum: my apne hi system ko weaken karte hai.

Gautam Gambhir sir ne openly bola:

Selection aur opportunity me bias sirf players ko nahi, poore desh ko nuksan deta hai.

Wasim Jaffer sir ka poora career eska saboot hai
consistent performers bhi politics ke shikaar hote hai.

Virender Sehwag sir aur MS Dhoni sir ne bhi accept kiya ki apne playing days me unhone bhi favouritism dekha hai farq bas itna tha ki unhone uske against perform karke survive kiya. Lekin bhai, har player ke paas wo **platform** ya **backup chance** nahi hota. Local academies me to ye picture aur bhi ugly hoti hai:

- Favourites ko double net time milta hai — aur aap waiting line me khade ho.
- Matches me unka batting order hamesha top 3 me hota hai — chahe performance ho ya na ho.
- Bowling me unko new ball se overs milte hai, aapko jab ball purani ho jati hai,

Aur eska sabse bada nuksan?

Real talent sidelines me mar jata hai,

aur system “safe picks” ke saath khush ho jata hai.

Favouritism ek poison hai — jo match se pehle aapka confidence kha jata hai, aur match ke baad aapko bas ek hi line sunai deti hai.

Agli baar try karna.

Favouritism sirf team ka slot nahi le jaata — wo aapke apne upar ka vishwas bhi todta hai. Aur ye kaam wo ek aur dangerous weapon se karta hai — comparison.

10. Comparison Ka Zehr

Coaching me ek aur silent killer hai — **unfair comparison**.

Coach aapko kabhi direct nahi bolta ki aap kharab ho,

lekin har baar aapki performance ko kisi favourite player se compare karta hai.

- Dekha usne kaise khela ? Aap kyun nahi khelte ?
- Usne teen over me 15 run diye, aapne ek over 20 run kaise de diye?
- Wo aapse chhota hai, par kitna acha khelta hai.

Aise comparisons aapke andar guilt bhar dete hai.

Aap sochne lagte ho ki shayad aap waise ban hi nahi sakte.

Match time ki inequality es zehr ko double kar deta hai:

aap match me lower order me bheje jaate ho ya fielding ke liye boundary pe chipka diya jaata hai,

aur favourites ko best batting position.

Result?

- aapka self-doubt har week badhta hai.
- aap apni strength bhool jaate ho.
- Aur ek din aap sochte ho, Shayad cricket mere bas ka nahi.

Par bhai, sach ye hai – problem aap nahi ho.

Problem wo system hai jo aapko har din kisi aur ke scale pe naapta hai, instead of aapki apni progress pe kaam karna

Last line

Galat coaching ek slow poison hai.

Ye aapki technique ya skills ko hi nahi todti

ye aapke andar ka wo player tod deti hai jo sapne lekar academy join karte ho.

Din-ba-din aap practice karte ho, lekin growth zero hoti hai.

Waqt, paisa, aur confidence – teeno slip hote jaate hai.

Aur jab aapki pehchaan sirf “extra player” ban jaati hai,

to aap samajh jaate ho ki yahan match main performance na karne ka matlab scorecard pe zero nahi, apne sapne ka scoreboard blank ho jaana hai.

Bhai, sach ye hai **galat coach aapka career khatam kar deti hai,**

lekin aapko lagta hai ki aap khud hi fail hue ho. Aur yahi wo dard hai jo zindagi bhar chipak ke rehta hai.

Sahi Coaching –

Par kahani ka doosra chehra bhi hai.

Jaise ek galat coach aapko slow poison deta hai,

waise hi ek sahi coach aapko life-long oxygen de sakta hai.

Sahi coaching sirf cricket nahi sikhati —

ye aapko discipline, decision-making, mental toughness, aur pressure me khud pe bharosa rakhna sikhati hai.

Ek sahi coach aapka bas guide nahi hota,
wo aapka **mentor, mirror, aur shield** hota hai.

Mentor — jo aapko raste dikhata hai.

Mirror — jo aapko sach sach batata hai aap kaha khade ho.

Shield — jo aapko system ki politics aur unfair comparison ke zehr se bachata hai.

Aur bhai, jab aapko sahi waqt par sahi coach mil jata hai,
to aap sirf cricketer nahi bante aap apna career jeette ho.

Aur Esliye, galat coaching ka chapter khatam karte hi ek baat yaad rakhna —“
agar ek coach aapko tod sakta hai,
to ek doosra coach aapko bana bhi sakta hai.

Difference sirf itna hai ki aapne konse system me khud ko daala.

Ab chalo samajhte hai, **sahi coaching system kaisa hota hai**
jo aapko sirf player nahi, ek character banata hai.

11. Sahi Coaching System Kya Hota Hai?

Bhai, *sahi coaching system* ka matlab sirf achha net session, cones lagana, ya bowling machine chalana nahi hota.

Ye ek poora **environment** hota hai jo aapke **game** ko sharp karta hai, aapki **soch** ko mature banata hai,

aur aapke **character** ko es tarah shape deta hai ki aap sirf player nahi, ek complete sportsman ban jao.

Ek strong coaching system ka har pillar aapke career ka foundation hota hai:

1. Equal Importance Sabko

Sahi academy me “owner ka beta” ya “favourite group” ka culture zero hota hai.

Yahan har player ka **net time**, **match chance**, aur **feedback** barabar hota hai — chahe aap first-time bat pakad rahe ho

ya state khel chuke ho.

Ek achha coach janta hai ki **kal ka star aaj ki bheed me chhupa hota hai**.

Wo har player ko develop karne ka equal chance deta hai, kyunki talent ka signal kabhi naam ya background dekh ke nahi aata.

2. Match Exposure – Rule, Not Favour

Sahi system me matches sirf favourites ke liye bonus nahi hote,

wo **har player ka basic right** hote hai.

Har kisi ko real game situation ka taste milta hai:

- Powerplay ka attacking pressure
- Death overs ka game
- Last-over chase ka heartbeat-raising thrill

Aur match ke baad sirf “good job” ya “try next time” nahi

har player ka proper **performance review** hota hai jahan unki galtiyan ka solution diya jaata hai.

Yahi wo cheez hai jo practice ko performance me convert karti hai.

3. Pressure Training

Cricket sirf technique ka game nahi, ye temperament ka bhi game hai.

Sahi coaching aapko **deliberately** aisi situations me daalti hai jahan aapko decision lena padta hai jab dimag me pressure, aur saamne opponent attack pe ho:

- 12 ball me 25 run ka chase
- Death overs defend karna jab opponent attacking mode me ho
- Slippery pitch par batting karke adapt karna

Ye drills aapke nerves ko steel bana deti hai,

taaki match ke asli battlefield me aap ghabrao nahi —aap adapt karo.

4. Feedback Loop

Ek sahi coaching system ka sabse underrated weapon hota hai – feedback loop.

Har session ke baad aapko clear roadmap milta hai:

- **Aaj** aapne kya sahi kiya
- **Kya** galat hua
- **Agle 7 din** ka focus kya hoga

Ye loop aapki **growth ka GPS** hai.

Bina feedback ke aap practice to kar rahe ho, par andhere me gaadi chala rahe ho.

Feedback loop aapko har din apni improvement ka mirror dikhata hai.

System chahe kitna bhi perfect lagta ho, uski success sirf ek cheez pe depend karti hai

kon us system ko chala raha hai.

Coach wo driver hai jo aapke career ki gaadi ko finish line tak leke jaata hai.

Agar driver hi galat hua, to chahe gaadi Ferrari ho, aap wrong turn le loge.

Aur esliye ab baat karte hai

12. Kaise Choose Kare Sahi Coach?

Bhai, cricket career ka **sabse pehla aur sabse critical selection** aap khud karte ho, aur wo hai apna coach choose karna.

Ye decision aapka career banata bhi hai... aur galat hua to game shuru hone se pehle hi khatam bhi kar deta hai.

Aksar players sirf naam, facility, ya kisi aur ke kehne par coach choose kar lete hai.

Par sach ye hai ki coach aapke liye **sirf bat-ball ka guide nahi hota, wo aapke poore cricketing mindset ka architect hota hai.**

Esliye es decision me dil nahi, dimaag lagana padta hai.

Type 1 – Khud Khele Hue Coaches

Ye wo log hote hai jo **state, Ranji, India A**, ya kabhi-kabhi **international level** tak khel chuke hote hai.

Unka sabse bada advantage hai **match ka asli pressure** samajhna.

Wo sirf drills nahi karwate – wo aapko dressing room ka environment, match ke beech ke psychological battles, aur real-time decision making ka taste de sakte hai.

Ye coaches aapko wo cheeze sikha sakte hain jo kisi book, YouTube video, ya nets ka normal session kabhi nahi sikha paayega.

Type 2 – Khud Na Khele Par Players Banaye Hue Coaches

Inka apna cricket career shayad top level tak nahi gaya ho, par inhone **doosron ko top level tak push kiya** hota hai.

Enki strength hai **sharp observation** aur **custom roadmap design** karna.

Ye aapke game ko ek architect ki tarah design karte hai, konsi cheez aapke liye fit hai, konsi habits todni hai, aur konse matches aapko next level pe le jaayenge.

Ye coaches aapko system ka shortcut nahi, balki proper structured journey dete hai.

Coach Choose Karte Waqt Ye Checklist Follow Karo

Agar aap sach-me cricket ko career banana chahte ho, to coach choose karna aapka **pehla official selection** hai.

Aur ye selection aap khud karte ho –esmai koi selector, trial, ya reference nahi hota.

Ye aapki responsibility hai ki aap apne sapne ka steering sahi haathon me do.

Chalo, es checklist ko detail me samajhte hai:

1. Naam Se Nahi, Kaam Se Pehchano

- Sirf Instagram followers, flashy posts, ya board pe likha “Trained 10 State Players” dekhkar impress mat ho.

- Har academy apne naam ke saath bade players chipkati hai, par wo players waaqai us coach ke under bane hai ya sirf naam use kiya gaya hai – Esko ground pe jaake verify karo.
- Dekho ki kaam ka process real hai ya sirf marketing chal rahi hai.

2. Coaching Style aapke Temperament Se Match Kare

- Har player ka nature alag hota hai. Agar aap aggressive ho, aapko calm guide coach chahiye jo aapko balance kare.
- Agar aap defensive ho, aapko attacking approach dene wala coach chahiye jo aapki limits tod sake.
- Agar coach aur aapka temperament opposite ho, to training friction ban jaayegi; match me improvement ke bajaye stress milega.

3. Discipline & Dedication Dono Taraf Se

- Coach ki punctuality, har session me full involvement, aur aapka equal commitment – ye dono ek line me hone chahiye.
- Ye relationship two-way hota hai. Sirf coach passionate ho ya sirf player dedicated ho – dono kaam nahi karega.
- Ek disciplined system me hi growth hoti hai.

4. Mental & Emotional Support

- Achha coach aapki skill ke saath aapka confidence banata hai.
- Jab aap form me girte ho, wo aapko uthata hai; jab aap success ho jate ho, wo aapko grounded rakhta hai.
- Wo aapke sapne ko apna sapna samajhta hai, na ki sirf aapko ek fee-paying student.

5. Facilities & Resources Ka Practical Use

- Turf wicket, bowling machine, side-arm specialist – ye sab sirf decoration nahi, aapke sessions ka regular part hone chahiye.

- Sirf show-off ke liye nahi, en tools ka kaam aapka game improve karna hai.
- Facilities dikhana easy hai, use karna commitment mangta hai.

6. Transparent Communication

- aapki galti, aapka role, aapki progress – sab aapke saamne clear hona chahiye.
- Coach jo baatein ghumata hai ya “dekhenge” bol kar time pass karta hai, wo aapka time barbaad karega.
- Cricket me clarity hi confidence banati hai.

7. Progress Tracking

- Har 30 din me aapke game ka review hona chahiye: “Kya improve hua, kya weak hai, agle mahine ka focus kya hoga. ”
- Ye aapki growth ka GPS hai – bina eske aap bas andhere me drive kar rahe hote ho.
- Agar progress record nahi ho rahi, to aap sirf attendance de rahe ho.

Kyuki Coach sirf aapko cricket nahi sikhata, wo aapko aapka future sikhaata hai. Esliye choose karo aankh khol ke, taaki jab aap pitch pe utro, aapko pata ho, aapke peeche ek insaan khada hai jo sirf fees nahi, aapke sapne me invested hai.

Jab aap ek naye coach ke saath start karte ho, to har cheez fresh lagti hai – drills, practice, environment.

Par time ke saath asli test shuru hota hai. Har mahine aapko ye evaluate karna chahiye ki aapka coach aapko sirf busy rakh raha hai, ya sach me grow kara raha hai.

Yahan ek simple self-checklist hai jo aapko batayegi ki aap sahi haathon me ho ya sirf ek routine me atke ho.

13. Agar Already Coach Hai – To Kaise Samjhe Sahi Hai Ya Nahi?

Ek naya coach join karte waqt excitement hoti hai – naye cheeze, naya environment, fresh motivation.

Lekin asli test tab hota hai jab 2-3 saal beet chuke hote hai.

Tab aapko apne aap se ye sawaal poochna chahiye:l

Kya main waqai improve hua hoon, ya bas attendance de raha hoon?”l

Ye 4 checkpoints aapko clear bata denge:

1. Progress Tracking Ho Rahi Hai Ya Nahi?

- Har 30 din me aapka **performance record** ready hona chahiye – konse shots improve hue, bowling me konse variation better hue, fitness ka level upar gaya ya nahi.
- Ye record aapki strengths, weaknesses, aur **next focus area** clear karta hai.
- Agar 6 mahine baad bhi aap wahi player ho jo pehle the, to samajh lo ki improvement sirf baaton me ho rahi hai, ground pe nahi.

2. Feedback Dono Taraf Se Aa Raha Hai?

- Sahi coach aapki galti batata hai **aur** uska solution deta hai – sirf problem list karke nahi chhodta .
- aap apne doubts, struggles, aur issues openly share kar paate ho? Agar aapko lagta hai ki “Coach sunega hi nahi” to ye communication gap aapki growth kill kar dega.
- **One-way communication = slow growth.**

3. Discipline & Accountability Dono Taraf?

- Kya coach **time pe aata hai**, session me fully involved rehta hai, ya mobile me busy rehta hai?
- Kya aapki attendance, effort, aur follow-up drills track hote hai?

- Ye relationship **two-way contract** hota hai — dono taraf se discipline hoga tabhi result aayega. Agar coach loose hai ya aap half-hearted ho, dono cases me progress slow ho jaati hai.

4. Realistic Expectations & Step-by-Step Progress

- Sahi coach aapko unrealistic cheeze expect nahi karega. Wo aapke skill level ke hisaab se achievable targets set karega.
- Growth ek **process** hai, shortcut nahi.
- Har step measurable aur realistic hona chahiye — jaise “Agle din 200 ball pe front-foot drive practice” ya “Agle tournament me strike rotation improve karna.
- Agar aapka roadmap clear hai, to aap sahi track pe ho.

Reminder:

“Sahi coach aapko sirf training nahi deta, aapki progress ka zimmedar hota hai.

Galat coach aapko mehnat kara ke bhi wahi chhod deta hai jahan se aapne start kiya tha.

Agar aap soch rahe ho ki sirf beginners ya academy level players ko hi sahi coach ki zaroorat hoti hai, to bhai, ye ek dangerous galat-fahmi hai.

Cricket ke sabse bade naam — **Virat Kohli, MS Dhoni, Sachin Tendulkar, Rohit Sharma, Yuvraj Singh, Rahul Dravid, Hardik Pandya** — sabne openly ye accept kiya hai ki unki success ka base unke coaches ne banaya.

Unhone na sirf technique sudhari, balki unki *soch, temperament, decision-making*, aur *pressure handle karne ki capacity* tak ko shape kiya.

Ye coaches unke liye sirf cricket ke teacher nahi the — wo ek mentor, ek emotional backbone, aur ek silent strategist the jo unke har match ke peeche khade the.

Aur ye baat aapke liye Esliye important hai kyunki agar world-class players — jo already gifted aur talented the, apni safalta ka credit apne coaches ko dete hai, to hum jaise developing players ke liye to coach ka role literally **life-or-death factor** ban jaata hai.

Sahi coach आपको banata hai, galat coach आपको शुरू होने से पहले खतम कर देता है।

चलो, अब उन ही लेंड्स की अपनी जबाबें सुनें हैं, उन्होंने अपने कोचों के बारे में क्या कहा, और कैसे उनके मेंटरशिप ने उनकी जिंदगी बदल दी।

Apne Coaches ke Liye Respect in Their Own Words

1. Virat Kohli – Rajkumar Sharma

Main aaj jo bhi hoon, unki wajah se hoon. Unhone mujhe sirf cricket nahi sikhaya, discipline aur dedication ka matlab samjhaya. ”

Virat का कहना है कि Rajkumar Sharma सिर्फ एक क्रिकेट कोच नहीं, उनकी life के कोच थे। उन्होंने Virat को ये सिखाया कि मैच जितना फील्ड पे होता है, उतना ही अपने दिमाग में होता है।

2. MS Dhoni – Chanchal Bhattacharya

“Coach ने मुझे ये सिखाया कि game को simple rakho. Agar aap basic cheeze perfect kar loge, to bade results apne aap aayenge.

Dhoni का calm temperament, pressure में decision लेना — ये सब उनके कोच की approach का असर है।

3. Sachin Tendulkar – Ramakant Achrekar

Agar Sir na hote, to main cricketer hi nahi banta. Unhone mujhe apna waqt, apna bhavna aur apna vision diya. ”

Achrekar Sir ने Sachin को Mumbai के हर मैदानों में घुमा-घुमा के मैच खिलाने, ताकि हर situation में adapt करना आसानी से हो सके।

4. Rohit Sharma – Dinesh Lad

“Sir ने मुझे batsman बनाया। Agar unhone mujhe opening ka chance na diya hota, to shayad aaj main yahan na hota. ”

Rohit के career का turning point tab आया जब उनके कोच ने उनकी batting order बदली एक decision जिसे उनकी पूरी जिंदगी बदल दी।

5. Yuvraj Singh – Yograj Singh

“Mere father aur coach ne mujhe life ke sabse tough sessions diye, taaki main ground pe kabhi weak na padun. ”^l

Yuvraj ki fitness, aggression aur fighting spirit ka seed unke coach-cum-father ne bachpan me hi boya tha.

Agar cricket ke sabse bade naam bhi apni safalta ka credit apne coaches ko dete hain, to aap socho – sahi coach aapke liye kitna important hai.

Talent aapko starting line tak le jaata hai, par sahi coach aapko finish line tak pahunchata hai.

Last line

Cricket me talent ek beej hai – par coach uska maali.

Galat maali beej ko paani dene ke bajaye, uski jad hi sukha deta hai. Aur yaad rakhna, galat coach aapki technique ya skill nahi bigaadta... wo aapki poori pehchaan, aapka confidence, aapka career tod deta hai.

Lekin sahi coach?

Wo aapko sirf cricket nahi sikhata. Wo aapko sikhaata hai kaise khud pe bharosa rakho jab poora system aapke khilaaf ho. Wo aapki skills polish karta hai, aapka dimaag train karta hai, aur aapke character ko shape deta hai.

Cricket ka asli safar tab shuru hota hai jab aapko wo insaan milta hai jo aapko sirf player nahi, insaan banata hai.

Aur jab aap pitch pe utarte ho, aapko pata hota hai , aapke piche ek aisa coach khada hai jo sirf fees nahi, aapke sapne me invested hai.

Ye Line yaad rakhni hai

Sahi coach aapko banata hai, galat coach aapko khatam kar deta hai. Faisla aapka hai aap apna career kis haath me dete ho.

Chapter 3

Financial pressure

Aap khelne ke laayak the, par system ke laayak nahi ban paye.

Kyunki aapke paas game tha

par system ko game se zyada background chahiye tha.

Aapke paas sapna tha, par budget nahi.

Aapke paas mehnat thi,

lekin system ko sirf naam chahiye tha

pehchaan chahiye thi.

Cricket ka sapna to har gali, har sheher, har chhoti academy mein palta hai.

Par sach ye hai

ye sapna sirf usi ka poora hota hai jiske paas paisa hota hai,

ya fir koi aesa insaan jo aapke liye system ke khilaf khada ho sake.

Roz bahut players ground jaate hai,

pasina nahi — *poori zindagi chhod ke aate hai.*

Game unka bhi hota hai,

lekin jab match ka waqt aata hai,

to decide game se nahi , *paise se hota hai.*

Ye chapter un sab ke liye hai

jo har din sirf ek soch ke saath jeete hai

Main sirf paisa na hone ki wajah se apna khel na haar jaun.

Aapne kabhi haar nahi maani.

Na apne dream se, na us system se jisme jagah banana padti hai.

Aapke jaise log hi proof hai, ki game sirf bat aur ball ka nahi hota
wo to *belief, discipline* aur *zid* ka hota hai.

Aur agar support nahi mila,

to aapne khud apne liye rasta banaya.

Ye kahani aap jaise har player ke naam,

jo sirf ek chance ke liye poori zindagi daav pe laga dete hai.

Jinhone system ko nahi,

sirf apne game ko follow kiya.

Aapne kabhi system ke rules nahi maane,

kyunki aapko sirf ek cheez chahiye thi, **ek mauka.**

Lekin aap jaise player ke liye struggle sirf ground tak limited nahi hoti.

Wo struggle ghar ke andar bhi hoti hai,

budget ke figures mein,

aur un sawalon mein jinka jawab kisi academy ke coach ke paas nahi hota.

System ka support a milna ek alag pain hai

lekin financial pressure usse bhi zyada dangerous hota hai.

System to kabhi kabhi unfair hota hai,

par paisa har roz test leta hai.

Aur wahi asli test hai.

Wahi test jo talent ko crush karta hai,

sapne ko slow karta hai,

aur kabhi kabhi game chhodne tak le jaata hai.

2. Financial Pressure Kya Hota Hai?

Financial pressure cricket mein sirf “paise ki kami” nahi hoti

ye ek invisible tension hoti hai jo har din aapke saath ground tak aati hai,
aur har shot ke pehle dimag ke kone mein awaaz ban kar ghoomti hai.

Aisi awaaz jo dusre sun nahi sakte,
lekin aap ignore bhi nahi kar sakte.

Har din ek naya stress

- Bat purana ho gaya hai, grip ghis gayi hai. Par naya kharidne ke paise nahi hai.
- Coach ne bola gym zaroori hai, par gym ka monthly plan afford nahi ho raha.
- Outstation match mila hai, par travel aur stay ka kharcha kon uthaye?
- Nutrition important hai, par ghar mein abhi regular khana bhi manage karna mushkil hai.

Aap practice ke liye ground pe jaate ho,
lekin poori focus practice pe nahi hota

half focus game pe hota hai, half tension pe.

Ye tension dikhayi nahi deti, par shot ki timing chura leti hai, confidence ki jagah doubt bhar deti hai. Kayi baar aap ache form mein hote ho,
par mind itna cluttered hota hai ki game affect hone lagta hai. Aur log bolte hai, **form down ho gayi hai. Koi nahi puchhta , paise ka pressure to nahi le rahe?**

Ye sabse dangerous part hai.

Ye pressure na stats mein dikhayi deta hai,
na kisi scoreboard mein.

Par ye har chhote decision ko impact karta hai

chaahe bat lena ho, match ke liye travel karna ho, ya sirf academy ki monthly fee bharna ho.

Financial pressure silent hota hai

par uska impact loud hota hai.

Aap jitna bhi focused ho, jitna bhi passionate ho, jab har chhoti zarurat ke liye paisa ka sochna pade, to aapka mind game pe 100% nahi lagta.

Aur wahiin se shuru hota hai **farq**. Farq un logon ke beech jinke paas support hota hai,

aur unke beech jinke paas sirf sapna hota hai.

Game dono ka strong hota hai,

lekin conditions alag hoti hai.

Kisi ka sapna cushion ke upar hota hai,

aur kisi ka sapna bare floor pe,

jahan har knock se pehle “**agar**” aur “**kaise**” khade hote hai.

Aur ye farq sirf cheezon ka nahi hota, ye farq mindset ka hota hai, freedom ka hota hai,

aur end mein, **execution ka hota hai**.

3. Jinke Paas Paisa Hai vs Jinke Paas Nahi Hai

Cricket ground pe sab same lagte hai.

white kit, bat haath mein, spike pair mein.

Lekin ground ke bahar ka **asli farq** kisi ko dikhayi nahi deta.

Wo farq game ka nahi, **support system** ka hota hai. Aur ussi farq se tay hota hai ki kon aage jaayega, aur kaun sirf koshish karte karte reh jaayega.

Jinke Paas Financial Support Hota Hai:

Unke paas **game ke alawa sab kuch ready** hota hai. Unko bas khelna hota hai, baaki har cheez smooth chalti hai.

- tournament ke pehle **naya bat, nayi spike, fresh kit**, sab available hota hai
- Private coaching milti hai, jahan unhe **1-on-1 feedback** diya जाता है
- Special net sessions, video analysis, skill drills, har detail pe kaam hota hai
- **Gym, physio, diet, supplements, recovery routines**, sab track par hota hai

- Koi bhi match mile, chahe kisi bhi city ka ho— **travel, stay, food** already arranged hota hai

Result?

Unka focus sirf ek jagah hota hai: *performance*.

Na stress, na financial worry, na physical compromise.

Bas game, aur game ka next level.

Esliye unka execution sharp hota hai.

Wo har opportunity ko full power se lete hai,

kyunki unka system unke peeche khada hota hai.

Jinke Paas Financial Support Nahi Hota:

Unke liye cricket sirf game nahi hota, **daily fight** hoti hai.

Wo har din **survive kar rahe hote hai**, perform nahi.

- Bat toot jaaye to replacement luxury ban jaata hai, ek pura mahina stress mein chala jaata hai
- Purane spike mein grip nahi hoti, footwork suffer karta hai — par adjust karna padta hai
- Gym ki fees nahi, to **terrace pe push-ups aur resistance band se body banani padti hai**
- Match milta hai, par agar outstation hai to **ticket aur stay ka kharcha rok deta hai**
- Fitness injury aaye to physio afford nahi hota — aur rehab ke bina wapas ground pe jaana risk ban jaata hai

Result?

Wo talent dikhata hai, par condition usse full perform nahi karne deti.

Uska dimag hamesha do jagah hota hai, ek game pe, aur ek ghar ke budget pe.

Wo player game ka nahi, **struggle ka ban jaata hai**.

Bahut baar wo selection tak pahuchta hai,

par ek naya bat na hone ki wajah se confidence down hota hai.

Bahut baar wo match chhod deta hai,
sirf Esliye kyunki uske paas ticket ke paise nahi hote

Ye Farq Dikhai Nahi Deta

Par Game Ka Level Andar Se Alag Hota Hai

Scoreboard pe sirf runs, wickets, overs likhe hote hai, **backstory nahi likhi hoti.**

Kisi ko pata nahi hota ki us 50 runs ke peeche

kitne mahine ki mehnat thi, kitni baar pet khali raha, aur kitni baar player ne match khelne ke bajaye, sirf paisa bachane ka decision liya.

Esliye, jab hum kehte hai, **Sab equal nahi hote**

Eska matlab talent ka farq nahi hota, **facilities ka farq hota hai.** Aur jab farq facilities ka hota hai, to **fight bhi unfair hoti hai.**

Aap talent le aaye, aap mehnat bhi kar rahe ho,

lekin aapke saamne har step pe ek invisible wall khadi ki ja rahi hai.

Wo wall kabhi **entry fees** ke form mein aati hai,

kabhi **trial ke kharche,**

kabhi **equipment aur nutrition** ke naam pe.

Aap game ke liye ready ho, par system sirf unko allow karta hai jo **game ke saath paisa bhi le kar aaye.** System aapko seedha mana nahi karta, wo bas itni financial hurdles daal deta hai

ki aap thak kar, haar kar, **khud hi game se hat jaaye.**

4. System Mein Financial Pressure Kaise Banta Hai?

Cricket ka system khud pressure banata hai

aur un players ko ignore karta hai jinke paas **show-off ka budget** nahi hota.

- **Academy Selection Bias:** Jo ladka time pe fees deta hai,
wo hi trial mein full support ke saath dikhta hai.

Jiska balance pending ho, uska naam bhi list mein neeche hota hai.

- **Trial & Travel Expenses:** BCCI bolti hai “trial free hai, ”

lekin travel, hotel stay, food, nutrition – sab khud ka kharcha, Talent free mein prove karna padta hai, par platform pe pahuchne ka raasta paisa maangta hai.

- **Private Tournament Charges:** Aaj ke time mein har doosra match

entry fee, jersey charge, team contribution maangta hai. Talent ki jagah wallet weight dekha jaata hai.

- **No Scholarship Culture:** System ke paas koi proper **safety net** nahi hai, un players ke liye jo talent to le kar aaye hai, par paise ke maamle mein weak hai, Kisi academy ka structure nahi hai jo unhe support kare, jab unka sapna financial stress ke beech hilne lage. **Jo paisa laa sake, wo khelega. Jo sapna laa sake, wo wait karega.**

System gareebon ke bacchon se directly kabhi nahi kehta “na khelo, lekin uske aas-paas itni financial barriers khade kar deta hai, ki wo khud hi sochne lagta hai, shayad ye game mere liye nahi tha.

System aapko directly mana nahi karta

wo bas aapke aas-paas itni invisible barriers laga deta hai

ki aap match khelne se pehle hi mentally thak jaate ho.

Aur sabse dangerous part?

Ye pressure **sirf aapki pocket tak simit nahi rehta**

ye dheere-dheere aapke andar ghus jaata hai.

Aapka mindset, aapka confidence,

aapka passion – sab under attack chala jaata hai.

Financial pressure, jab lambe samay tak saath rahta hai,

to wo sirf paise ki nahi – player ki poori personality ki fight ban jaata hai.

Ab samjhiye, ye pressure **ek player ko kaise todta hai , point by point.**

5. Financial Pressure Ke 5 Effects

Effect 1: Mental Health Crash

Jab har din paison ki soch ho,

to player ke liye game sirf sport nahi, guilt ban jaata hai.

- Main ghar pe bojh to nahi ban raha?
- Papa already struggle kar rahe hai, main unse bat kaise maangu?
- match mein jaana hai, par uske liye bhi extra kharcha.

Ye soch har din confidence ko kaat-ti hai.

Wo apne sapne ko chase karte hue **guilty feel karta hai**.

Uska self-worth kam hone lagta hai,

aur wo slowly mentally **burnout** ki taraf jaata hai.

Effect 2: Game Ka Enjoyment Khatam Ho Jaata Hai

Jo game kabhi maza deta tha, wo ab **burden** ban jaata hai. Game sirf khelna nahi hota,

ab har move se pehle paisa ka calculation chalu ho jaata hai.

- Shot maaru? Agar bat crack ho gaya to agli baar kaise kheloonga?
- Spike slide kar rahi hai, par naye lene ka budget nahi
- Match ke baad recovery karni hai — par gym pass expire ho gaya hai

Passion pressure ban jaata hai.

Wo ladka **risk lena chhod deta hai**, safe game khelta hai,

kyunki uske paas game ke loss ka bhi financial risk hota hai.

Effect 3: Preparation Poor, Confidence Weak

Ek player ki game ka base hota hai — **tayyari**.

Aur jab financial pressure aata hai,

to sabse pehle uski tayyari wala system collapse karta hai

- Gym membership afford nahi hoti
- Nutrition follow nahi ho paata
- Coach se extra sessions lena mushkil ho jaata hai
- Net practice irregular ho jaati hai kyunki travel cost nahi milta

Aur result?

Player game se pehle hi apne aap pe **doubt karne lagta hai.**

Main us level pe ready hoon ya nahi?

Confidence us point pe aa jaata hai jahan **selection se pehle hi rejection feel hone lagta hai.**

Effect 4: Missed Opportunities

- selection ki call aati hai, par travel cost manage nahi hoti
- Match hota hai, par jersey kharidne tak ka paisa nahi
- Selection list mein naam aata hai, par **medical/fitness** ke charges afford nahi ho paate

Aur aise mein player system se bahar nahi hota **aur na apni galti se**, wo bahar hota hai **sirf paise ke karan.**

Bahut baar ladka eligible hota hai, deserving hota hai,

par system usse allow nahi karta,

kyunki uske paas **entry fees nahi**,

ya **match day logistics cover nahi hote.**

Effect 5: Long-Term Dropout

Sabse painful phase tab aata hai, jab player **andar hi andar khud se haar jaata hai.**

18-20 ki age tak cricket ka pressure, financial tension, aur family ki expectations mil ke itna stress create karte hai, ki wo ladka game chhod deta hai.

Wo koi farewell nahi leta.

Wo kahi announce nahi karta.

Wo bas silently **job search shuru kar deta hai.**

- Game tha sapna... par ghar mein paisa chahiye.
- Papa ko support chahiye bat baad mein.
- Sapna tha, par paisa usse bada nikla.

Ye log system se nahi haarte

ye log majboori se haarte hai .

Jab pressure itna ho jaaye ki player ka sapna hi us par bojh lagne lage,
toh sirf do raaste bachte hain —

ya toh game chhodo, ya fir **game ko itna dangerous bana do ki system ignore na kar sake.**

Aap paisa control nahi kar sakte.

System bhi shayad change na ho turant.

Lekin aapka *sochne ka tareeqa* — wo aapke haath mein hai.

Ab samjhiye, 5 solution jinke through aap system ke bahar soch ke aage badh sakte ho

chahe support mile ya na mile.

1. Bahane Mat Dhoondhiye, Taiyari Dikhaiye

Aapke paas paisa kam hai? es pain ko samajhta hoon, kyunki **ye sabse common struggle hai** par sabse kam samjha jaane wala bhi.

Lekin agar aap **har din esi baat pe ruk jaate ho** ki mere paas ye nahi, wo nahi hai, to game se pehle aapka confidence hi chhup jaata hai.

Aapka focus game pe hona chahiye, na ki problem pe.

Jo control mein hai, usme 100% dejiye

- **Gym nahi ja pa rahe?** → Ground pe hi circuit lagaiye: push-ups, planks, squats, sprints.
- Bodyweight workouts hi base banate hai strength ka.
- **Protein afford nahi?** → Anda, chana, doodh, dahi, seasonal fruits
- ghar ke basic options bhi aapko recovery aur energy de sakte hai.
- **Bat purana hai?** → Us bat ke saath 500-1000 shot mar kar timing perfect kariye. Technique pe focus kariye, saman pe nahi.

Cricket kabhi facility-based sport nahi tha

ye ek **grind-based journey** hai.

Aapka routine agar itna solid ho jaye
ki aap har din kuch na kuch better kare,
to ek waqt aayega jab system ke liye aapko ignore karna loss ban jaayega. Facility
nahi milti, theek hai, lekin aap apne standard se kabhi compromise mat kariye.

2. Dard Ko Samjhiye, Use Game Ka Hissa Banaiye

Aapne struggle dekha hai, Eska matlab aap ne duniya ka asli rung dekh liya
hai. Ye dard aapka minus point nahi, ye aapki identity, aapka foundation hai.
Jab log paisa laga kar bat lete hai, to unke paas ek tool hota hai. Lekin jab aap
ek purane bat se 100 run bana dete hai, to aapke paas ek kahaani hoti hai.

Inspiration Rinku Singh se lijiye:

unhone pain se power banayi.

Dhoni ne TTE ki shift ke baad match khela.

Siraj ne torn shoes mein bowling kari

ye log roye nahi, run banaye.

Jab koi aapke shoes dekh ke aapko judge kare, to unke face pe aap apna timing
drop kijiye. Aapki har performance ek record se zyada hai

wo ek signal hai un players ke liye

jo aapki tarah hard ground, tight budget aur bade sapne le kar chal rahe hai.

3. Cricket Sirf Player Ban Kar Nahi, Pura Khel Samajh Kar Jeeta Jaata Hai

Har kisi ko national team ki jersey nahi milti

lekin cricket sirf jersey tak simit nahi hai.

Agar system aapko player banne se rok raha hai, to aap game se alag mat ho
jaiye.

Game ke andar kisi aur role mein apni jagah banaiye:

- Coach
- Scorer

- Fitness mentor
- Analyst
- Umpire
- Academy founder ya guide

Aapka dard aapko sabse zyada qualified banata hai, **kyunki aapne wo feel kiya hai jo dusre sirf bolte hai.**

Jo aapko nahi mila, wo kisi aur ko dena

wahi aapka contribution ban jaata hai.

Aap apne area mein ek **safe zone** create kar sakte hai, jahan players facility na hone par give-up na kare.

Aur bhai, ye sirf cricket ko nahi — **zindagi ko bhi shape karta hai.**

4. Jab Paisa Na Mile, To Khud Kamaiye — Par Game Se Juda Rahiye

Paise ki kami sab jhelte hai, lekin jo player smart hota hai, wo practice aur paisa dono ko parallel chala leta hai. Ye koi “chhoti soch” nahi,

ye mature planning hai:

- =Delivery ka kaam (Swiggy/Zomato): raat ke 2–3 ghante
- =Tuition dena: subah ya evening
- =Weekend umpiring: 2 matches = ₹1500–2000
- =Side-arm throwdowns: ₹500–1000 per session

Esmain apka cricket disturb nahi hota,

aap financially bhi stable hote ho

aur game se **physically aur mentally connected** bhi rehte ho.

Jab aap khud ka bat khareedte ho,

to uska weight nahi — **uski value badhti hai.**

Ye self-dependence aapko sirf financially nahi, **mentally bhi ready banata hai.**

5. Sapna Tabhi Poora Hota Hai Jab Aap Uske Saath Plan Bhi Banaate Ho

Sapne ke liye sirf passion nahi, **planning bhi utni hi zaruri hoti hai**. Aap chahein India ke liye khelna chahte ho , ya apni city ka best player banna chahte ho .

aapko **khud ka roadmap likhna padega**.

- ₹1000-2000 monthly save kariye
- Ek notebook/Excel sheet maintain kariye
- Track kijiye:
 - → Practice kharche
 - → Match travel
 - → Fitness + Equipment
 - =→ Monthly target

Aap jab financial emergency face karte ho

to ye small savings **aapka stress hata deti hai** aap ka dream bada ho sakta hai, lekin uska maintenance bhi zaruri hai.

Cricket **emotion se chalta hai**, lekin **budget se tikta hai**. Aur agar aap disciplined ho, to ye chhoti planning **aapko game ke har mod pe savdhaan banati hai**.

Aapne ab tak solutions padhe hard reality ke against khud ko kaise taiyaar rakhna hai, kaise plan banana hai, kaise system ke bahar sochna hai.

Par ab aapke dimaag mein ek sawaal ho sakta hai, Kya ye sab sirf likhne ki baatein hai?Kya sach mein koi gareeb, background se uth kar system ko hila sakta hai?

To jawab sirf lafzon se nahi,

jeeti jaagti kahaaniyon se milta hai.

Ye aise players hai jinhone

- paisa nahi dekha
- coaching system ka support nahi tha
- par ek cheez kabhi nahi chhodi, **game ke liye commitment**

Ye examples koi film ke dialogue nahi hain

ye asli zindagi ke pages se nikle logon ke naam hai, jinhone sab kuch haar ke bhi game nahi chhoda. Ab padhiye un logon ke baare mein, jinhone paisa kam hone ke baad bhi itna bada impact kiya, ki system ne khud kaha, Humse galti ho gayi.

Example 1: Rinku Singh – Bat kam the, bhookh zyada thi

Rinku Singh ki cricket journey shayad sab ne TV pe dekhi ho, lekin uske peechhe ki kahani utni hi raw aur real hai.

Aap sochiye – aapka ghar ek 2-room quarter ho, papa LPG cylinder delivery ka kaam karte ho,

aur aap 5 bhai-behen ke beech bade ho rahe ho. Rinku ke liye cricket passion nahi tha survival ka ek raasta tha. Wo practice karne jaata tha, lekin kayi baar match fees bharnе ke paise nahi hote the. Bat toot jata, to naye bat ka intezaar nahi, us purane bat se hi shots maarne ka level aur better karte the. Rinku ke ghar mein log kehte the:

Itna time practice mein daal raha hai, return kya aayega?

Lekin unhone un questions ka jawab bat se diya, jab usne IPL mein last over mein 5 chhakkay maar kar match palat diya.

Us din sirf KKR match nahi jeeta tha,

us din har gareeb player ne ek belief jeeta tha

ki dard se nikla player kabhi average nahi hota.

Lesson:

Aapke paas latest bat ho ya na ho

agar aapke paas **pain ko fuel banane ka junoon hai,**

to ek na ek din aapka naam bhi crowd ko yaad ho jaata hai.

Example 2: Mohammad Siraj – Auto ke peeche ka sapna, India ke jhund mein awaaz bana

Siraj Hyderabad ke ek simple ghar se aate hai.

Unke pitaji auto chalaate the, aur ghar mein income limited thi.

Aap sochiye — ek ladka jiske paas ache shoes nahi hote, na koi coaching system, aur na hi koi flashy academy support.

Siraj ke liye **cricket luxury nahi tha, routine tha** .

Wo garmi ho, thand ho, har din bowling karte the. Ek waqt aaya jab unhone Hyderabad ke domestic match mein pace aur line se sabko hila diya. **Un ki bowling se nahi nahi — unki kahani se log emotional hue.**

Unhone IPL mein entry li, aur jab use apne pehle paise se **papa ka auto chhudaaya**,

tab duniya ko samajh aaya: Sirf talent nahi, temperament jeeta karta hai.

Lesson:

Agar aapke paas resources nahi hai,

to bhi agar **aap har din consistent ho**,

to duniya aapki noise ignore nahi kar paayegi.

Ant Mein Ek Hi Baat — Aap tab Haarengi Jab Tak Aap Ruk Jaayenge

Agar aap yahan tak padh chuke ho,

to aap **sirf ek reader nahi, aap ek aise player ho jo ruka nahi — jhuka nahi.**

Ho sakta hai aapke paas naye gloves na ho, lekin agar aapke andar game ke liye **izzat, discipline aur fire** hai, to आपको koi bhi system permanently rok nahi sakta.

Cricket sirf bat aur ball ka khel nahi

ye aapke character ka asli test hai.

Jo player system ke khilaaf lad kar khud ko banata hai, **wo kabhi team ke andar ho ya bahar, legend usse hi kehte hai.**

Aapne shayad har wo cheez face ki hai

jo ek young cricketer ka sapna todne ke liye kaafi hoti hai, paisa nahi, support nahi, facility nahi. Lekin agar aap phir bhi khel rahe ho,

to aap ordinary nahi — **fighter ho**. Har system, har structure, har bias sirf ek cheez se tut-ta hai

jab player sab kuch na hone ke baad bhi khud ko prove kar deta hai. Wo proof scoreboard se nahi, **daily struggle se, daily commitment se likha jaata hai.**

Aur jab aap apne pain ko excuse nahi,
energy bana kar ground pe nikalte ho
to duniya sirf aapka game nahi dekhti,
aapka fire mehsoos karti hai.

Last line

Cricket mein paisa hona advantage hai,
lekin paisa na hona disadvantage sirf tab hai
jab aap khud maan lo ki aap haar gaye.
Aapke paas paisa nahi ho sakta , lekin agar aapke paas **junoon, direction aur plan** hai,
to aap **kisi bhi system ko jhukne pe majboor kar sakte ho. Gareebi ne bahut sapne roke hai,**
lekin jo bande **system ka jawab performance se dete hai,** unke liye system khud kehta hai
Humse galti ho gayi.

Chapter 4

Platform & Exposure

Har subah ek chhoti si gali mein, ek ladka subah se raat tak apne sapno ke liye mehnat karta hai Uski aankhon mein sapne hote hai, jo usse uski chhoti si duniya se bahar le jaa sakte hai.

Roz wo apni academy ke khule maidan mein practice karta hai, mitti mein gir kar uthta hai, kabhi haar nahi maanta. Lekin jab wo selection ke liye trial dene jaata hai, to system ke darwaze par uska naam nahi hota.

Talent tha, par platform kyu nahi mila? ye sawal uske dil ko roz dard deta hai. Usne apni har koshish ki, har din apni himmat badhai, par system mein uske liye jagah nahi thi.

Sapne to the, junoon tha, dedication thi — par system ki kitaab mein uske sapno ko koi jagah nahi di gayi.

Kya sach mein talent ke bina platform milta hai? Ya platform ke bina talent ka koi matlab nahi?

Es chapter mein hum un chupke hue heroes ki kahani samjhenge, jinke paas talent to tha, par platform unke sapne poore karne se ruk gaya. Aur saath hi dekhenge ki kaise aap apna khud ka platform khud create kar sakte hai, apni kismet ko khud likh sakte hai.

Ye kahani har us cricketer ki hai jo apni jagah banane ki ladai lad raha hai, jo kabhi haar nahi manta, aur jo janta hai — sapna sach hoga, agar platform mil jaye.

Starting mein humne btaya ek passionate ladka mehnat karta hai, par system usse ignore kar deta hai. Ye scene humare dil ko chhoo jaata hai aur hume sochne par majboor karta hai — talent hone ke bawajood platform na milna kitna painful ho sakta hai.

Ab jab humne ye dard aur problem samajh liya, to agla logical kadam hai ye jaana ki **“Platform” asal mein kya hota hai?** Kya ye sirf match ya ground hai? Ya esse badhkar kuch aur hai?

Tabhi hum platform ke asli matlab aur uski importance ko samajh sakte hai, taaki hum apni aur doosron ki journey mein esi se pehchan sake.

2. Platform Kya Hai?

Platform sirf ek cricket ground ya match nahi hota, balki ek poora system hota hai jo talented players ko world ke samne laata hai.

Eska matlab hai ki platform wo mauke hai jaise matches, trials, selections, tournaments — jo aapko apna talent dikhane ka chance dete hai.

Platform ka matlab hota hai

- **Opportunity:** Aapko khelne ka chance mile, taaki aap apne skills dikha sako.
- **Access:** Aap tak selectors, coaches, aur scouts ki pahunch ho.
- **Visibility:** Aapke performances ko log dekh sake, samjhe, aur recognize kare.

Bina platform ke, chahe aap kitne bhi talented kyu na ho, aapka talent adhura rehta hai wo invisible ho jata hai. Bahut baar System aise players ko nazarandaz kar deta hai, esliye wo real cricket ki duniya se bahar rah jaate hai.

Esi wajah se platform ki importance samajhna aur apni jagah banane ke liye khud ko expose karna bahut zaroori hai.

Platform ka matlab samajhne ke baad ab zaroori hai ki hum samjhein **exposure** ka asli matlab kya hai.

Platform aapko khelne ka mauka deta hai, magar agar aapki performance ko logon tak, selectors tak, ya decision-makers tak nahi pahunchaya gaya, to platform ka poora faayda nahi hota.

Esliye exposure platform ka ek important hissa hai — wo visibility jo aapke khel ko duniya ke saamne laati hai.

Exposure ke bina platform ka matlab sirf khud se khelna hai, jiska koi asli impact nahi hota. Aur exposure ke bina aapki mehnat frustrated ho jaati hai.

Esliye samajhna zaroori hai ki platform aur exposure dono saath-saath chahiye taaki aap apne sapno ko sach kar sako.

3. Exposure Kya Hai? — Platform Aur exposure main Kya Farq Hai?

Exposure matlab wo visibility jo aapki performance ko selectors, coaches, aur public tak pahunchati hai.

Sirf khelna (platform) kaafi nahi hota, khel ko logon tak dikhana (exposure) zaroori hai.

Maan lo aapne ek match khela, par koi dekh nahi raha, na selectors the, na koi media ya audience — to aapka exposure zero hai. Aisi situation mein aapka talent chhupa reh jaata hai.

Eska matlab hai:

- **Platform bina exposure = effort waste:** Aap jitni bhi mehnat karo, agar usse log nahi dekhte, to wo mehnat adhoori reh jaati hai.
- **Exposure bina platform = frustration:** Agar aapko exposure mil raha hai, lekin aapko khud khelne ke mauke nahi mil rahe, to aap frustrated feel karte ho.

Esliye — platform aur exposure — dono milke hi aapko aage badhne ka asli chance dete hai

Jaise humne samjha ki platform aur exposure dono hi zaroori hai— platform aapko khelne ka mauka deta hai, aur exposure aapke khel ko duniya ke saamne laata hai. Dono ke bina aapki journey adhuri reh jaati hai.

Lekin sirf ye samajhna kaafi nahi hai ki ye dono cheezein hai. Zaroori hai ki hum samjhein ki **ye platform aur exposure ki timing kitni important hoti hai**, aur system kaise es timing ko lekar aapke career ko prabhavit karta hai.

Kyunki cricket mein talent ka peak ek limited time window mein hota hai, aur agar aapko us sahi waqt par platform aur exposure nahi milta, to aapke sapne adhoore reh sakte hai.

Esi wajah se ab hum ye samjhenge ki platform aur exposure ka sahi waqt milna kyun itna crucial hai, aur late platform ya exposure ke kya nuksaan ho sakte hai.

4. Kyun Zaroori Hai Platform & Exposure? Timing aur System ka Khel

Cricket mein talent ka peak sirf ek limited time window mein hota hai. Matlab har player ke paas ek aisa samay hota hai jab wo apne best performance dene ke liye tayar hota hai, aur us samay agar use sahi platform aur exposure nahi milta, to uska sapna adhura reh jaata hai.

Sahi waqt par platform aur exposure milna matlab ye hai ki jab aap physically fit ho, mentally strong ho, aur apne skills ki peak par ho, tab aapko mauka mile apne talent ko dikhane ka. Agar ye mauka delay ho jaye, to aapka confidence toot sakta hai, performance gir sakti hai, aur kabhi-kabhi career waste ho jata hai.

Late platform ya exposure milne ka sabse bada nuksaan ye hai ki aapka momentum toot jata hai. Jab aap apne best form mein nahi hote, to selectors aur coaches aapko serious nahi lete. Esse aapko aur zyada mehnat karni padti hai, par kai baar wo mehnat wapas rang nahi lati.

Cricket asal mein ek **stage ka game** hai. Matlab, aapko wo stage milna zaroori hai jahan aap apne talent ko duniya ke saamne laa sako. Jab tak aap us stage par nahi aate, duniya aapko notice nahi karti. Aap kitne bhi talented kyu na ho, agar stage par nahi ho, to log aapke baare mein nahi jaanenge, aapka talent chhupa rahega.

Esliye platform aur exposure ka sahi waqt milna, us stage par pahunchna, aur apna game dikhana cricket career mein success ki kunji hai.

Jab humne samjha ki platform aur exposure dono ki timing kitni zaroori hai, aur kaise sahi waqt par ye milna aapke sapne ko aage badhata hai, to ab zaroori hai ki hum un asli problems ko samjhein jo aapke sapne ke raaste mein khadi hai.

Cricket ke system mein kai aise flaws hai jo talent ko sahi platform aur exposure nahi dete, ya sabse jyada refrence aur connection wale players ko hi ye mauka

dete hai. Ye system ke andhe khel aapke sapno ko tod dete hai aur aapki mehnat ko nazarandaz kar dete hai.

Esi wajah se ab hum 5 major system flaws ko samjhenge, jo aapke platform aur exposure ke chances ko kam kar dete hai, taaki aap en challenges ko pehchan kar unka samna kar sako.

5. System Mein Platform & Exposure Ki Kami Ke Karan (5 Major Flaws)

Equal Exposure & Opportunity nahi milti

Cricket system mein sabhi talented players ko barabar exposure aur mauke nahi milte. Aksar wahi players regular platform pe hote hai jinke paas pehle se fame hoti hai ya jinke connections strong hote hai.

Jo players naye hai ya jinke paas network nahi hota, unhe aksar ignore kiya jata hai. Wo chhote shehar ya gaon ke talented ladke, jinme asli potential hoti hai, wo system ke bahar rah jaate hai.

Es unequal exposure ki wajah se talent waste hota hai aur sapne adhure reh jaate hai.

Trial & Selection Bias

Selection process mein politics, favoritism, aur pre-decided lists kaafi common hai. Kai baar coaches aur selectors apne pasand ke players ko select karte hai, chahe wo performance kre ya na kre .

Ye biased selection deserving players ke liye ek badi rokawat hai. Jo mehnat karta hai, wo apne performance ke bawajood bhi chance nahi paata. es wajah se players ka confidence toot jata hai, aur wo apne sapno se door ho jate hai.

Academy & Coach Networks

Bade aur established academies ke players ko zyada platform milta hai. En academies ke coaches aur networks ke paas selectors aur higher authorities ke saath achhe connections hote hai.

Es wajah se enke players easy selection aur visibility paate hai.

Wahi chhote ya unknown academies ke talented players, jinke paas aise connections nahi hote, wo ignore kar diye jate hai, chahe wo kitne bhi skilled kyu na ho.

Es network bias ki wajah se talent ka asli distribution bigad jata hai.

Closed Circles:

Cricket ke andar bahut baar aise private groups bante hai jisme sirf coach, selectors, aur kuch privileged players hote hai.

Ye closed circles naye players ko bahar rakhte hai, aur unhe apna talent dikhane ka moka nahi dete.

Es wajah se talented players frustrate hote hai kyunki unke liye doorwaze band hote hai, aur system mein transparency ki kami hoti hai.

Lack of Proof & Records:

Net trail aur matches ka koi formal record nahi banta, na hi unke footage regularly capture hota hai.

Es wajah se players ke achievements document nahi hote, aur selectors ke saamne unka proof nahi hota. Aaj ke digital time mein ye ek bada drawback hai, kyunki bina proof ke talent ko recognize karna mushkil hota hai.

Connection ke bina Talent Invisible

Sabse bada sach ye hai ki bina strong connections ke, chahe aap kitne bhi talented kyu na ho, aap system mein invisible reh jaate ho.

Connection hi wo bridge hai jo aapko platform aur exposure tak le jaata hai.

Esliye bahut talented players apne sapne chhod dete hai kyunki unhe system mein apni jagah nahi milti.

Jab system mein platform aur exposure ki kami hoti hai, to ye sirf ek technical problem nahi hoti, balki esse aapke confidence, emotions, aur career par gehra asar padta hai.

System ki en kamiyon ki wajah se jo talented players apna talent dikhane se reh jaate hai, unka andar ka jazba tutne lagta hai, unpar parivar aur samaj ka

pressure badhta hai, aur kabhi kabhi unka passion hi pressure mein badal jata hai.

es wajah se mental breakdowns, burnout, aur system ke prati nafrat badh jaati hai, jo bahut talented players ko cricket se permanently door kar deti hai.

Eслиye samajhna zaroori hai ki platform aur exposure ki kami ke emotional aur career impacts kya hai, taaki hum en challenges ka samna kar sake.

6. Platform & Exposure Na Milne Ke 5 Asar (Emotional & Career Impact)

Self-Doubt & Confidence Tootna

Jab aapko sahi platform nahi milta, matlab aap apni mehnat ke mutabiq matches, trials ya tournaments mein khelne ka mauka nahi paate, ya aapke performances ko selectors, coaches, aur log nahi dekhte, to aapke dimaag mein doubt aana shuru ho jata hai.

Aap sochne lagte ho, “Kya main sach mein itna achha hoon? Kya mera talent kabil hai? Ye doubt aapke andar ki himmat ko tod deta hai aur aapka confidence dheere-dheere kamzor hone lagta hai. Confidence girne ka seedha asar aapke game par padta hai — aap hesitate karte ho, apne shots mein doubt karte ho, aur galtiyan badh jaati hai.

Family aur Social Pressure Badna:

Aapke parivaar wale aur samaj aap se kuch ummeedein rakhte hai, wo aapka sapna dekhte hai, aapki mehnat ko samajhna chahte hai, aur aapke success ka intezaar karte hai. Jab aap apni cricket journey mein progress nahi kar pate, to ghar aur samaj ka pressure aap par badhta hai.

Ye pressure kabhi kabhi itna zyada ho jata hai ki aap emotional tension aur stress mein aa jate ho. Aap apne aap ko bekaar mehsoos samjhne lagte ho, jo mental health ko kharab karta hai aur aapke khel ko aur bhi prabhavit karta hai.

Cricket Passion Se Pressure Ban Jana:

Jo passion pehle aapke sapno ko aage badhata tha, wo dheere-dheere pressure mein badal jata hai. Jab aap consistently apni mehnat ke mutabiq recognition nahi paate, to khel ka maza khatam ho jata hai.

Khel ab aapke liye stress ka sabab ban jaata hai, jahan har practice session aur match ek bojh lagne lagta hai. es pressure ki wajah se aap mentally thak jaate ho, jisme aapka junoon dheere-dheere kamzor ho jata hai.

Mental Breakdown & Burnout:

Lagatar frustration, disappointments, aur emotional tension se aapki mental health bigad jati hai. Aap mentally toot jaate ho, jise burnout kehte hai.

Burnout mein aap apni motivation, energy, aur concentration dono kho dete ho, Aapko mehnat karne mein maza nahi aata, aapka confidence kamzor ho jata hai, aur aap cricket se doori baahgne lagte ho.

Ye stage sabse khatarnak hoti hai kyunki yahan se wapas aana mushkil ho sakta hai bina proper support ke.

System se Nafrat aur Dropout:

Jab baar-baar aapko system mein jagah nahi milti, to aapka system par bharosa uth jata hai. Aapko lagta hai ki aapka talent ignore kiya ja raha hai, aapko aapka haq nahi mil raha.

Ye nafrat itni badh jaati hai ki bahut talented players apni cricket journey ko chhod dete hai, apne sapno ko wahan hi chhod dete hai.

Ye dropout na sirf ek individual ka nuksaan hota hai, balki cricket system ke liye bhi ek bada loss hai kyunki asli talent waste ho jata hai.

7. Apna Platform Aur Exposure Kaise Banaye? – Solutions

1. Sirf practice karna kaafi nahi, smart strategy aur consistent effort bhi chahiye

- Cricket mein sirf roz practice kar lena bas shuruat hai. Agar aap bina kisi plan ke bas practice karte rahoge, to aap progress slow kar doge.
- Smart strategy matlab aise steps lena jo aapke talent ko maximize kare, jise sahi jagah khelna, sahi tournaments mein participate karna, apni weaknesses pe kaam karna, aur apne game ko samajhna.
- Consistency matlab regular aur lagatar mehnat karna, bina breaks ke, chhoti chhoti improvements roz karna.

2. Sahi jagah practice karo aur matches khelo — aise academy ya ground dhundo jo regular platform dete ho

- Practice important hai, par asli exposure to match khelne se hi milta hai. Match pressure mein khelna hi aapke andar ka asli player banata hai.
- Esliye aisi academy, club ya jagah ko choose karo jahan sirf practice hi nahi, balki aapko regular matches milte rahe.
- Matches se aapko real game situation samajh aati hai — jaise bowling ka pressure, fielding ke challenges, aur team ke saath coordination.
- Matches se hi aap apni skills ko test karte ho, apni mistakes samajhte ho, aur unhe sudharte ho.

3. Apne aap ko front-foot ready rakho — fitness, skills, aur mindset ko top level pe maintain karo

- Sirf match khelna kaafi nahi, jab chance aaye to aapko poori taiyari ke saath ready rehna hota hai.
- Fitness: Physical health aur stamina aisi honi chahiye ki lamba match ya intense practice mein thakawat na aaye.
- Skills: Roz apne batting, bowling, fielding pe kaam karo taaki aapke shots sharp ho, bowling accurate ho, aur catching flawless ho, taki jab aapko mouka mile to aap aap puri trah se ready ho
- Mindset: Har waqt positive, confident aur focused raho. Jab trial ya match ho to nervousness ko apne control mein rakho.

- Jab aap front-foot ready rahoge, to system mein notice hone ke chances badh jaate hai.

4. Performance ko sirf khud ya coach tak simit mat rakho, match footage aur stats banaye rakho

- Aaj ke digital zamane mein performance ka proof dena bahut zaroori hai.
- Apni batting ya bowling ke video record karo, taki scouts ya mentors aapke skills ko review kar sake.
- Scorecards aur stats maintain karo — runs, wickets, strike rate, economy rate — ye sab aapki credibility ko badhate hai.
- Social media par apna content share karo — YouTube, Instagram, Facebook jahan se aapko naye opportunities mil sakti hai.
- essee aapki profile professional lagti hai aur aapko alag pehchan milti hai.

5. Matches mein sirf khelna nahi, har tournament mein impact player banne ki koshish karo

- Sirf match attend karna ya team ke saath rehna kaafi nahi hota.
- Har match mein aapko apni team ke liye fark laana hota hai — jaise crucial runs banana, important wickets lena, ya game changing fielding karna.
- Impact player wahi hota hai jo game ki direction badal deta hai.
- esse aapko log yaad rakhte hai, coaches aur selectors bhi aapko dekhte hai.

6. T20 leagues aur local competitions se apna platform banao

- Aaj kal T20 leagues bahut popular hai, jahan scouts aur selectors bhi nazar rakhte hai.
- In leagues ko lightly mat lo; ye aapko IPL ya bade tournaments tak pahunchane ka raasta ho sakte hai.

- Local competitions mein bhi consistently khelo, taaki aapko match experience mile aur aap apne talent ko showcase kar sako.
- Har mauka apne liye ek chhota audition samjho.

7. Mentor dhoondo jo system ko samjhata ho, jo brutal honesty ke saath clarity de

- Aise mentor ya guide ka hona bahut zaroori hai jo aapko reality bata sake.
- Jo sirf motivate na kare, balki aapki kamzoriyon aur galtiyon ko clearly point out kare.
- Jo system ke chalne ka tarika samjhata ho aur aapko practical advice de sake.
- Mentor aapke sapno ko reality mein badalne mein madad karta hai, aapke growth ka road map banata hai.

8. Apni value samjho aur galat jagah loyalty mat do

- Har jagah rukna ya jahan growth na ho, wahan apni energy waste karna aapke sapno ko tod dene jaisa hai.
- Apne aap ko samjho ki aap kitne valuable ho aur kahan apni mehnat se zyada fayda ho sakta hai.
- Jahan progress ho rahi ho, wahan invest karo apna time, energy, aur loyalty.
- Jo jagah aapko grow nahi karati, wahan se move karna seekho.

9. Har din consistent improvement aur impact banate raho

- Roz thoda thoda apne game ko behtar banao.
- Do ya teen badi performances karna bahut zaroori hai jo selectors ko aapke talent par dhyaan dene pe majboor kare.
- Consistency aapke career ka sabse bada asset hai.
- Jab aap regularly acha khelte rahoge, to system aapko ignore nahi kar payega.

10. Pressure mein jeena seekho, apne andar ke warrior ko jagao

- Jab trial ya match ho, tab pressure sabse zyada hota hai.
- Pressure se bhaagna ya darna aapko fail banata hai.
- Apne andar ke “warrior” ko jagao — matlab apni himmat, focus, aur determination ko strong rakho.
- Pressure ko apna friend banao, usse apni energy banao, tabhi asli match khel paoge.

11. Apne role mein expert bano, apni natural position pe mastery hasil karo

- Apne natural role (batsman, bowler, fielder) ko samjho aur usmein master bano.
- Har role ka apna ek unique contribution hota hai team mein.
- Jab aap apni position mein expert ban jaate ho, to team ko aapki zaroorat mehsoos hoti hai.
- Expertise se aap apna impact game pe permanent bana pate ho.

Apna platform banane ke liye jitna zaroori hai ki aap practice karo, sahi jagah matches khel kar exposure lo, aur apni skills ko continuously improve kro, aur utna hi zaroori hai ki aap apne andar ki himmat kabhi na khoe.

Kyunki ye system — chahe wo cricket academy ho, selectors ka group ho, ya competitive environment — kabhi perfect nahi hota. Bahut baar aapko aise challenges, biases, aur obstacles milenge jo aapke raste mein rukawat dalte hai.

Lekin yaad rakho, system jitna bhi flawed ho, usse hila kar badalne ki taqat sirf aapke paas hai. Aapke talent, junoon aur lagatar mehnat se hi system ke purane rules toot kar naye raste bante hai.

Ho sakta hai ki aapko turant platform na mile, ya system aapko ignore kare, par ye aapka haq hai ki aap apna naam banaye. Aapko apni value samajhni hogi aur galat jagah loyal reh kar apne sapne khatam nahi karna chahiye.

Esi junoon aur himmat ke saath, aap system ke saamne khade ho kar apni pehchan bana sakte hai, kyunki asli legend wahi hai jo system se ladta hai, khud ko prove karta hai, aur apne sapne ko sach karta hai.

Last line

• **System imperfect hai, par aap talent & junoon ke saath system ko hila bhi sakte ho.**

- Har system mein kuch na kuch kamiyaan hoti hai, chahe wo cricket ka selection process ho, academy culture ho, ya competition ka environment.
- Ye imperfections kabhi aapke raste mein rukawat ban sakte hai, unfair bias ho sakta hai, ya aapke talent ko turant samajhne mein der ho sakti hai.
- Lekin agar aapke paas sachcha talent ho aur junoon (passion) ho, to aap en rukawaton ko tod kar apni alag pehchan bana sakte ho.
- Matlab, system ko sirf accept karne ki bajaye usse challenge karo, apni mehnat se system ko hilao aur apni jagah banao.

• **Platform milna naseeb ho sakta hai, par naam banana aapke control mein hai.**

- Har kisi ko har waqt best platform ya mauka nahi milta. Kabhi kabhi aapka chance der se aata hai ya system mein aapko turant jagah nahi milti.
- Par ye baat yaad rakho ki platform ya chance milna “naseeb” ya kismat ka khel ho sakta hai, lekin apna naam banane ki zimmedari aur control aapke haath mein hota hai.
- Matlab, chahe aapko bada stage turant na mile, par apni performance, attitude aur mehnat se aap apne liye ek aisi pehchan bana sakte ho jo door tak jaye.
- Apna naam banane ke liye aapko consistently apne skills pe kaam karna hoga aur har mauka apna maximum dena hoga.

• **kyuki Ya to system aapke naam likhe, ya aap system ka page hi phaad do.**

- Ye ek powerful line hai jo aapko ye sikhati hai ki aap kabhi system ke chalte chalne wale mat bano.
- Ya to aap apni mehnat aur performance se itne strong ho jao ki system aapko officially recognize kare (aapke naam ko system ki kitaab mein likhe).

- Ya fir agar system aapko ignore karta rahe, to aap itna bold aur determined bano ki aap system ke rules ko tod do, naye raaste bnao aur apna alag identity create karo (system ka page phaad do).
- Ye line aapko empower karti hai ki aap apne sapno ke liye ladne se kabhi peechhe mat hatna. l
- **Talent sabke paas hai, legend wahi jo khud ko prove karta hai, system ke saamne khada hota hai.**
 - Talent to har kisi ke andar hota hai, lekin sirf talent hone se kaam nahi banta.
 - Asli maayne tab bante hai jab aap apni skills ko lagatar develop karte ho, har challenge ko face karte ho, aur apne aapko baar-baar prove karte ho.
 - Legend wohi banta hai jo mushkil waqt mein bhi system ke saamne khada rahe, na keval apne liye balki apne sapno ke liye ladta rahe.
 - Eska matlab hai dedication, hard work, mental toughness, aur apne sapno ke prati sachcha commitment.
- **Sapna wahi sach hota hai jo duniya ke saamne aata hai.**
 - Sapna tabhi pura maana jaata hai jab aap usse sirf apne dil mein nahi rakhte, balki usse duniya ke saamne lekar aate ho.
 - Matlab apne sapne ko actions mein badlo, apni mehnat se usse reality banao, taaki log aapko pehchane aur aapka sapna duniya ke liye inspiring kahani ban jaye.
 - Sapna agar sirf mann mein rahe, bina uske liye kaam kiye, to woh sirf ek khwab hi reh jaata hai.
 - Sachcha sapna wahi hota hai jo aapke jeetne, perform karne, aur dikhane ke zariye sabke saamne aata hai.

Aur Ye **Final Message** aapko ye batata hai ki

- System perfect nahi, lekin aap apne talent aur junoon se system ko challenge kar sakte ho.
- Har cheez naseeb se nahi, aapki mehnat aur determination se bhi hoti hai.

- Aapko system ke saamne apni jagah banani hai, chahe wo system aapko accept kare ya nahi.
- Talent har kisi mein hota hai, par legend wahi banta hai jo apne aap ko lagatar sabit karta rahe.
- Aur sabse zaroori baat, apne sapno ko khwab hi nahi, asli duniya mein dikhane ka hausla rakho.
- **Kabhi give up mat karo, kyunki asli game to mindset ka hai.**

Talent ke saath saath sabse bada factor mindset hai. Jab aapka dimaag strong hoga, to pressure, failures, aur challenges aapko tod nahi payenge. Har mushkil mein apne andar ke warrior ko jagaye rakho aur apne sapne ke liye ladte raho.

Chapter 5

Invisible Battle

Mental Health, bad Form Aur Comparison

Cricket sirf ball aur bat ka khel nahi, balki ek aisi jung hai jo sabse pehle aapke dimaag ke andar ladhi jaati hai.

Ground par aap dikhte ho ek fit, confident player ki tarah acche shots lagate ho, Ground main khade rehte ho, taaliyan ki awaaz sunte ho.

Lekin dressing room ke ek kone mein, wohi player apne andar ke sabse bade dushman se lad raha hota hai, apne khud ke thoughts, emotions, aur mental health ke bojh se.

Mental health ka tootna, form ka girna, aur khud se comparison karna — ye teen gehri aur chupke se chalne wali ladai hai, jo match ke result se kahin zyada impactful hoti hai.

Cricket ka asli match ground par nahi, balki aapke dimaag ke andar hota hai.

Australia ke cricketer Glenn Maxwell ne apni mental health struggles ko khud hi bahut khul ke bayan kiya hai:

Main cricket ka asli maza lena bhool gaya tha. Main mentally khatam ho chuka tha.

Ye sirf Maxwell ki kahani nahi hai.

Ye har us player ki kahani hai jo apni ladai ko chhupa ke rakhta hai, jo muskuraata hai par andar se joojh raha hota hai.

Es chapter ka maksad unhi players ki madad karna hai — jo samajhna chahte hai ki mental health ka matlab kya hai, uske challenges kya hai, aur kaise us ladai ko jeeta ja sakta hai.

Kyunki jab tak aap apne dimaag ki sehat ko samajhkar uspar kaam nahi karte, tab tak cricket ka asli maidan aapke andar jeeta nahi jaata.

Ye baat samajhna bahut zaroori hai ki mental health sirf ek ‘feeling’ nahi, ya ek ‘mood’ nahi, balki ek complex aur critical system hai — jo aapki performance, aapke decisions, aur aapke overall game ko directly prabhavit karta hai.

Esi wajah se, agar aap cricket mein apni asli potential tak pahunchna chahte ho, to sabse pehle apni mental health ko samajhna, uski respect karna, aur uspar kaam karna seekhna hoga.

Aaiye, ab samajhte hai ki cricket ke context mein mental health ka asli matlab kya hai, aur ye kyu itna zaroori hai.

2. Mental Health Ka Sach — Kya Hai Aur Kyun Zaroori Hai?

Cricket sirf physical fitness ya technique ka khel nahi hai — ye ek aisa khel hai jisme aapke dimaag ki sehat, yaani mental health, ka role sabse zyada important hota hai.

Mental health ka matlab hota hai aapke dimaag ki capacity — matlab aap apne emotions ko kaise control karte ho, kitna pressure handle kar pate ho, aur mushkil situation mein apne dimaag ko focused aur stable rakh pate ho.

Cricket mein mental health ka matlab hai aapki ability:

- Har ball ke liye calm rehne ki — jab stadium mein hazaaron log cheering ya shaming kar rahe ho, tab bhi aap apne andar ki shanti banaye rakhate ho.
- Sahi decision lene ki — kab shot khelna hai, kab run lena hai, kab apna game slow karna hai — ye sab aapke dimaag ki clarity par depend karta hai.
- Apna confidence maintain karne ki — chaahe aap out ho jao, form gir jaye, ya selectors ignore kar de, tab bhi apne aap par bharosa banaye rakhna.

Jab aap form mein hote ho, to mental strength aapke game ko aur behtar banati hai, aur jab pressure ya challenges aate hain, tab bhi आपको girne nahi deti.

Mental strength ka asli role hai – panic hone se bachana, har situation mein resilience (mazbooti) dikhana, aur apna discipline banaye rakhna, chahe aap match jeet rahe ho ya haar rahe ho.

Indian cricket star Virat Kohli ne bhi openly accept kiya ki unhone depression aur mental pressure ka samna kiya:

“Har innings ke baad mujhe lagta tha ki main fail ho gaya hoon. Itna pressure hota tha ki kabhi-kabhi lagta tha main akela hoon, chahe stadium mein hazaron log ho.”

Aur jab hum baat karte hai Rahul Dravid jaise legend ki, to unhone ek bahut hi important baat kahi:

“You can have all the shots in the book, but if your mind is not in the right place, you cannot win games.”

Is quote ka matlab hai ki आपके पास चाहे जितना भी talent हो, जितनी भी techniques हो, अगर आपका दिमाग mentally fit, focused aur stable nahi hai, to aap apni asli potential tak nahi pahunch paoge.

Ye sab baatein clear karti hain ki mental health ka khayal rakhna, uski training lena, aur usse strong banana cricket mein jeet ke liye sabse buniyadi zaroorat hai.

Physical training, skills aur fitness ke saath-saath अगर आप mental health par kaam nahi karte, to आपकी journey अधूरी रह जायेगी.

Aur isi wajah se ye chapter आपको mental health के asli sach से roobaroo karayega, ताकि आप अपनी cricket की दुनिया में एक अलग aur mazboot pehchaan बना सकें.

Mental health का matlab samajhne के बाद अब हम एक aisi problem को samjhenge जो directly mental health से judi hui hai – wo hai bad form.

Bad form sirf आपकी technique की kami nahi hoti, balki ye आपके mindset aur dimaag की ladai का nateeja भी hoti hai.

Kabhi आपका physical game theek lagta hai, लेकिन दिमाग pressure में होता है aur आप अपने best level पर perform nahi kar pate.

Form ke natural cycles hote hain — kabhi aap high form mein hote ho, kabhi average, aur kabhi low form mein.

Low form ka matlab hai ki skill aur mindset ke beech ka balance toot gaya hai, jisse aapka game effect hota hai.

Is phase ke triggers bahut hote hain — technical glitches, overthinking, bahari pressure, thakan, aur kabhi-kabhi kismat.

Aur jab aap is phase mein hote ho, to system ka reaction aur zyada pressure create kar deta hai — jaise academy culture ka “benching”, selection bias, social media trolling, aur mental support ki kami.

Agla hissa yehi samjhayega — bad form asal mein kya hoti hai, uske effects kya hote hain, aur system usko kaise handle karta hai.

3. Bad Form — Sirf Technique Nahi, Mental Battle Bhi Hai

Bad form cricket mein sirf ek technical problem nahi hoti, balki ek aisi complex mental health issue hai jo aapke dimaag aur emotions ke balance ko tod deti hai.

Form ka matlab hota hai ki aap apni skills (jaise shots, bowling accuracy, fielding) aur apne mindset (confidence, focus, calmness) ko ek saath balance mein rakhte ho, taaki har match aur har ball par apna best performance de sako.

Jab ye dono — skill aur mindset — ek sath aligned hote hai, tab aap high form mein hote ho, matlab aapka game effortless lagta hai.

Lekin jab ye balance toot jaata hai, matlab ya to technique girti hai, ya mental state weak hoti hai, tab aap low form mein chale jaate ho.

es phase mein performance girti hai, confidence tootne lagta hai, aur aap har shot ya delivery ko lekar doubt karne lagte ho.

Form ke Natural Phases

1. High Form

Es phase mein aap confident rehte ho. Har shot naturally lagte hai, aap apne instincts par trust karte ho, aur pressure ke bawajood apna game enjoy karte

ho. आपको लगता है कि game आपके control में है, और आप जो खेल रहे हो वो perfect है।

2. Average Form

Es phase में आपके results mixed होते हैं। Kabhi accha khelte ho, kabhi thoda inconsistent lagte ho. Ye ek normal phase है जो हर player के career में आता है। Es phase में भी mindset को strong rakhna zaroori होता है।

3. Low Form (Bad Form)

Ye sabse challenging phase में आता है और esmain lagatar poor performance aati है। आप अपने shots या deliveries में hesitation mehsoos karte ho, mental struggle badh jaata है, और आप अपने आप पर doubt karne lagte ho. Ye phase confidence को kamzor karta है और recovery difficult banata है।

Bad Form Ke Triggers

1. Technical Issues:

Kabhi kabhi footwork slow ho jata है, timing bigad jati है, या bowling ki length aur line consistent nahi rehti. Ye chhoti technical problems आपके game को break kar deti है, जिसे performance girti है।

2. Overthinking:

Har ball को lekar zyada sochna, shots या plans को bar-bar analyse karna, panic hona — ye mental clutter आपके instincts को block kar deta है। Jab आप overthink karte ho, to natural flow ruk jaata है।

3. External Pressure:

Selection trials, ghar walon ki expectations, teammates ka pressure, media scrutiny, aur social media criticism आपके mental load को badha dete हैं। Ye bahari factors आपके andar anxiety aur stress को janam dete हैं।

4. Fatigue:

Physical thakan se mental sharpness भी कम हो जाती है। Agar आप proper rest nahi lete, recovery nahi karte, to आपका dimaag pressure को sahi se handle nahi kar pata.

5. Luck Factor:

Kabhi-kabhi aapka dismissal ya failure unlucky circumstances ki wajah se hota hai – jaise close calls, inside edges, ya umpiring decisions. Ye chhote moments bhi aapke confidence ko tod sakte hai.

System Ka Response

1. Academy Culture:

Bahut academies aur coaches sirf us player ko mauka dete hai jo form mein hota hai. Jo player form mein nahi hota, usse turant bench par bitha diya jata hai, jisse uska self-belief girta hai aur wapas aane ka darr badhta hai.

2. Selection Bias:

Unfair ya political selections se players ko extra pressure milta hai, jo unke mindset ko aur weak karta hai. Jab आपको लगता है कि आप deserving हो के भी select नहीं हो रहे, तो आप अपनी मेहनत पे doubt करने लगते हो.

3. Social Media Trolling:

Har chhoti galti ko social media pe bada chadhakar criticize karna, memes banana, aur trolling karna, players ke mental health par बहुत बुरा असर डालता है. Yeh unke self-confidence ko todne ka kaam karta hai.

4. Lack of Mental Support:

Mental health coaching, counselling, ya psychological support ka system cricket mein अभी भी weak है. es wajah se players apne mental issues ko khud hi sambhalte hai, jo aksar bad form ko aur bada kar deta hai.

Examples

1. Example 1:

Ek young batsman jo consistently accha khel raha tha, lekin ek technical problem (jaise footwork mein problem) ke sath-sath overthinking शुरू हो गयी. Usne har shot ko lekar doubt karna शुरू कर दिया aur uski form gir gayi. Coaching staff aur selectors ने us पर pressure badhaya, jisse wo mentally aur physically dono weak हो गया.

2. Example 2:

Ek bowler jisne apni mental health ko ignore kiya, support nahi liya, aur social media trolling se pareshaan ho gaya. Wo apni bad form ko kabhi recover nahi kar paya, aur dheere-dheere apni jagah team mein khone laga.

3. Example 3:

Ek aur cricketer jise academy ne mental coaching aur support di, selectors ne patience dikhaya, aur usne apni technique aur mindset dono par kaam kiya. Wo apni bad form se bahar aaya aur fir se apni peak form dikhayi.

Jab aap bad form ke phase mein hote ho, to sirf technical ya physical challenges nahi hote, balki ek aur mental problem aapke confidence ko todti hai, wo hai **comparison**.

Comparison ek silent killer hai jo aapke mental state par chhupa hua attack karta hai, aur aapke andar ke shak aur doubt ko aur gehra karta hai.

Jab aap apni performance ko dusron se tolna shuru karte ho, chaahe wo teammates ho, academy ke players ho, ya social media par dikhne wale highlights — to aapka focus apne game se hat kar unke game par chala jaata hai.

Ye habit aapke andar negativity, anxiety, aur self-doubt badhati hai, jo bad form ko aur lamba kar deti hai.

Esliye, mental health aur bad form ke baad ab hum samjhenge ki cricket ke context mein **comparison kya hai, eska aapke mental health par kya asar hota hai**, aur ye system ke andar kaise chhupa hua pressure create karta hai.

4. Comparison — Silent Confidence Killer

Comparison cricket mein ek aisi aadat hai jisme aap apni performance, progress, ya talent ko doosre players ke sath tolna lagte ho.

eska matlab hai ki aap apni growth aur success ko ek aise scale par naapte ho jo zaroori nahi ki aapke liye sahi ho, ya jo aapki journey ke hisaab se relevant ho.

Ye aadat kabhi kabhi aapko motivate karti hai, lekin zyada der tak jab ye control se bahar ho jaati hai, to ye aapke confidence aur mental health ka sabse bada dushman ban jaati hai.

Healthy vs Toxic Comparison

1. Healthy Comparison:

Jab aap kisi better player ko dekhkar inspire hote ho, uski achievements se motivate hote ho, aur apni growth ke liye realistic aur constructive goals set karte ho.

Es tarah ka comparison aapke andar competition ki bhavna jagata hai, jo aapke skills ko improve karta hai.

Ye aapko push karta hai ki aap apne best version bano, lekin apni unique journey aur pace ke saath.

2. Toxic Comparison:

Jab aap apni har achievement ko us level se tolte ho jahan aap abhi nahi hai, ya jab aap apni journey ko ignore karke sirf dusron ke success ko dekh kar apne aap ko neecha mehsoos karte ho.

Esmain aap apni growth ko undervalue karte ho, khud se dissatisfaction aur guilt feel karte ho.

Toxic comparison se anxiety, depression, aur motivation loss hota hai.

Ye aapki mental health ko destabilize karta hai, aur performance pe bhi bura asar daalta hai.

System Mein Comparison Kaise Aata Hai?

1. Academy Ranking Boards:

Bahut academies apne notice boards par top players ki list lagate hai taaki competition badhe.

Lekin jo players es list mein nahi hote, unka confidence girta hai, kyunki unhe lagta hai ki wo kamzor hai ya unki performance average hai. esliye wo kisi level par nahi khel rahe .

Ye ranking system players ke dimaag mein ek invisible pressure aur comparison ka daur chalu kar deti hai.

2. Selection Bias:

Jab selectors kuch players ko unfair advantage dete hai, jaise unka background, connections, ya politics ki wajah se – to baaki players apni mehnat aur talent par doubt karne lagte hai.

esse players ke andar jealousy, frustration, aur mental fatigue badhta hai, jo unki mental health ko nuksan pahunchata hai.

3. Ghar Ka Pressure:

Gharwale aksar apne relatives ya friends ke bachon ki success se compare karte hai.

Ye comparison emotional stress badhata hai, kyunki ghar ka environment ek safe space hone ke bajaye stress ka source ban jata hai.

Bachon par unrealistic expectations ka pressure badh jaata hai, jo mental health ke liye khatarnak hota hai.

4. Social Media:

Aaj ke digital zamaane mein social media par sirf players ke best moments aur highlights dikhte hai.

Log slow progress, failures, ya struggles nahi dekhte.

Jab aap apni progress ko en ideal moments ke saath compare karte ho, to apni mehnat ko kam samajhne lagte ho.

Ye illusion aapke confidence ko todta hai aur mental health ko weaken karta hai.

5. Gossip aur Commentary:

Team ke andar ya bahar informal discussions, coach ke remarks, ya teammates ke comments kabhi kabhi aapke dimaag mein comparison ka ghaav lagate hai.

Ye chhote remarks aapke andar doubt aur insecurity badhate hai, jo mental pressure ko aur gehra kar dete hai.

Example

Sachin Tendulkar sir ne kaha tha:

“Never compare yourself with anyone. If you do, you are insulting yourself. ”

Ye quote hume yaad dilata hai ki apni unique journey aur talent ko kabhi bhi kisi se tolna sahi nahi hota. Apne aap ko compare karna apne asli potential ka apmaan karna hai.

MS Dhoni sir ne bataya:

Don't look at the scoreboard too much, focus on the process and the result will follow.

Dhoni ka ye mantra hai ki hume apni performance ke numbers par itna dhyan nahi dena chahiye jitna apne khel ke process, discipline aur mindset par dena chahiye. Jab process sahi hota hai, to results apne aap ache aate hai.

Jab humne comparison ko samajh liya, tab aapko ye bhi samajhna zaroori hai ki **mental health, bad form, aur comparison** ye teen alag alag challenges nahi hai, balki ek doosre se jud kar aapke mindset aur confidence ko todne wale ek bade cycle ka hissa hai.

Ye teen factors ek doosre ko feed karte hai, yani jab aap ek phase mein jaate ho — jaise bad form mein — to aapke andar self-doubt badhta hai, jo comparison ko aur zyada toxic bana deta hai. Aur jab toxic comparison badhta hai, to aapki mental health aur bhi zyada girti hai.

Es cycle ka result hota hai performance drop, isolation, burnout, aur kabhi-kabhi aapka cricket chhod dena.

Esliye ab hum en teeno factors ke combined effect ko samjhenge, taaki aap apni ladai ko pehchaan kar usse jeet sako

5. Mental Health, Bad Form, Comparison Ka Ek Saath Asar

Ye teen factors ek doosre ko kaise feed karte hai aur aapke confidence ko todte hai

Mental health, bad form, aur comparison alag-alag problems lag sakte hai, lekin asal mein ye teen ek doosre se closely interconnected hai.

Jab aap mentally stressed hote ho, to aapka focus aur concentration girta hai, jisse aap apne shots ya bowling mein mistakes karte ho — esse bad form shuru hoti hai.

Jab form girti hai, to aap apne aap par doubt karne lagte ho, aur apne aap ko dusre players ke sath compare karte ho, ki “Wo kyu itna acha khel raha hai, aur main nahi?”

Ye comparison आपके mental pressure ko badhata hai, jo phir आपकी mental health ko aur weak karta hai.

es tarah ye teen factors ek vicious cycle bana lete hai — mental health girti hai → form girta hai → comparison se aur pressure badhta hai → mental health aur girti hai.

Aur ye cycle agar time par nahi todi gayi, to confidence puri tarah toot sakta hai.

Self-doubt, performance drop, isolation, burnout jaise effects ka explanation

1. Self-doubt:

Jab aap apne aap se continuously compare karte ho aur apni galtiyan ko bar-bar sochte ho, to आपके andar doubt badhne lagta hai. Ye doubt आपको हर decision lena se roakta hai, aur aap hesitant ho jaate ho.

2. Performance drop:

Self-doubt aur mental pressure ki wajah se आपकी performance girti hai. Aap apne shots pe bharosa nahi karte, fielding mein hesitation hoti hai, aur bowling mein consistency nahi rehti.

3. Isolation:

Jab aap apni mental health ke baare mein baat nahi kar pate, to aap apne aap ko alag mehsoos karte ho. Aap apne doston, coach, ya family se door ho jaate ho, kyunki आपको लगता है कि कौी आपको समjhega nahi. Ye isolation आपके mental state ko aur kharab karta hai.

4. Burnout:

Continuous stress, pressure, aur mental fatigue se burnout hota hai. Jab aap apni energy khatam kar dete ho aur apni body aur mind ko rest nahi dete, to aap physically aur mentally dono thak jaate ho. Burnout se aap apna passion bhi kho sakte ho.

Real-life relatable situations jo har cricketer face karta hai

- Ek cricketer jo achha start karta hai, lekin kuch galat decisions aur pressure ke wajah se form mein girawat aati hai. Wo dusre players se compare karta hai, aur apne aap ko neecha mehsoos karta hai. Usse lagta hai ki wo akela hai, Esliye wo apni feelings kisi se share nahi karta.
- Ek aur player jo social media trolls ki wajah se mentally pressure mein aa jata hai. Wo practice mein focus nahi kar pata aur uski performance girti hai. Uske ghar wale usse samajhne ki koshish karte hai, lekin wo khud bhi apni mental health ko lekar confused hota hai.
- Ek third player jo apni academy aur coach se support leta hai, apne mental health pe kaam karta hai, aur bad form ke baad gradually wapas apni jagah banata hai.

Jaise humne dekha ki **mental health, bad form, aur comparison** teen alag cheezein nahi balki ek doosre se itni gehri tarah judi hui hai ki ek mein problem hone par baaki do bhi effect hote hai.

Ye teen factors milkar aapke confidence ko todte hai, aapke decision making ko weak karte hai, aur aapko apni asli potential tak pahunchne se rok dete hai. es vicious cycle mein aapko lagta hai ki aap akela ho, par asal mein ye problem har cricketer face karta hai. Ye cycle aapke andar self-doubt badhati hai, aapka performance girata hai, aapko apne aas-paas ke logon se door kar deta hai, aur kabhi kabhi burnout tak le jaata hai – jahan aap physically aur mentally dono thak jaate ho.

Agar hum ye cycle nahi todte, to ye problem lambe samay tak chalti rehti hai aur aapke career ko khatam kar sakti hai.

Esliye, ab zaroori hai ki hum samjhen ki **andar ki ladai ko jeetne ke liye kaise practical aur effective solutions apnaayein jaye**— jo mental health, bad form, aur comparison teeno ko address karte ho.

Chaliye, ab hum un 10 powerful solutions ko detail mein samajhte hai, jo aapko es ladai mein madad karenge.

6. Practical Solutions — Andar Ki Ladai Jeetne Ke Liye

(Har solution mein mental health, bad form, aur comparison teeno ko address karne wala angle hai)

1. Self-awareness aur Mental Check-up:

Apni mental health ko samajhna sabse pehla aur zaroori kadam hota hai. Matlab jab bhi aapko lage ki aap mentally stressed, anxious ya overthink kar rahe ho, ya phir form down hai, to thoda ruk kar apne andar jhankna seekho. Apne emotions, thoughts, aur physical feelings ko notice karo. Kya aapko nervousness, ghabrahat, ya tension mehsoos ho rahi hai? Kya aap apne dimaag ko overactive pa rahe ho?

es process ko self-awareness kehte hai— apne aap ko samajhna, apni mental state ko check karna.

Jaise doctor aapki health check karta hai, waise hi aap apni mental health ka check-up karoge to samajh paoge ki abhi aap kis phase mein ho — mentally strong, stressed ya weak? esse aap timely apne emotions ko manage kar paoge, aur apne aap ko zyada damage se bacha paoge.

2. Overthinking ko Action mein Badalna:

Overthinking ya zyada sochna dimaag ko clutter kar deta hai aur aapko anxiety mein daal deta hai. Jab aap har chhoti baat ko lekar bar-bar sochte rahte ho, to aap apne aap ko mentally pareshaan karte ho aur apne decision-making ko slow kar dete ho.

Esliye zaruri hai ki aap apni overthinking ko tod kar usse constructive activity mein badlo.

Jaise aap apne practice sessions ko aur focus ke saath karo, fitness routine maintain karo, ya mental exercises (meditation, breathing techniques) karo.

Ye activities aapke dimaag ko calm karenge, aapko present moment mein rakhenge, aur aapke negative thoughts ke loop ko todengi.

3. Support System Banana:

Mental health ke liye ek strong support system bohot zaroori hota hai. Aapko aise logon ki zaroorat hoti hai jo aapko honestly samjhein, aapki feelings ko accept kare, aur aapko bina judge kiye support kare.

Chahe wo mentor ho, coach ho, family member ho ya dost – ek emotional shoulder hona bohot important hai.

Jab aap apne emotions share karte ho, to stress kam hota hai, aapko clarity milti hai, aur aap apne mental challenges ko better handle kar pate ho.

Esliye apne aas-paas aise log rakhe jo aapko lift kare, motivate kare, aur aapka mindset strong banaye.

4. Burnout Se Bachav ke Liye Pause:

Cricket aur zindagi mein continuous pressure aur hard work se kabhi-kabhi burnout ho jata hai – matlab aap physically aur mentally thak jaate ho, energy khatam ho jati hai, aur aapka passion bhi kam ho jata hai.

Esliye zaruri hai ki aap apne liye planned breaks lo .

Kabhi kabhi practice ya matches se break le kar apni body aur mind ko recharge karna chahiye. Hobbies mein waqt bitana, family ke saath samay guzaarna, ya nature ke kareeb jaana aapko fresh kar deta hai.

Jab aap mentally fresh rahoge, tabhi aap apne performance ko best bana paoge.

5. Fitness aur Neend Pe Dhyan:

Aapki physical fitness directly aapke mental health ko prabhavit karti hai.

Achhi neend lena, balanced diet lena, aur regular exercise karna aapke dimaag ko sharp aur focused banati hai.

Jab aapki body fit hoti hai, tab aapka dimaag bhi alert hota hai, jo cricket jaise game mein har moment ke liye zaroori hai.

Esliye apne routine mein physical fitness aur sahi neend ko priority do.

6. Comparison Band Karna:

Dusron se apni tulna karna mental health ke liye sabse bada zeher ho sakta hai. Har kisi ka apna path, apne challenges, aur apni timing hoti hai.

Esliye apni journey par dhyan do aur apni race apne hisaab se daudo.

Apni chhoti-chhoti progress ko celebrate karo, apne goals ko realistic rakho, aur khud ko motivate karte raho.

Comparison ko chhod kar apni growth par focus karna aapko stress se bachayega aur confidence badhayega.

7. Mental Health ko Accept Karna:

Mental health problems ko weakness nahi, balki ek normal human challenge samjho.

Agar aapko lage ki aap mentally struggle kar rahe ho, to help lene mein jhijhak mat karo.

Counseling, mental coaching, ya therapist se baat karna aapki strength ko badhata hai aur aapko apni ladai jeetne mein madad karta hai.

Apne dimaag ki sehat ko priority do, jaise aap apni physical health ko dete ho.

8. Selection Na Hone Ko Fuel Banana:

Rejection ko negative cheez mat samjho, balki apni growth ka ek chance samjho.

Jab bhi aapko select nahi kiya jaye, socho ki ye ek signal hai ki aapko apni skills aur mindset dono pe aur zyada mehnat karni hai.

Es soch se aap consistent rahoge, motivated rahoge, aur har baar aur strong ban kar wapas aaoge.

9. Real Ho Jaana:

Fake smile pehanna aur apne asli emotions ko dabana sehatmand nahi hota.

Apne gusse, dard, frustration, aur nervousness ko accept karo.

Jab aap apne asli emotions ko samjhenge, tabhi aap unhe control kar paoge, unhe sahi direction de paoge, aur apni mental health ko behtar bana paoge.

10. Trolling Ko Ignore Karna:

Aaj ke digital time mein social media par negativity aur trolling common hai.

Jab koi aapko troll kare ya negative comment kare, to us par apni energy waste mat karo.

Apne goals par dhyan do, apni game improve karte raho, aur unki negativity ko apni growth ka fuel banao.

Apne sapno ke raste mein dusron ki baaton ko rukawat mat banne do.

Bad Form Se Bahar Aane Ka Real Solution Back to Level One

1. Apni Foundation Ko Dubara Strong Karo

Jab form girti hai, to sabse pehla aur zaroori kadam hota hai apne basics par vapas dhyan dena.

Batting ho ya bowling, footwork, grip, balance, aur timing jaise fundamental skills aise hoti hai jo bina stress ke lagataar practice karne par apne aap sudhar jaati hai.

Video analysis karna Esliye important hai kyunki apni galtiyan ko objectively dekhne se aap unhe samajh kar un par kaam kar sakte ho.

Coach se feedback lena aur usse apni practice mein شامل karna confidence build karta hai. Jab aap apni skills mein improvement dekhte ho, to mental strength bhi automatically badhti hai.

2. Routine Ko Simplify Aur Discipline Se Follow Karo

Form down hone par aksar practice routines complex ho jaate hai, jisme aap zyada sochte ho aur tension mein aa jaate ho .

Esliye apni routine ko simple rakho, roz ek hi time par practice karo, apna focus technique aur execution par rakho.

Zyada sochna ya results ke baare mein tension lena aapke liye nuksan karega.

Discipline aur consistency se hi aap apni performance ko stable kar sakte ho, aur dheere-dheere confidence wapas aayega.

3. Chhote Goals Set Karo, Badi Expectations Ko Door Rakho

Bade goals se pressure badhta hai, jo anxiety aur doubt ko janam deta hai.

Esliye apni practice ke liye chhote aur achievable goals banao, jaise ki “aaj main footwork par focus karunga” ya “aaj apne shots ko control karne ki koshish karunga.”

Chhoti jeet se aap motivated rahoge, aur ye chhote steps aapke form ko gradually behtar banayenge.

4. Apne Dimaag Ko Calm Rakho – Meditation Aur Visualization Karo

Rozana 10 minute meditation karne se aap apne dimaag ko shant aur focused rakh sakte ho.

Meditation aapki anxiety ko kam karta hai, aur mental clarity badhata hai.

Visualization ka matlab hai apne perfect shots ya deliveries ka mentally rehearsal karna – esse aapka confidence badhta hai aur aap game ke liye mentally ready rahte ho.

Meditation aur visualization dono aapke mental pressure ko kam karte hai aur aapko har situation mein focus banaye rakhne mein madad karte hai

5. Physical Fitness Aur Recovery Pe Dhyani Do

Physical health aur mental health closely judi hui hai.

Achhi neend lena, balanced diet lena, aur regular exercise karna aapke mind ko sharp aur alert banata hai.

Thakan ya injury se bachna bahut zaroori hai kyunki jab aap physically fit hote ho, tabhi aap mentally bhi strong rahte ho.

Jab aap apni body ko achha rakhoge, tab pressure wale moments mein bhi aap apna best de paoge.

Jaise humne ab tak dekha ki bad form se bahar aane ke liye kaise apni foundation strong karni hai, routine simple aur disciplined rakhna hai, chhote goals set karne hai, aur mental health par kaam karna hai, waise hi ye sab tabhi effective hote hai jab aap real-life examples se inspire hote ho.

Har cricketer ki journey unique hoti hai, aur unki struggles se hume seekhne ko milta hai ki ye theoretical solutions ground reality mein kaise kaam karte hain.

Esliye ab hum kuch aise case studies dekhte hai jo aapko motivate karenge, aur dikhayengi ki kaise kuch players ne mental health struggles, bad form, aur toxic comparison ke bawajood apna game wapas banaya, apni ladai jeeti, aur apni alag pehchaan banayi.

Examples

Mental Health Struggle se Recovery:

Ek young cricketer tha jo apni mental health ke bahut bade struggle se guzra. Wo apni performances se khud ko judge karta tha, har galti par apne aap ko blame karta tha, aur dheere-dheere uske andar anxiety aur depression badhne lage. Wo matches ke dauran apne dimaag ko control nahi kar pata tha, jisse uski game aur zindagi dono affect hone lage.

Lekin ek din usne apni mental health problems ko accept kar liya — samjha ki ye weakness nahi, ek challenge hai jise tackle karna zaroori hai. Usne professional help lenai shuru ki, jisme counseling aur meditation shamil tha. Roz meditation karke wo apne stress ko control karne laga, apne emotions ko samajhne laga. Therapist ki madad se usne apne negative thoughts ko challenge karna sikha. Dheere-dheere uska dimaag calm hua, aur uske performance mein bhi sudhar aane laga.

Ye kahani es baat ka saboot hai ki mental health ka acceptance aur treatment recovery ka pehla step hai, jo kisi bhi cricketer ko apne game mein wapas lane mein madad karta hai.

Bad Form Mein Game Rebuild Karna:

Ek doosra player, jo consistently acha perform kar raha tha, achanak uski form gir gayi. Har match mein wo apni pehli wali chamak nahi dikha pa raha tha. Usne apne aap ko confuse aur frustrated mehsoos kiya.

Phir usne apne basics pe focus karna shuru kiya — footwork, timing, aur balance ko simple routine mein rozana practice kiya. Usne apni practice routine ko simplify kar diya, zyada complex drills ko chhoda aur coach ke saath milke chhote-chhote goals banaye, jaise “Aaj main 100 ball perfect khelunga.

Coach ki guidance aur uska discipline uske liye motivation ban gaya. Dheere-dheere uski technique sudhri, confidence badha, aur wo phir se apne peak form mein aa gaya.

Es kahani se pata chalta hai ki bad form se nikalne ke liye discipline, basics pe dhyan aur realistic goals zaroori hai.

Toxic Comparison Se Mukti

Ek teesra cricketer tha jo hamesha apni tulna dusre players se karta tha — har performance mein apne aap ko unse kam samajhta tha. Ye toxic comparison uske confidence ko tod raha tha, aur mental health par bura asar daal raha tha.

Ek din usne apni mental health ko samjha aur realize kiya ki comparison uske liye kitna nuksan kar raha hai. Usne consciously apni journey par dhyan dena shuru kiya, apni chhoti achievements ko celebrate kiya, aur apne sapno ko apne hisaab se define kiya.

es badlav ke saath uska mindset positive hua, usne apne unique style mein khelna shuru kiya, aur usne apna confidence wapaa paaya.

Ye example dikhaata hai ki toxic comparison chhod kar apni growth par focus karna mental health aur performance dono ke liye zaroori hai.

Case studies ne dikhaya ki har cricketer ke paas apna alag struggles hoti hai, chahe wo mental health ka issue ho, bad form ka phase ho, ya toxic comparison ki problem ho.

Lekin jo players en challenges ko samajh kar, unse lad kar apna raasta banate hai, wahi asli champions bante hai.

Esi wajah se ab zaroori hai ki hum es ladai ke mindset ko samjhein aur apne dimaag ko control karke apni ladai jeetne ka jazba jagayein.

Last line

Pressure se bhaagne wale retire ho jaate hai, pressure ko apna dost banane wale legend bante hai.

Dimaag ka control bat-ball se zyada important hota hai. Khel mein jeet ya haar sirf skill se nahi, balki mental strength se tay hoti hai.

Har ball ek choice hai – kya aap darr ke peeche chhupoge, ya us darr ko apni aggression aur focus badhane ke liye istemal karoge?

Ye ladai har cricketer ke andar chhupi hoti hai. Jeetta bhi wahi hai jiska confidence kabhi tut-ta nahi.

Chapter 6

System flaws

System Aur Sapna

Es topic pe India mein kisi ne itna raw, emotional, aur real nahi likha.

Sab bas surface-level baat karte hai .

Politics hoti hai trials fair nahi hote, bas itna.

Lekin jo main likh raha hoon, wo un bachon ki awaaz hai

jo poora saal practice karte hai ek sapna leke,

aur system unka sapna **ussi pitch par rond ke chhod deta hai.**

Main un logon ki kahani likh raha hoon

jo trial ke din subha excitement leke uthte hai

Shayad aaj kuch accha hoga

Jo local bus ya bike se 2-3 ghante ka safar karke ground tak pahunchte hai,

Poora din bowling karte hai, bhookhe, pyaase, bina shikayat ke.

Garmi ho ya sardi, batsman ki lambi line ho ya baar-baar delay ho

wo ek hope ke saath line mein khade rehte hai .

Aur fir jab shaam ko list lagti hai, **unka naam hota hi nahi.**

Na kisi ne naam poocha,

na unki bowling batting poori tarah dekhi gayi.

Main un players ki baat kar raha hoon

jinhone har practice mein apna 100% diya

chahe pitch slow ho, ball purani ho, ya match academy ka ho ya local league ka.

Unhone run bhi banaye, wickets bhi liye,

lekin trial ke waqt, **unka naam kabhi nahi chuna gaya.**

Sirf ek reason, **kyunki unka koi nahi tha.**

Na koi pehchaan, na koi phone call karne wala.

Bas apna game tha, aur system ko wo kaafi nahi laga.

Ye un players ki kahani hai

jo sirf khelna chahte the bina shortcut ke, bina setting ke.

Lekin har baar unka sapna system ke table tak aake ruk jaata hai.

Wahan talent se pehle connection kaam karta hai.

Unhone apna best diya,

par unka naam kabhi notice nahi hua

Na news mein, na notice board pe.

Cricket ke ground par wo jeette the

par selection table par system unse har baar jeet jaata tha.

Yahan practice se pehle papa ka naam kaam aata hai.

Topic 1

Biased Trials – Jab Mehnat Haar Jaati Hai, Aur Setting Jeet Jaati Hai

Aap poori tayyari ke saath ground par utarte ho. Dil mein ek hope hoti hai—

“Bas aaj accha khel gaya, to select ho jaunga.”

Poore saal practice ki, fitness par kaam kiya, bowling sharp hai, batting confident hai. Lekin trial ke din ek aur hi sach samajh aata hai: yahan talent se zyada pehchaan chalti hai. Kabhi-kabhi sirf ek phone call sab kuch decide kar deti hai.

Aap poora din bowling/batting karke thak jaate ho, performance bhi acchi hoti hai, phir bhi naam list mein nahi hota. Kyun? Kyunki wo list pehle hi likhi ja chuki thi—aur usme aapka naam tha hi nahi.

Bahut baar to selectors properly dekhte bhi nahi. Na unki aankhen ground par hoti hain, na dil. Bas ek sawaal hota hai: “Next kaun hai?”

Us waqt sirf aapka naam nahi kata jaata, balki aapka bharosa bhi tod diya jaata hai.

Aap andar hi andar sochte ho—“Shayad mujhme hi kami hai.”

Lekin nahi. Kami aapme nahi, kami system mein hai.

Sifarish Aur Fake Matches – Jaha Result Pehle Se Likha Hota Hai

Kehne ko hota hai: “Ye trial match performance-based hai, sabko equal chance milega.”

Aap believe karte ho, poore focus ke saath khelte ho, apna 100% dete ho. Ball pe control, bat pe timing, fielding sharp.

Dil ke andar ek awaaz hoti hai: “Aaj sab kuch ground pe decide hoga.”

Lekin match ke baad samajh aata hai—ye trial match nahi tha, ye sirf ek show tha.

Selector ground par tha, scoring bhi ho rahi thi, lekin asli selection already ho chuka tha. Kuch ladke bina kuch kiye bhi team mein hote hain, aur jo sab kuch dete hain, wahi ke wahi reh jaate hain.

Aap dusron ko congrats bolte ho, par khud se ek hi sawaal karte ho—

“Main aur kitni baar khud ko prove karun?”

System Ka Sabse Pehla Dhoka

Jab selection pitch par nahi, kisi setting se hota hai.

Jab match sirf formality ban jaata hai, aur seats pehle hi book hoti hain.

Jab aapka naam performance se nahi, balki ek phone call se decide hota hai—

Tab samajh lo, wahan cricket nahi ho raha, wahan sirf control chal raha hai.

Us moment par aap cricket se nahi haarte, aap system se haarte ho.

Aur phir wahi dialogue milta hai: “Try again next year.”

Lekin jab har saal wahi hota hai, lagta hai cricket khelne ka matlab hi badal gaya hai.

Par asli sach yeh hai—cricket abhi bhi wahi hai. Sirf system bigad chuka hai.

Aapko bas ek cheez ki zarurat hai—

System ke baahar sochne ki himmat.

Tabhi cricket jeetega, tabhi aap jeetoge.

Section 2

District / State Selection Politics Jab Aapki academy Se Aapka Future Decide Hota Hai

Aap apni taraf se sab kuch sahi karte ho.

Din raat practice, fitness, form har match mein consistent performance.

Aur aapke andar ek hope hoti hai es baar to ignore nahi kar sakte. Itna karne ke baad to team mein jagah pakki hai.

Lekin jab final list aati hai , to kuch naam hamesha same hote hai.

Unka game chahe average ho,

par unka club khaas hota hai.

Unka coach connected hota hai.

Aur unki academy system ke circle mein hoti hai.

Wahan talent pehle nahi dekha jaata

wahan dekha jaata hai, Ye ladka kis academy se hai?

Aap chahe kitne bhi talented ho ek line se side ho jaate ho, Wo us academy ka nahi hai.

Tab samajh aata hai, cricket sirf pitch pe nahi, pin academy ke connection pe bhi khela ja raha hai.

Jo players unki academy ke hai,

unke liye selection ek routine hota hai. Aur jo unke network ke bahar ke hai, unke liye har baar trial ek lottery ban jaata hai, jisme ticket to milti hai, lekin prize kabhi nahi.

Cricket ke ground par sab equal hote hai,

lekin selection room mein kuch log already selected hote hai, sirf unke connection ki wajah se.

Demotivation & Breakdown , Jab System Aapke Andar Se Game Tod Deta Hai

Aap har baar uthte ho, Phir trial dete ho.

Phir mehnat karte ho , bina kisi guarantee ke.

Aapne coach ki gali bhi suni, parents ka doubt bhi jhela, aur friends ke taunts bhi. Phir bhi, aapne give up nahi kiya, Lekin ek waqt aata hai, jab net pe jaake ball uthana bhi bhari lagta hai, Jab pitch dikhti hai, par motivation nahi.

Jab aap practice to karte ho, lekin andar se bas ek hi sawaal ghoomta hai, Fir se wahi hoga kya? Wo selection list jisme aapka naam nahi tha,

aapke dimaag mein repeat hota rehta hai jaise koi nightmare, Aap perform bhi karte ho, lekin reward kisi aur ka hota hai, jo bas sahi jagah se sahi academy sahi connection se aaya tha.

Aur ye baar-baar hone lage, to insaan talent se nahi, thakan se chhodta hai cricket.

Tab aap Game se nahi, system se haar jaate ho.

Kyuki Sabse pehla retire letter player khud ko deta hai, aur wo hota hai uss din, jab usse lagta hai ki system kabhi uski mehnat nahi sunega.

Ek Sawal Jo Har Cricketer Se Poochhna Banta Hai

Kabhi socha hai?

Aap kisi badi academy mein ho.

Jahan se har saal 4-5 ladke state level tak jaate hai, Lekin kabhi notice kiya **wo 4-5 ladke hamesha wahi kyun hote hai?** Wahi jo coach ke khaas hote hai, ya jinke ghar mein cricket sirf passion nahi, **power** bhi hai?

Kabhi socha,

academy mein 200 log mehnat kar rahe hai

lekin selection list mein hamesha wahi naam kyu likhe jaate hai, jinka system ke andar koi baithak hoti hai?

Har cricketer jaanta hai ye baat.

Bas bolta koi nahi.

Kyunki ya to wo system ka part ban jaata hai,

ya system se haar jaata hai, Aaj ke time mein 70-80%selections, **performance se nahi, preference se hote hai.** Aur sabko pata hai. Lekin sab chup hai, **kyunki truth bolne ki cost hota hai.**

Ab sawaal ye nahi hai ki selection kyu nahi hua

sawaal ye hai ki kya aap system ke baahar survive kar paoge?

Kya aap wo player ho jiska game, coach ki haan se nahi, khud ke dam se chalta hai?

Kyuki Cricket Sirf Unka Nahi Hai Jo System Mein Hai .

System mein hona, aaj kal talent ka proof nahi hai, System mein rehne ke liye, kabhi naam chahiye hota hai, kabhi naam ke saath koi connection, Lekin agar aap system ke bahar ho, eska matlab ye nahi ki aap player nahi ho.

Cricket unka bhi hai, jo trial list mein nahi, lekin ground mein zinda hai .

Jo ladka academy ke kone wale net pe practice karta hai bina spotlight ke, jo har baar trial ke baad khud se kehta hai, *Agli baar aur better khelunga*, **Wahi asli player hai**, System uska naam na le, chalega, Par wo khud apna game likhne ke liye ready hai.

Bhai, sach ye hai

Cricket unka nahi hota, jo sirf team photo mein aate hai, Cricket unka bhi hota hai

jo haar ke baad bhi practice miss nahi karte. Wo players jo phone call se nahi, net session se select hone ki soch leke jeete hai. Agar aap system ke bahar ho to system ko blame mat karo, Use todne ki zarurat nahi, **uske baahar jeetne ki himmat banao.**

Kyunki kabhi-kabhi

system se zyada dangerous hota hai

ek banda jo haar ke baad bhi nahi rukta.

Kyuki Cricket sirf pitch pe nahi,

andar ke game mein jeetne ka naam hai.

Aur jo banda system ke baahar khud se lad raha hai, **wo already selection se aage chal raha hai.**

Kyuki System Ko Badal Nahi Sakte lekin Apne Response Ko Legend Bana Sakte Ho

Ab jab aap system ka asli chehra dekh chuke ho, jab आपको पता चल गया है कि हर बार selection talent से नहीं होता

To ab aap khud ke liye jeena seekh lo.

Ab sirf select hone के लिए मत खेलो, अब इस game को **khud ke version mein master karo**. जहाँ chance ना मिले, वहाँ character बनाना पड़ता है, हर rejection के बाद, अगर आप discipline में थे, तो समझ लो आप हार नहीं रहे थे, **aap training mein थे**, System ने अगर आपको ignore किया, तो आप अपना brand बना लो.

आपका नाम list में हो या नहीं, **lekin अगर आप consistency से खुद को sharpen कर रहे हो**, तो आप already select हो चुके हो जिंदगी के लिए.

Ab bas ye yaad rakhna, आपको prove करना है, system के लिए नहीं, उस लड़के के लिए जो net पे सपने लेके आया था.

Aur उस लड़के की जीत, किसी trophy से नहीं,

khud से की गयी वफादारी से तय होती

Kyuki System ने जो लिया, वो एक chance था.

Aap jo banayenge, wo ek kahani hogi.

Ab ya to system का silence जीतेगा, या आपका comeback.

Aur ये किताब उस लड़के के लिए है, जो हर trial के बाद तोता, पर फिर भी अगले दिन practice पर आता है, बिना शिकायत के.

Chlo ab hum kuch solution पर बात करते हैं, जब System Galat हो, तो आप क्या कर सकते हैं

Solution 1

Apne dam Par Khelo – Na Paisa Dhoondo, Na Politics Ka Shortcut

System aapko ignore kare , chalega.

Par agar aap bhi apni mehnat ka record rakhna chhod do, to fir khud se bada dushman koi nahi.

Har match ka scorecard likho.

Har net session ka video save karo.

Har month ki growth track karo apni pace, timing, consistency, discipline.

Taaki jab koi bole Tu average hai, ”

aap ek line mein bol sako

Main apne dam par improve kar raha hoon, na teri trah setting se nahi, aur na teri permission se .

Aaj kal bahut saare players paisa lagake team mein aa jaate hai, bahut logon ka naam kaam kar jaata hai

Par sach ye hai bhai, **Jin logon ka game paisa aur politics se chalta hai, unka career state level pe hi khatam ho jaata hai.**

Kyuki **India aur IPL tak wahi jaata hai**

jiska game apne dam par khada ho, aur data uska proof ho.

To system chahe blind ho,

Aap andhe mat ho apne growth ko leke.

Jo banda khud ka record rakhta hai,

wo banda kisi ke trial list ka mohtaaj nahi hota.

Apni mehnat ka itna solid proof bana ke rakho, ki jab koi kahe selection setting se hota hai, to aap seedha bol sako

Bhai, tu system ka player hoga, main apne game par believe rakhta hu .

Solution 2

2. Network Banao,

Par Character Ke Saath

Aaj ke cricket world mein connection important hai. **Lekin sirf connection se selection nahi hota, aur sirf setting se success nahi milti .**

Aapko network banana chahiye, Coach ho, mentor ho, koi senior player ya ex-cricketer ho, **agar wo game ke sach ko samajhta hai, to uske saath connection aapki, growth ka part ban sakta hai.**

Lekin ek cheez yaad rakhna

Aap kisi ke contact mein aaye, lekin apna self-respect kabhi contact ke saat, compromise mat karo .

Bahut ladke networking ke naam pe, **haan mein haan milate hai, khud ki honesty kho dete hai,** aur jab tak wo log kaam aate hai, tab tak woh khud exist karte hai.

Ye survival ka network hota hai, lekin growth ka nahi.

Character ka network alag hota hai.

Aap kisi coach se Esliye judein, kyunki usne aapki mehnat dekhi hai, aapne impress nahi kiya, **aapne impact create kiya.**

Wo aapke naam ko recommend karega

sirf Esliye nahi ki aapne yes sir bola, **balki Esliye ki aapne hard time ke baad bhi kabhi complain nahi kiya.**

Sifarish se jaane wale log sirf system tak jaate hai. Unka rise system ke mood par depend karta hai. Lekin jiska network character se bana ho **uski value kabhi retire nahi hoti.** Usse log yaad bhi rakhte hai, aur respect bhi dete hai.

Networking ka matlab ye nahi hota ki aap useful ban jao. Networking ka asli matlab hota hai ki aap trustworthy ban jao. Connection banao lekin aisa, jahan aap apne game ke saath khud ko bhi le jaa rahe ho.

Solution 3

3. B Plan Nahi Apne A-Plan Ka Version Banao

Agar system ne aapka raasta bandh kar diya hai, Eska matlab ye nahi ki sapna khatam ho gaya.

Bas raasta official nahi hai , game ab bhi aapka hai.

YouTube cricket, club matches, tennis-ball leagues, private tournaments, ye koi B-Plan”nahi hai. **Ye wahi fire hai jo system ke bahar bhi zinda hai.** Jahan match milta ho

Khelo . Jahan camera ho apna footage bnao .

Jahan crowd ho apna impact dikho .

System agar delay kare, to aap khud ke liye exposure create karo

Aaj ke zamane mein selection sirf ground pe nahi hota, **platform kahin se bhi mil sakta hai.**

IPL mein kai aise players gaye hai, jinka naam kabhi kisi official state list mein nahi tha, par unka name bahut tha, unka footage kisi coach tak pahunch gaya tha.

Yaad rakhe Jo banda system se haar jaata hai,

wo sochta hai, Mera Plan B kya hai?

Jo banda khud par vishwas rakhta hai,

wo sochta hai Mujhe system ki zarurat kitni hai?

Jis raaste pe gate band mile, uske side ka jungle kaatna seekh lo, Wahi jungle test karta hai, kon asli player hai, aur kon sirf name list ka fan.

Aur Jis din aap backup plan banana band kar doge, us din aapka asli game shuru hoga.

Kyunki **cricket system se nahi,**

player ke stubborn vision se banta hai.

Solution 4

4. Ek Mentor Dhoondo

Jo Sirf System Ka Rulebook Nahi, Zindagi Ka Game Samjhe

Cricket sirf cover drive ya inswing yorker ka naam nahi hai. **Cricket ek aisi journey hai jahan game se pehle mindset test hota hai.**

Aur es journey mein, aapko zarurat hai ek aise mentor ki, **jo sirf technique na samjhe,**

balki aapke andar ki tooti soch ko bhi samjhe.

Aapko aise log milenge jo sirf batting ke angles samjhaayenge par aapko chahiye koi aisa, **jo pressure ke angles bhi samjhe.**

Aisa mentor chahiye, jo selection process ko andar tak jaanta ho, lekin usme fasa hua nahi ho. **Jo system ka part ho, par uska slave na ho.**

Aapke aaspaas agar koi aisa banda hai, jo aapko sirf perfect cover drive nahi, **perfect mindset sikhaata hai, to uske sath baitho, usse seekho.** Wo banda aapko coaching se zyada

clarity dega.

Wo aapko bat ki timing ke saath

thought ki timing bhi sikhaayega.

System aksar players ko tod deta hai, kyunki usmein feedback nahi hota, sirf result hota hai.

Lekin ek mentor wo hota hai, jo result se pehle aapki recovery dekh leta hai.

Aur Asli mentor wo nahi jo aapko yes bolta rahe asli mentor wo hai jo aapko aapke excuses se ladwa de, Aur jab system bolta hai, aap fail ho gaye to wo mentor bolta hai, **Game abhi baaki hai.**

Kyuki Coach aapki technique sudhaarta hai.

Aur Mentor aapka character banata hai.

Dono chahiye, Par agar ek chhune ka mauka mile, to pehle mentor chuno.

Kyunki system aapka naam bhool sakta hai, par ek mentor aapko kabhi tootne nahi dega.

Last line

Agar system perfect hota,

to Virat Kohli jaisa ladka bhi struggle na karta.

To system ki limitations ko end mat samajhna, unhe sirf ek obstacle samajhna.

Aur obstacle par sirf do log rukte hai, Ek jinhone sapna chhoda, Aur ek jinhone khud pe vishwas nahi kiya.

Aap dono mein se koi bhi nahi ho .

Chapter 7

Family expectation and parents support system

1. Introduction — Ground se Ghar Tak ka Safar

Cricket ka khel ground pe bahut seedha lagta hai. Ball aati hai, aap shot marte ho, run bante hai ya nahi — bas itna hi nazar aata hai. Lekin jab aap ghar wapas aate ho, tab game bilkul alag roop le leta hai. Pitch ki jagah wahan sawal khade hote hai, scoreboard ki jagah comparisons aapke dimaag mein chalne lagte hai.

Har roz dinner table par ek hi sawaal sunai deta hai: Beta, future ka kya plan hai? Cricketer nahi bane to aage kya karoge?” Ye sawal sirf sapno ko nahi, balki aapke jazbe par bhi bojh ban jaata hai. Jab ghar ki umeedein aur expectations cricketer ke sapno ke saath milti hai, to ye ek aisa pressure ban jaata hai jo dikhayi nahi deta, lekin andar se tod deta hai.

es chapter ka maksad ye samjhana hai ki kaise ye ghar ka pressure, jo kabhi kabhi pyar se bhi hota hai, asli cricket ke opponent se zyada khatarnak ho sakta hai. Kaise ye family expectations ek cricketer ke liye sabse badi ladaai ban jaati hai, jise samajhna aur sambhalna har kheladi ke liye zaroori hai.

Kyuki ground ka asli khel pitch tak simit nahi, ghar ke andar bhi chal raha hota hai. Ab samjhenge ki family expectations kya hoti hai, aur kaise ye cricketer ke liye sabse bada challenge ban jaati hai.

2. Family Expectations Kya Hoti Hai?

Family expectations ka matlab hota hai ki ghar wale aapke cricket aur career ko apne nazariye se dekhte hai. Unke liye aapka har match ek “report card” ki tarah hota hai — jisme sirf runs ya wickets nahi, balki aapki performance, discipline, aur progress ko judge kiya jaata hai.

Ground ke asli opponent ke saath-saath ek invisible opponent hota hai — ghar ka pressure. Ye pressure kabhi kabhi itna bhaari ho jaata hai ki aapke andar ka confidence aur khushi ko tod deta hai.

Misaal ke taur par, agar aap state trials me fail ho jaate ho, to ground pe to ek match khatam hota hai. Lekin ghar ka mahaul badal jaata hai — disappointment dikhai deti hai, comparisons hote hai, kabhi kabhi pyaar ke naam par daant bhi milti hai. Ye sab milke aapke dimaag par ek aisa bojh bana dete hai jo ground ke opponent se bhi zyada challenging hota hai.

Ab aage badhte hai aur dekhte hai ki es emotional damage ke peeche kya wajah hoti hai.

3. Family Expectations Ka Emotional Nuksan: 5 Badi Wajahan

1. **Performance ko Saboot Samajhna:** Ghar walon ki nazar mein har match ek test ki tarah hota hai. Aapka khelna sirf game nahi, balki apna kabil-e-taarif hone ka saboot dena hota hai. Agar match achha nahi gaya, to unhe lagta hai ki aap fail ho, jo aapke liye bada emotional pressure ban jaata hai.
2. **Comparison ka Dabav:** Ghar par aapki tulna aksar dusre bachon ya rishtedaron ke bacchon ki success se hoti hai. “Wo achha khelta hai, tum kyun nahi?” Jaise aapko hamesha kisi se behtar ya barabar dikhna zaroori ho. Ye tulna aapke upar ek alag hi weight daalti hai.
3. **Paise aur Kharch ka Sawal:** Cricket seekhne mein coaching, gear, safar— sab par kharcha hota hai. Ghar wale sochte hai ki itna kharcha karke esse kya faida hoga? Paise ko lekar chinta bhi jazbe ko kamzor karti hai aur emotional tension badhati hai.
4. **Plan B ka Dabaav:** Agar cricket mein safalta nahi mili, to degree ya dusra career option pura karne ka pressure hota hai. Ye soch aur

dabaav aapke sapno ko tod sakti hai, kyunki aapko do raaste sambhalne hote hai.

5. **Jaldi Nateeje Ki Umeed:** Ghar wale turant success chahte hai. Agar jaldi results nahi milte, to bechaini aur frustration badh jaati hai, jo aapke jazbe ko kamzor kar deti hai.

Ye paanch wajah sirf upar ki baatein hai; asli nuksan to andar hota hai— jab aapka apna self-belief kamzor ho jaata hai, mindset tut-ta hai, aur jazba kamzor pad jaata hai.

Jaise humne pehle baat ki ki ghar ki expectations kaise cricketer par emotional pressure ban jaati hai, wahi pressure dheere-dheere andar se cricketer ko todna shuru kar deta hai.

Jab har match ko ghar ek test samajhta hai, comparison chalta rehta hai, paise aur plan B ka dabaav hota hai, aur jaldi results ki demand hoti hai, to ye sab sirf surface ki baatein hoti hai.

Asli problem tab hoti hai jab ye expectations cricketer ke andar ke jazbe, uske vishwas (self-belief) aur mindset par negative asar karne lagti hai.

Yahi wo jagah hai jahan emotional damage hota hai — matlab andar se todne ka silsila shuru hota hai. Ab es part mein hum samjhenge ki ye emotional damage kaise kaam karta hai, aur ye cricketer ke andar kis tarah se dard aur tension paida karta hai.

4. Emotional Damage Mechanism — Andar Se Kaise Todta Hai

- **Self-belief ka breakdown:** Jab aapko baar-baar lagta hai ki ghar walon ka bharosa toot raha hai, to aapka apna vishwas kamzor padne lagta hai. Ye vishwas hi aapki sabse badi taakat hoti hai, jo tootne lagta hai.
- **Pre-match anxiety:** Ghar ki umeedon ke wajah se, match se pehle hi aapke dimaag mein darr, tension aur anxiety chhane lagti hai, jo khel par asar karti hai.
- **Practice mein mental intrusion:** Aap jab practice karte ho, tab bhi aapke dimaag mein negative thoughts aane lagte hai— “Agar main

fail ho gaya to?” ya “Ghar wale kya kahenge?” Ye distractions aapki performance ko kamzor kar deti hai.

- **Apni value sirf stats se measure karna:** Jab aap apni kimat sirf runs ya wickets se naapne lagte ho, to aapka confidence aur personality nazarandaz ho jaati hai. Ye soch aapko mental taur par aur bhi zyada neecha gira deti hai.
- **Long-term damage:** Jab aap baar-baar external validation (ghar walon ki tareef ya approval) ke bina khud ko akela mehsoos karte ho, tab aap us validation ke addicted ho jaate ho. es wajah se aapka real confidence kamzor padta hai aur aap emotionally dependent ho jaate ho.

Ab es part mein hum samjhenge ki ye family pressure cricket par practical taur par kaise asar karta hai

5. Family Pressure Ka Cricket Par Practical Effect

- **Confidence collapse:** Ghar ki negativity aur expectations ka asar pitch par sabse pehle aapke confidence par padta hai. Jab ghar se mila pressure zyada ho, to aap apne skills par bharosa khona shuru kar dete hain.
- **Natural game ka loss:** Jab aap par ghar walon ka dabaav hota hai, to aap apna natural style chod kar safe khelne lagte ho. Risk nahi lete, jisse aapka game predictable aur kamzor ho jaata hai.
- **Overthinking aur fear:** Ghar ke pressure se aap match ke dauran overthink karte ho — har ball pe darr lagta hai, har decision soch-samajh kar lene lagte ho, jisse aap apne flow se bahar ho jaate ho.
- **Isolation from family:** Kabhi-kabhi ye pressure itna zyada ho jaata hai ki cricketer ghar se emotional doori bana leta hai. Apne jazbe aur dard ko kisi se share nahi karta, jisse akelapan badhta hai.
- **Quitting mindset develop hona:** Lagataar pressure aur negative reactions se kai baar cricketer ke andar ye soch paida ho jaati hai ki “Shayad mujhe ye khel chhod dena chahiye. ” es tarah ka mindset unke sapno ko tod deta hai.

Jaise humne dekha, ghar ka pressure pitch par cricketer ke khel par seedha asar dalta hai. Jab ghar ki negativity aur umeedain zyada ho jaati hai, to confidence girta hai, natural khel chala jaata hai, aur cricketer overthinking, darr, aur akelapan mein chala jaata hai. Kai baar to ye pressure itna badhta hai ki cricketer ke andar chhod dene ka jazba bhi paida ho jaata hai.

Lekin, har pressure ka ek positive pehlu bhi hota hai. Ghar ka support cricketer ke liye motivation, bharosa, aur sacrifice ka source bhi ban sakta hai.

Esliye zaroori hai ki hum family pressure ke dono pehlu – positive aur negative – ko samjhe. Ye samajhna aapko ek balanced nazariya dega ki kaise support kab encouragement banta hai, aur kab wo pressure ban kar cricketer ko todta hai.

6. Family Pressure: Positive & Negative Dono Side

- **Family support ka positive impact:** Jab ghar wale sahi tarah se aapke saath hote hai, to wo aapke liye motivation ka bada source banta hai. Unka trust, unke sacrifices aapke jazbe ko mazboot karte hai, aur aapko mushkil waqt mein sambhalte hai.
- **Support jab pressure me badal jata hai:** Lekin kabhi-kabhi ye support unrealistic expectations, taane, aur comparisons mein badal jaata hai. Jab ghar wale aapke sapno ko samajhne ki bajaye sirf nateer dekhte hai, to ye support pressure ban jaata hai.
- **Negative patterns jo player ko todte hai:** Aise negative patterns mein criticism ka haal, kabhi kabhi emotional daant, aur bar-bar hone wali tulna shamil hai, jo cricketer ke confidence aur mental health ko nuksan pahunchate hai.

Ab hum baat karenge un aam parenting mistakes ki jo aksar players ko nuksan pahunchati hai, chahe wo support ki niyat se ho ya samajh ki kami ki wajah se.

7. Common Parenting Mistakes Jo Player Ko Hurt Karte Hai

- **Over-involvement:** bahut baar parents apne aap ko coach banane ki koshish karte hai, har chhoti baat mein interfere karte hai, jo player ko apni space aur decision-making se door kar deta hai.

- **Under-involvement:** Dusri taraf, kuch parents apni zimmedari nahi lete, interest nahi dikhate, jisse player ko lagta hai ki uski mehnat ko koi nahi samajhta.
- **Sirf result-based appreciation:** Kabhi kabhi sirf achievements ya match ke results par hi tareef di jaati hai, process aur effort ko ignore kiya jaata hai, jo player ke jazbe ko kamzor karta hai.
- **Unintentional pressure create karna:** Parents bina jaane apne expectations ya baaton se aisa pressure banate hai jo player ke liye bojh ban jaata hai, chahe unka irada support dene ka ho.

humne dekha, aksar parenting support mein kuch galtiyan hoti hai — jaise over-involvement ya under-involvement, sirf result par focus, aur anjaane mein pressure banana — jo player ke jazbe aur performance ko hurt karti hai.

Lekin, sirf galtiyan ko samajhna hi kaafi nahi, balki humein ye bhi samajhna hoga ki ek balanced parenting approach kya hoti hai, jo cricketer ki journey ko support kare aur usse mentally aur emotionally mazboot banaye.

es balanced approach mein process ko samajhna, failures ko seekhne ka moka dena, ghar ko ek aisa safe space banana شامل होता है जहाँ player बina darr के अपने jazbe aur emotions को express कर सके.

Ab hum baat karenge ki cricket journey mein balanced parenting kaise best approach sabit hoti hai.

8. Balanced Parenting — Cricket Journey Me Best Approach

- **Process-oriented mindset ko encourage karna:** Sirf results pe nahi, balki khelne ke process, mehnat, aur improvement par dhyan dena chahiye. esse player ko seekhne aur grow karne ka hausla milta hai.
- **Failures ko learning ka part banana:** Har haar ko seekhne aur sudharne ka moka samajhna chahiye. esse player mein resilience banti hai aur wo pressure ko healthy tarike se handle kar pata hai.
- **Ghar ko safe space banana:** Ghar ek aisi jagah honi chahiye jahan player apne jazbe, doubts, aur struggles bina dare baat kar sake. Emotional support milne se uska confidence badhta hai.

- **Balanced parenting se player mentally aur emotionally strong hota hai:** Jab parents support aur expectations mein balance banaye rakhte ha, to player apne andar ki strength ko samajh pata hai, jo uski overall growth ke liye zaroori hai.

Yahan humne samjha ki parenting mistakes cricketer ko nuksan pahunchati hai, aur balanced parenting un galtiyon ko door karke player ko mentally aur emotionally mazboot banati hai. Balanced parenting ka matlab hai aisa support jo motivation de, failures ko learning banaaye, aur ghar ko safe jagah banaye.

Lekin ghar ke support ko samajhna sirf parents ki zimmedari nahi – players ko bhi apni taraf se koshish karni hoti hai ki wo apne parents ko apni journey aur challenges ko samjha sake. Jab player aur family dono ek doosre ko samajhne ki koshish karte hai, tabhi asli support banta hai.

esliye aage hum baat karenge ki player apne parents ko kaise respectfully aur effectively samjha sakta hai, taaki ghar ka support aur pressure dono ek sahi disha mein badhein.

9. Player Ke Liye Advice: Apne Parents Ko Kaise Samjhaaye

- **Clear goals communicate karna:** Apne cricket goals ko clearly apne parents ke saamne rakhe, taaki wo aapke sapno aur planning ko samajh sake.
- **Effort aur struggle explain karna:** Sirf results nahi, apni mehnat aur challenges ko bhi share karna zaroori hai, taaki parents ko aapki journey ka asli haal pata chale.
- **Success aur failures openly share karna:** Apne achievements ke saath-saath haar ko bhi imaandari se baat kare, taaki expectations realistic rahe.
- **Respectful aur structured communication se misunderstanding kam karna:** Ghar walon se pyaar aur izzat ke saath baat karna, aur apni baat aaram se samjhana, misunderstandings ko kam karta hai.
- **Family ko partner banana, opponent nahi:** Apne parents ko apna partner samjhe, na ki opponent. Unhe apne safar ka hissa banaye, taaki wo aapke saath milkar aapki madad kar sakein.

Ab humne samjha ki player apne parents ko apni journey kaise samjhaaye — clear goals, mehnat, struggles aur emotions ko izzat aur samajhdari ke saath communicate karna zaroori hai. Jab player aur family dono ek doosre ko samajhne ki koshish karte hai, tabhi ghar ka environment positive banta hai aur asli support milta hai.

es samajh ko aage badhate hue, ab hum practical solutions par baat karenge jo aapko apne sapne aur parivaar ke sapno ke beech balance banane mein madad karenge. Saath hi, hum aise tareeke samjhenge jisse aap apni feelings ko express kar saken, pressure ko apni takat bana sako, aur ghar ke reactions se apni pehchaan alag rakh sako.

10. Practical Solutions & Call to Action

- **Apne sapne aur parivaar ke sapne dono ko balance karna seekho:** Aapke sapne aapke liye bahut maayne rakhte hai, par parivaar ke sapne aur unki umeedein bhi samajhna zaroori hai. Dono ko milakar chalna hi safalta ki kunji hai.
- **Emotions ko express karna seekho, ro sakte hai ladke bhi:** Jazbaat chhupana zaroori nahi, dard ya tension mehsoos ho to izzat ke saath apne emotions ko express karna seekhe. Ye aapki emotional health ko behtar banata hai.
- **Financial planning aur clarity rakho:** pressure ek badi wajah hoti hai paisa ki kami esliye apne kharchon ka hisaab rakhe, planning kare, taaki parivaar ko bhi aapki zimmedari samajh aaye.
- **Pressure ko performance trigger banao:** Pressure ko apne khilaf nahi, apne saath ka ek takatwar saathi banaye, esse aap apne khel ko naye level par le ja sakte ho.
- **Ghar ke reaction se apni identity alag rakho:** Har parivaar apne nazariye se baate karta hai, lekin aap apni asli pehchaan aur jazbaat ko usse alag rakhna seekhe. Ye aapke mental balance ke liye zaroori hai.
- **Family ke saath communication ka culture banao:** Apne parivaar mein khule taur par baat cheet ka mahaul banaye. Jab sab apni baat izzat aur samajh ke saath rakhte hai, tab misunderstandings kam hoti hai.

Last line

- **Cricket ka safar ghar ke andar se shuru hota hai:** Ground par khelna important hai, lekin asli battle aur growth ghar ke mahaul se hoti hai.
- **Parents ka support system cricketer ki spine hai:** Ek mazboot parivaarik support ke bina cricketer apni poori taqat se nahi khel pata.
- **Family expectations ko samajhna aur manage karna mental game ka asli part hai:** Sirf physical skills nahi, balki mental toughness bhi es safar ka aham hissa hai.
- **Sapne tabhi poore hote hai jab ghar ki dua aur support saath ho:** Parivaar ka pyar aur samajh sapno ko haqiqat banane mein madad karta hai.
- **family Pressure ko weight nahi, grip banao:** Pressure ko boj na samjhe, balki apne performance ko behtar banane ka ek trigger banaaye.

Chapter 8

Toxic Circle

Sabse bada pressure kabhi-kabhi field pe nahi hota.

Wo un logon se aata hai jo aapke sabse kareeb hote hai— doston ke naam par.

Jo aapke har plan mein shamil hote hai, par dil se chahte hai ki aap kabhi unse aage na niklo.

Jo tareef karte hai, lekin aankhon mein jalan chhupaye hote hai.

Inmein se koi seedha attack nahi karta bas aapka self-belief dheere-dheere kha jaata hai. Aap apna best de rahe hote ho, aur wo silent comparison mein busy hote hai.

Sabse zyada confusion tab hoti hai jab aap har taraf se surrounded hote ho, phir bhi andar se bilkul akela mehsoos karte ho.

es chapter mein baat karenge unhi toxic relationships ki jinke saath rehna, jeet se zyada thakaa deta hai.

Aur sabse badi dikkat ye hai, ki en logon ko hum pehchaan nahi paate.

Kyunki unka chehra wohi hota hai jinke saath humne sapne share kiye, struggles bataaye, aur kabhi kabhi apna sab kuch laga diya.

Par dosti ke label ke peeche kab jealousy, comparison aur manipulation chhupne lage pata hi nahi chalta.

Aur ye toxic circle wahi hota hai jo dikhne mein “support system” lagta hai, lekin andar hi andar aapke confidence ki rassi kaat raha hota hai.

Ab sawal uthta hai – **Toxic Circle** hota kya hai?

Aur toxic log hote kon hai?

Unki language, unka behavior, unka presence... sab kuch kaise silently ek cricketer, ek artist, ya kisi bhi passionate insaan ko andar se todta hai?

2. Introduction – Toxic Circle Kya Hota Hai?

To sawal ye uthta hai – toxic circle hota kya hai?

Simple shabdon mein: **ye wo log hote hai jo aapke aas-paas hone ka dikhawa karte hai, par aapki growth se khud insecure ho jaate hai.**

Ye dikhte hai doston jaise, behave karte hai supporters jaise, par asal mein har waqt aapke progress ko naap rahe hote hai.

Har achievement ke baad unka mood badal jaata hai, kabhi halka sarcasm, kabhi comparison, aur kabhi complete silence.

enka tareeka seedha nahi hota. Ye aapko neech girane ke liye chillate nahi – ye sirf aapke aas-paas rahte hai, aur aapka confidence dheere-dheere hollow karte hai.

Kisi bhi cricketer ke liye, ya kisi bhi dream chaser ke liye, confidence ek tool nahi, ek survival instinct hota hai.

Jab aapko har roz apne game pe focus karna ho, tab aise log chhoti-chhoti baaton se aapke mind mein doubt daalte hai:

- Tu thoda overconfident to nahi ho gaya?
- Wo player tujhse better hai, usne academy level pe pehle se perform kiya hai.

Aaj kal tu kuch zyada hi udne laga hai.

Shabdon ka poison slow hota hai – lekin powerful.

Aap practice to kar rahe hote ho, lekin andar se shaky feel karte ho.

Aap run bana rahe ho, lekin dressing room mein ek gaze hoti hai jo keh rahi hoti hai – dekhte hai kab tak chalta hai.

Toxic log hamesha direct kuch nahi karte . Kabhi-kabhi wo bas itna karte hai ki aap apne upar bharosa khona shuru kar do.

Aur yehi unki jeet hoti hai. Aap ground par nahi haarte, Aap haarte ho us circle mein, jahan support hona chahiye tha, lekin silent tufaan chal raha hota hai.

Har cricketer pressure face karta hai –performance ka, selection ka, expectations ka.

Par sabse tricky pressure hota hai un logon ka jo dikhte apne jaise hai, lekin actually andar se pull-back force ban chuke hote hai.

Toxic circle ek vague concept nahi – ye kuch specific logon ka group hota hai jinka kaam aapka confidence silent tareeke se todna hota hai.

Kabhi dosti ke naam pe, kabhi guidance ke bahane.

Ab samajhte hai wo 5 log kon hote hai,

jo har cricketer ke journey mein kabhi na kabhi toxic role play karte hi karte hai.

3. 5 Types of Toxic People in a Cricketer's Life

1. Jealous Friends – Aapki Growth Se Insecure Hote Hai

Kon hote hain ye?

Wo dosti ke label mein chipke hote hai, par andar se aapki growth se insecure feel karte hai. Aap jitna aage jaate ho, enka chehra utna badalne lagta hai.

Behavior:

- Jab aap koi achievement share karte ho, wo “nice” kehkar topic badal dete hai.
- Jab aap struggle mein hote ho, wo zyada involved lagte hai.
- Hamesha comparison karenge: “Usne tujhse better kiya tha. ”
- Kabhi open jealousy nahi, lekin passive taunts hamesha.

Impact:

- Aap sochne lagte ho: “Shayad main overhype ho raha hoon. ”
- Apne best moments mein bhi guilt ya awkwardness mehsoos hoti hai.

- Aap apni progress chhupane lagte ho – bas peace banaye rakhne ke liye.

2. Pull-Back Group – Jugaad Ke Bina Kuch Nahi Hota” Wale

Kon hote hai ye?

Ye wo log hai jo system ki negativity mein doobe rehte hai. Unka vision limited hota hai, aur wo chahte hai ki aap bhi unke level pe ruk jao.

Behavior:

- Aapke goals sunke kehte hai: “Bhaisaab, ye India team nahi milne wali tujhe.
- Mehnat ka mazaak udate hai.
- Har achievement ka credit “luck” ya “setting” ko dete hai.
- Constantly kehte hai: “Ground reality dekh, hawa mein mat udd. ”

Impact:

- Aapka passion weak padta hai.
- Aap safe khelne lagte ho – risk se bachne ke chakkar mein.
- Long-term vision short-term excuse ban jaata hai

3. Fake Motivators – Samne Support, Peechhe Poison

Kon hote hai ye?

Ye dikhte hai ki wo aapke mentor hai. Bolte hai, samajhte hai, lekin asli mein aapko control karte hai.

Behavior:

- Publicly aapko hype karte hai, privately doubt.
- Koi badi opportunity aaye to subtly discourage karte hai: “Soch le, abhi ready nahi hai tu.

- Aapke emotional low points pe ‘guide’ ban jaate hai, par usi vulnerability ka misuse bhi karte hai.
- Aapke ideas chhupke mock bhi karte hai doosron ke saamne.

Impact:

- Aap apne decisions ke liye unpe dependent ho jaate ho.
- Risk lena band kar dete ho – unki approval ke bina confident feel nahi karte.
- Long-term growth stuck ho jaati hai.

4. Time-Wasters – Party, Gossip, Distraction Dene Wale

Kon hote hai ye?

Ye wo log hote hai jo khud clear nahi hote apni life mein, aur chahte hai ki aap bhi focus se hat jao.

Behavior:

- Hamesha “aaj relax kar le” mood mein hote hai.
- Jab aap train kar rahe ho, tab inko lagta hai “over ho raha hai.
- Practice skip karne ke excuses dete hai: “Bhai sab ja rahe hai, tu bhi aaja. ”
- Kabhi kabhi indirectly guilt dilate hai: “Aise to tu boring ho gaya hai.”

Impact:

- Aapka discipline hil jaata hai.
- Ek session skip karna normal lagne lagta hai.
- Focused routine toot jaata hai, consistency mar jaati hai.

5. Silent Competitors – Dosti Dikhate Hai, Par Andar Se Race Lagate Hai

Kon hote hai ye?

Ye sabse dangerous type hai — kyunki dikhte hai dost, lekin andar se constantly compare kar rahe hote hai.

Behavior:

- Aapke performance ke stats ya results inke dimaag mein saved hote hai.
- Aapka koi loss hota hai to ye sabse pehle “samjhane” aa jaate hai.
- Apne achievements subtly highlight karte hai, taaki aapko under pressure feel ho.
- Kabhi openly compete nahi karte — lekin emotionally har waqt race chal rahi hoti hai.

Impact:

- Aapko apne hi dost circle mein performance pressure mehsoos hone lagta hai.
- Aap unse door nahi ho paate, par unke around relaxed bhi nahi reh paate.
- Aapka game natural nahi, prove karne wala ban jaata hai.

Ye log sirf aapki journey ka hissa nahi hote — ye aapki soch, self-belief, aur emotional health ko quietly control karne lagte hai.

Inmein se har ek banda apne tareeke se aapke andar kuch na kuch shift kar deta hai, kabhi confidence mein crack, kabhi trust mein doubt, aur kabhi performance ke beech overthinking ki noise.

Match ke runs, practice ki drills aur selection ka stress to dikhta hai,

lekin jo damage ye log karte hai, wo andar chhup kar chalte hai.

Ab baat karte hai— **en toxic logon ke real emotional impact ki.**

4. Emotional Impact on Cricketer

Kabhi-kabhi cricketer pitch pe nahi, apne mind mein haar jaata hai.

Match ke numbers theek dikhte hai, lekin mental graph neechे jaa raha hota hai —

aur ye fall kisi ball se nahi, balki logo ke behavior se hota hai.

Toxic log hamesha loud nahi hote. Kabhi ek taunt, kabhi ek look, kabhi ek silence

aur dheere-dheere confidence fracture hone lagta hai.

Ye 5 emotional impacts wahi fractures hai, jo sirf scoreboard pe nahi, insaan ke andar dikhte hai.

1. Self-Doubt Develop Hota Hai

Pehla nuksan hota hai **khud pe bharosa tootna**.

Shuruat mein aap confident hote ho. Shot marte ho to instinct follow karte ho.

Lekin jab baar-baar aapko indirectly sunne ko milta hai:

Tu overconfident hai”

Abhi level nahi aaya hai tera”,

To lucky tha us match mein

To aap apne har decision ko judge karne lagte ho. **Har shot ke baad mind mein question aata hai:**

Sahi tha kya?

Galti to nahi ho gayi?

“Ye waise to usne nahi bola tha

Ab game intuition se nahi, **insecurity** se khela jaa raha hota hai.

2. Practice Mein Focus Break Hota Hai

Practice wahi jagah hoti hai jahan cricketer apna base banata hai.

Lekin jab mind heavy ho — log kya soch rahe hai, kon kya bol raha hoga to body move karti hai, par mind present nahi hota.

Aap nets mein hote ho, lekin dimaag uss conversation mein atka hota hai jo kal raat ko kisi ne group mein bola tha.

Ya aap fitness session mein ho, lekin mind comparison kar raha hota hai:

Wo mujhse better form mein hai, kya main peeche re gaya?
Aapke effort half ho jaate hai. Aur consistency slowly break hone lagti hai.

3. Isolation Ka Feel Aata Hai

Sabse dangerous impact hota hai — **emotional isolation**.

Wo dard jisme aap logon ke beech hote ho, par feel hota hai ki koi samajh nahi raha.

Same group, same routine, lekin andar se disconnect feel hota hai.

Aap apne thoughts share karne se darte ho

kahin log judge na karen, ya mazaak na bana de.

Kabhi lagta hai, “Kisi se baat karu”,

phir turant soch aati hai, “Chhodo, kya faayda

Ye silence andar se confidence kha jaati hai.

4. Performance Drop Karti Hai

Game pe direct effect padta hai.

Jab mind clear nahi hota, to aapka instinct dull padti hai.

Wo shots jo pehle naturally nikalte the, ab hesitation ke sath aate hai.

Body react karti hai, lekin mind delay kar deta hai.

Agar ye galat ho gaya to?

Ye shot maarke koi kya sochega?

Ye to risk tha

Ye overthinking game ka tempo tod deti hai.

Aur result — unnecessary errors, missed moments, lost matches.

5. Confidence Silently Crash Ho Jaata Hai

Ye sabse invisible damage hai.

Koi na chillata hai, na insult karta hai, phir bhi aap andar se **collapse** feel karte ho.

Aapke stats theek ho sakte hai. Coach kuch nahi bol raha.

Lekin aap khud apne andar feel karte ho

Main pehle jaisa nahi hoon. ”

Aap smile karte ho, par wo feel nahi hoti.

Aap perform karte ho, par dil se enjoy nahi karte.

Jo natural confidence tha — wo ab performance pe based ho gaya hai.

Aur jab performance na ho — aap khaali mehsoos karte ho.

Ye sab emotional damage bina warning ke nahi hota.

Tootna ek process hota hai — aur har process mein kuch signs chhupte hote hai.

Har baar direct attack nahi hota, lekin chhoti-chhoti cheezein signal deti hai ki aapka environment healthy nahi hai.

Samasya ye hai ki hum un signals ko ignore karte hai, dosti ke naam pe, ya bonding ke illusion mein.

Ab samajhte hai: **toxic circle ko pehchaanne ke wo signs kya hote hai** jo hum roz ignore kar dete hai.

5. How to Recognize a Toxic Circle

Har baar dosti dikhti hai, dosti hoti nahi.

Kabhi-kabhi sabse toxic energy wahi log le kar aate hai jo sabse kareeb lagte hai.

Unki problem ye nahi hoti ki aap fail ho jao unki problem hoti hai ki aap unse aage kyun nikal rahe ho.

Pehchaan mushkil nahi hoti, par hum ignore kar dete hai— ya to emotions ke chakkar mein, ya guilt ke pressure mein.

Ab jaan lete hai wo **4 clear signs** jo batate hai: **aap toxic circle mein ho.**

1. Aapki Growth Pe Taana Milta Hai, Taarif Nahi

Kya hota hai:

Jab aap kuch achieve karte ho — ek selection, ek half-century, ya sirf better fitness —

to aap expect karte ho ki dost celebrate karenge. Par ye log bas ek taunt drop karte hai:

“Bas ek match hi to tha, ”

“Tu to lucky tha bhai, ”

“Next time dekhte hai consistency kitni hai. ”

Kya feel hota hai:

Tareef ki jagah **pull-down commentary** milti hai.

Unki tone casual hoti hai, lekin har word aapke enthusiasm ko slow karta hai.

Aap ek time ke baad apne achievements chhupane lagte ho — sirf taana sunne se bachne ke liye.

Ye clear sign hai: Unke liye aapki success uncomfortable hai.

2. Aapka Har Step Unhe Overreact Lagta Hai

Kya hota hai:

Aap jab extra gym session karo, diet follow karo, ya skill training mein zyada time do —

to ye log bolte hai

Tu zyada serious ho gaya hai.

Chhod na yaar, chill bhi kar le.

Zyada sochta hai tu, simple rakh game ko.

Kya feel hota hai:

Ye log aapki dedication ko support nahi karte, balki mock karte hai.

Jab bhi aap kuch disciplined karne jaate ho, ye aapko lazy comfort zone mein kheenchne lagte hai.

Ye clear sign hai: Aapka hard work inhe mirror ki tarah chubhne laga hai.

3. Aap Jab Match Khelte Ho To Unki Aankhon Mein Excitement Nahi Hoti

Kya hota hai:

True friends aapke match ke din **nervous aur excited** hote hai — jaise wo khud khel rahe ho.

Par toxic log aapke match ke waqt **stone face** ban jaate hai.

Koi message nahi, koi “all the best” nahi, koi follow-up nahi.

Aur agar aap jeet jao — to bas ek forced smile aur awkward silence.

Kya feel hota hai:

Aapke life ke biggest moments mein, unki energy missing hoti hai.

Unka reaction cold rehta hai — jaise kuch khaas hua hi nahi.

Ye clear sign hai: Aapki jeet unhe celebrate karne laayak nahi lagti, tolerate karne laayak lagti hai.

4. Har Baar Bas Ek Hi Sawaal: “Plan B Kya Hai?”

Kya hota hai:

Aap jab apne dream ke peeche full-time jaate ho, to ye log hamesha back-up plan pe focus karte hai, Cricket ke alawa kya socha hai? Selection nahi hua to kya karega?

Degree complete to kar raha hai na?

Kya feel hota hai:

Unki tone supportive nahi hoti, doubtful hoti hai.

Wo aapke dream pe trust nahi karte, wo aapke fail hone ka base bana rahe hote hai.

Aur har baar ye sawaal sun sun ke, **aap khud bhi apne dream pe shaky feel karne lagte ho.**

Ye clear sign hai: Wo aapke sapne se inspire nahi, uncomfortable hai.

Signs pehchaan lena ek cheez hai, lekin unka asar zindagi pe kaise padta hai — wo tab samajh aata hai jab real kahaniyan samne hoti hai.

Har cricketer ek story carry karta hai – kisi ne wrong circle ke chakkar mein career lose kar diya,
kisi ne toxic logon se nikal ke apna level change kiya,
aur kuch cases mein dosti aur jealousy ka mix ne dono ko neeche gira diya.
Ab dekhte hai teen kahaniyaan – jo chahe imaginary hoon, par reality se bilkul multi-julti hai.

6. 3 Case-Style Examples (Imaginary but Realistic)

1. Negative Story – Socho ek player tha jo cricket chhodna nahi chahta tha, lekin uske doston ne chhuda diya

Socho ek banda tha jo sach mein cricket ko leke serious tha.

Daily practice karta tha, khud se fight karta tha, apne level pe best dene ki koshish mein rehta tha .

Lekin uske aas-paas ke log uska game samjhte hi nahi the

Hamesha bolte.

“Tere jaise 1000 log try kar rahe hai. ”

“Selection jugaad se hota hai, mehnat se nahi.

“Bas ek match perform kar diya to kya, chill kar.

Wo banda andar se strong tha, par roz-roz ke taano ne uska mind kharab kar diya.

Dheere-dheere lagne lga, shayad main hi over kar raha hoon.

Aur ek din jab uske career ka important match tha, usi din bola gaya:

“Match to hota rahega bhai, Goa chalte hai.

Aur usne match chhoda.

Bas wahi din tha jab usne game nahi,

apne sapne pe bharosa chhod diya.

2. Positive Story – Socho ek player tha, jise samajh aa gaya ki galat log hata diye, to sab kuch sahi ho sakta hai

Ek banda tha jo full dedication ke saath khelta tha.

Par uska circle full time demotivate karta rehta tha :

“Tu serious ho gaya zyada. ”

“Thoda chill kar.

“Ye sab tere bs ki baat nahi bhai.

Shuruaat mein wo argue karta raha samjhata raha .

par fir ek din thak gaya.

Bas quietly sabse distance bna Li, Koi explanation nahi, koi announcement nahi .

Apna focus sirf game pe daal diya.

Aur Apne type ke log dhoondhe, jo khud bhi fire the, jo khud bhi sapna leke chal rahe the .

Kuch mahine baad game level pe dikhne lga, Mindset clear hua, overthinking gayab.

Aur usne khud se bola:

Main nahi badla, maahol badla hai.

3. Mixed Reality – Socho do player the dosti thi, par jealousy chhup ke andar ghus gayi

Do bande ek academy mein the. Saath practice, saath tournament, saath struggle.

Sab kuch brabar chal raha tha fir ek waqt aaya jab ek thoda aage nikla gya .

Yahin se problem start ho gayi.

Dosti thi, par usme silent race ghus gayi.

Jo pehle cheer karta tha, ab silent rehne lga .

Jo pehle push karta tha, ab comparison karne lga .

Fir halki-halki politics shuru ho gayi

Coach ke saamne indirect baatein, team ke saamne fake concern.

Result? Coach ne dono ko side kar diya.

Form gayi, connection gaya, aur dosti bhi khatam.

Ek ne neeche girane ki sochi thi, par dono gir gaye.

Aur ye teenon story ek hi baat bolti hai bhai:

- aapke aas-paas ka circle hi aapka confidence ya aapka confusion banata hai.
- Galat logon ko hata diya na... to game automatically better ho jaata hai.
- Aur agar dosti mein comparison aa gaya, to wo dosti nahi, **slow poison hai.**

Ab ye sab dekh ke ek cheez to clear ho jaati hai, galat circle sirf aapka waqt nahi khati, aapka focus, aapka confidence, aapka career sab silently khatam kar deti hai.

Par tension lena ka nahi

kyunki har problem ka solution hota hai,

bas uske liye **thoda clear dekhna padta hai, aur thoda tough decision lena padta hai.**

Ab baat karte hai,

5 solid cheezein jo aap aaj se kar sakte

ho, taaki toxic circle se bahar nikal sake, aur game wapas apne control mein le sake.

7. 5 Powerful Solutions – Jab Tana Sunne Wale, Circle Todne Wale Phase Mein Ho

Cricket sirf runs aur wickets ka game nahi hai ye ek silent battlefield hai, jahan aapko **logon ki soch, shabdon, aur aankhon ke doubt** se ladna padta hai. Kabhi kabhi sabse bada bowler saamne nahi, aapke aas-paas hota hai – jiska kaam hota hai aapke confidence ko no-ball kar dena.

Agar aap uss phase mein ho jahan taane milte hai, log chhupke haste hai, ya circle doubt create karta hai – to ye 5 solutions aapko **crash se comeback** ki taraf le jaayenge.

1. Spot the Circle – Observation Mode On

“Har ‘friend’ friend nahi hota. ”

Cricket mein ek shot galat pad gaya, to next ball hoti hai.

Lekin agar aapka circle galat pad gaya, to career derail ho sakta hai.

Bahar se supportive dikhne wale bhaut log aapko andar hi andar weak bana rahe hote hai. Wo aapke dreams pe jokes marte hai, practice ke baad random baatein karke focus todte hai, aur har defeat ke baad *“Bhai, cricket sabke bas ka nahi hota”* jaisi line bolte hai.

Kya karo?

Chup raho. React mat karo. Sirf observe karo. Kon aapki mehnat pe silence rakhta hai? Kon sirf khud ka struggle sunata hai? Kon aapko demotivate karte hue advice deta hai?

Real Hack:

Apne circle ka 7-day *observation scan* karo.

Ek paper pe naam likho aur uske saamne 2 column banao: “Push karta hai” ya “Pull karta hai. ” Shocking reality saamne aayegi.

2. Limit Access – Polite Distance, No Over-Sharing

“Sabko sab kuch batana zaruri nahi hota. ”

Jab aap low phase mein hote ho, log aapke andar jhaankte nahi – **gossip karte hai.**

Unhe lagta hai, “Bhai ki form kharab hai, ab dekhte hai kitna tikta hai. ”

Aur jab aap unko apna plan bata kar motivate lene jaate ho, wo aapki planning ko hi negative bol ke aapka doubt badhate hai.

Kya karo?

Zyada explanations dena band karo. “Main try kar raha hoon, ” ye ek line kaafi hoti hai. Har banda aapka therapist nahi hota.

Real Hack:

Apne doston ke WhatsApp chats check karo – kis bande se baat karke aapka mood off hota hai? Uske liye polite gap create karo.

Aur ek thumb rule rakho:

Jisne aapke struggle ke time pe call nahi kiya, usse apne comeback ki story mat batao.

3. Create New Circle – Seek Growth-Minded Players & Mentors

“Naya circle banate waqt khud bhi us circle ke layak bano. ”

Akele chalne wale log strong hote hai.

Lekin consistent rehne ke liye **strong logon ke beech** hona zaruri hota hai.

Ek sahi circle आपको sirf energy nahi deta – **clarity** deta hai.

Aur ek sahi mentor आपका time waste nahi hone deta – आपकी soch sharp karta hai.

Kya karo?

Aise log dhundo jinke saath baithke आपको feel ho – *main time waste nahi kar raha, main grow kar raha hoon.*

Sirf practice partner mat bano – **vision partner** dhundo.

Real Hack:

Apne academy ya network mein ek aise player se milo jiska game आपसे better hai.

Usse seekhne ki niyat se milo, comparison ya jealousy se nahi.

Aur mentor के liye koi senior player, coach ya even YouTube creator ho sakta hai – jo real value de.

4. Use the Hate – Let Taana Be Your Fuel

Jab log has rahe ho, samajh jao – आप sahi direction mein ho.

Agar duniya taane nahi maar rahi, to samajh jao आप kuch bada nahi kar rahe.

Cricket mein har player के against ek crowd होता है – जो usकी galti पे clap karta है, aur usकी success पे doubt.

Par ek champion wahi होता है जो un taano को **performance ka petrol** bana deta है.

Kya karo?

Jab koi bole “Tujhse nahi hoga, ” to uss line ko yaad rakhna. Aur practice mein apna 1% aur badha dena.

Real Hack:

Ek “*Wall of Haters*” banao — ek notebook ya phone jisme likho:

- Kisne kya taana maara
- Kab mara
- Uske baad aapne kya achieve kiya

Ye *revenge list* nahi — ye *relentless list* hogi.

Aur jab kuch jeet loge, unhe tag mat karna — unka silence hi sabse bada proof hoga.

5. Stay Purpose-Booked – Tight Schedule = No Negativity

Free time sabse zyada dangerous hota hai — especially jab aap demotivated ho. ”

Agar aapke din mein “sochne ka time” zyada hai, to overthinking aayegi.

Overthinking = fear + confusion + comparison = breakdown.

Kya karo?

Apna routine itna strong banao ki negative logon ke liye time hi na bache.

Free time se zyada powerful cheez koi nahi hoti — bas usse sahi jagah invest karo.

Real Hack:

Har Sunday raat ko next 7 din ka plan likho:

- Kitni practice
- Kitni fitness
- Kaunsa video dekhna hai
- Kya read karna hai
- Kaunse logon se milna hai

Aur ek mantra yaad rakho:

Jab aap kaam mein doobe hote ho, duniya aapko chhedne ka time nahi nikal pati. ”

Last line

Toxic logon se baatein band karne se aap rude nahi hote — **mature** hote ho.

Apne circle ko filter karne se aap selfish nahi hote — **focused** hote ho.

Aur taano ko fuel banane se aap egoistic nahi hote — **dangerously unstoppable** bante ho.

“Cricket sirf bat aur ball ka game nahi,

ye ek silent war hai — jisme aapko logon ki soch se jeetna padta hai pehle. ”

Chapter 9

Sacrifice of personal life

Cricket ko aksar log bat-ball ka ek exciting game samajhte hai, stadium ka shor, commentary ki awaaz, scoreboard ka thrill. Lekin jo log es game ko apni zindagi bana lete hai, unke liye ye sirf ek sport nahi, balki ek lifestyle hai, aur ess lifestyle ka sabse bada hissa hai **sacrifice**.

Har professional banne ka sapna rakhne wale cricketer ko apni personal life me bade-bade compromises karne padte hai. Early mornings me training, dusre logon ke festival ke din aapka fitness camp, school/college trips ki jagah tournaments ke tours, Ye list kabhi chhoti nahi hoti.

Jo cheezein aam log apne young age me enjoy karte hai, dost ke saath late-night outing, family functions, apne birthdays ka celebration, wo ek cricketer ke schedule me luxury ban jaati hai. Aur sabse mushkil baat ye hai ki bahar ke log ye surface nahi dekhte. Unhe sirf runs, wickets, aur match result dikhte hai, par uske peeche ke chhode hue moments, personal struggles, aur emotional cost kisi ko nazar nahi aati.

es chapter ka maksad hai aapko wo sach dikhana jo scoreboard par likha nahi hota, wo sacrifices jo ek cricketer apni personal life me karta hai, sirf Esliye taaki ek din apne sapne ko haqiqat bana sake.

Aap samajh gaye honge ki cricket ka professional raasta sirf skills aur performance ka nahi, balki ek aise lifestyle ka hai jahan har din kuch chhodna padta hai. Lekin “sacrifice” shabd ka asli matlab cricketing life me kya hota hai?

Sacrifice ka matlab sirf ek-do events miss karna nahi hai, balki apne comfort zone, apne relationships, aur apni “normal” lifestyle side me rakh kar apna pura focus cricket par laga dena hai. Ye wo cheezein hai jo ek cricketer ka everyday reality ban jaati hai — chahe wo samajh aaye ya nahi.

2. Sacrifice Kya Hota Hai Cricketing Life Me?

Cricketing life me **sacrifice** ka matlab hota hai apne comfort zone, personal relationships, aur normal lifestyle ko consciously side me rakh kar apna pura focus ek hi cheez par lagana — *apna game*. Ye ek choice hoti hai jo har serious cricketer ko leni padti hai, chahe wo decision khushi se ho ya majboori me.

Sacrifice ka matlab sirf ek-do cheezein miss karna nahi, balki apni puri daily life ko es tarah design karna ki har activity, har habit, aur har energy ka hissa sirf cricket ke improvement me lage. Ye ek long-term investment hota hai jiska result shayad turant nahi dikhta, lekin eski cost aap har din chukate ho.

Common sacrifices jo har aspiring cricketer karta hai:

1. Friends ke saath outings miss karna

Jab doston ka plan hota hai movie, dinner, ya late-night hangout ka, tab aapka plan already fix hota hai — next morning ka practice session. Ek do baar nahi, ye baar-baar hota hai, aur dheere-dheere aapka social circle aap se alag chalne lagta hai.

2. Festivals, birthdays skip karna

Diwali par ghar ki jagah tournament ka ground, ya apne birthday par doosre city me match khelna. Ye moments aap wapas nahi la sakte, lekin aap unhe willingly chhod dete ho apne goal ke liye.

3. Late-night enjoyment chhod kar early morning training

Jahan aam log raat der tak enjoy karte hai, aap apna alarm set karte ho subah 4:30 ya 5 baje ke liye — kyunki aapko net practice ya fitness drills karni hai.

4. Studies me back seat dena

School ya college assignments kabhi-kabhi incomplete rah jaate hai, exams me aap “just pass” strategy adopt karte ho, kyunki aapka zyada time cricket me jaata hai.

Apni hobbies ya interests ko side me rakhna

Painting, music, gaming, ya koi bhi passion jo aapko pasand ho — wo sab “baad me” category me chale jaate hai, kyunki aapki full energy reserve cricket le jaata hai.

Aap dekh chuke hai ki cricket ke liye kiye gaye sacrifices sirf ek-do decisions tak simit nahi hote — ye aapki poori daily routine, comfort zone, aur priorities ko badal dete hai.

Aur enka sabse pehla asar jis jagah dikhai deta hai, wo hoti hai aapki **social life**.

Dost, classmates, ya neighbours ke saath jo normal interaction hota hai, wo dheere-dheere kam hone lagta hai. Pehle ek-do missed events chhote lagte hai, lekin jab ye ek pattern ban jaata hai, to aap realise karte ho ki aapka social circle chhota ho gaya hai — kabhi-kabhi itna chhota ki sirf cricket ground tak simit ho jata hai.

3. Social Life Ka Impact

Constant practice sessions, fitness drills, aur tournaments ka schedule ek cricketer ko apne doston, classmates, aur normal social activities se dheere-dheere door kar deta hai. Jab aap har din subha-shaam ground par hote ho, to aapke paas apne personal circle ke liye waqt bacha hi nahi hota.

Shuru-shuru me ye difference chhota lagta hai ek weekend outing miss ho gayi, ek birthday party skip kar di. Lekin jab ye baar-baar hota hai, to aap realise karte ho ki aap ek alag track par chal rahe ho, aur baaki log ek doosre track par.

Example:

School ya college ke annual events hote hai — sports day, cultural fest, farewell party. Aapke classmates taiyaari me busy hote hai, lekin aap tab tak district ya state tournament ke liye doosre city me match khel rahe hote ho.

Photos group chats me aati hai, sab log ek-dusre ko tag karte hai, lekin aap sirf screen se dekh kar “next time” soch lete ho jo aksar kabhi aata hi nahi.

Long-term impact:

- **Limited social circle:** Aapke dost ka group dheere-dheere sirf cricket teammates tak seemit ho jaata hai.
- **Disconnect:** Old friends aapki routine samajh nahi paate, aur kabhi-kabhi unhe lagta hai ki aap “door ho gaye ho.”
- **Loneliness:** Jab match ke baahar aap free hote ho, tab kabhi-kabhi realise hota hai ki aapke paas share karne ke liye ground ke baahar ka social network bahut kam hai.

Social life me gap aane ke baad aap notice karte ho ki ye distance sirf doston tak simit nahi rehti. Dheere-dheere ye apne ghar ke andar bhi aa jati hai. Parents, siblings, aur relatives ke saath waqt kam ho jaata hai, conversations short ho jaati hai, aur kabhi-kabhi aapki priorities unke liye samajhna mushkil ho jata hai.

4. Relationships & Family Time

Cricket ka demanding schedule sirf aapki social life nahi, balki aapke ghar ke relationships ko bhi impact karta hai. Har din ki training, match, aur travel ka routine aapko apne parents, siblings, aur extended family ke saath quality time bitane se rokta hai.

Example:

Maan lijiye ghar me ek important family function chal raha hai — shaadi, anniversary, ya kisi festival ka major celebration. Aap ghar me sirf photo frames me yaad rahte ho, kyunki aap us waqt district match ke liye doosre sheher me travel kar rahe hote ho.

Emotional Toll

- Kabhi-kabhi aapke apne log aapki priorities samajh nahi paate.
- Kuch relatives soch lete hai ki aap “family se door” ho gaye ho.
- Parents aapko miss karte hai, lekin aapke sapne ke liye support bhi karte hai — esliye unke emotions conflicting hote hai.

Jab aap family ke saath waqt nahi bita pate, to eska ek side-effect aapki academics par bhi padta hai. Cricket ka demanding schedule आपको sirf ghar se nahi, classroom se bhi door kar dete hai. Early morning training, outstation tournaments, aur matches ke chakkar me study miss hoti hai, assignments delay hote hai, aur exams ke liye preparation time kam ho jaata hai.

5. Education & Career Choices Ka Compromise

Cricket ko priority dena ka matlab aksar studies ko secondary bana dena hota hai. Ye decision hamesha easy nahi hota, lekin practical situation आपको es direction me push kar deta hai.

Example:

Maan lijiye आपके board exams chal rahe hai, aur esi beech आपका state-level tournament scheduled hai. आप के पास दो option hote hai – ya to exam preparation pe focus kare, ya tournament khele. Professional cricket pursue karne wale zyada tar players tournament choose karte hai, kyunki wo career opportunity hota hai.

Career Risk:

Agar cricket me success jaldi nahi milti, to education me gap ek problem ban sakti hai. Degrees incomplete reh jaati hai, ya age restrictions ki wajah se baad me kuch career paths close ho jaate hai.

Ye ek gamble hota hai, aap apne sapne me invest karte ho, lekin Eski cost formal education ke form me chukana padti hai. esliye smart planning aur backup options rakhna yahan critical hota hai.

Academics ka time kam hone ka ek bada reason ye hai ki आपकी energy ka major hissa ground le jaata hai. Subah ke early practice sessions, din bhar ka intense training, outstation travel, aur match pressure mil kar ek constant **physical aur mental fatigue** create karte hai. Aur jab performance ka pressure ke saath chhode hue personal moments ka regret bhi jud jaye, to ye thakaan sirf body tak simit nahi rehti – ye mind tak ghus jaati hai.

6. Physical & Mental Fatigue

Physical Strain:

- Subah 4:30–5:00 baje ka wake-up call.
- 2–3 ghante ka nets + fitness drills, phir din ke beech me match ya extra practice.
- Outstation travel jahan comfort aur rest ka time limited hota hai.

Ye routine body ko lagataar stress me rakhta hai. Kabhi-kabhi back-to-back matches me muscles recover hone se pehle hi aapko dobara field pe utarna padta hai.

Mental Strain:

- Har match me performance ka pressure.
- Team me apni jagah secure rakhne ka stress.
- Saath hi, personal life ke chhode hue moments ka regret — jaise kisi close dost ki wedding miss karna ya ghar me kisi important occasion ka part na ban paana.

es combo ka effect ye hota hai ki aap mentally drained feel karte ho, chahe aap physically fit dikh rahe ho. Cricket me jab mind fresh na ho, to decision-making aur concentration dono gir jaate hai — jo seedha performance par impact karta hai.

Jab aap lagataar physical strain aur mental pressure me hote ho, to eska direct effect aapki emotional state par padta hai. Aur cricket ki demanding life me ye emotional struggles kaafi unique hote hai — kyunki aap sirf ek match nahi miss karte, aap apni personal life ke kai **milestones** miss kar dete ho. Ye moments ek baar chale gaye to wapas nahi aate, aur kabhi-kabhi aapko lagta hai ki aap apna “normal youth” exchange kar rahe ho ek dream ke liye.

7. Emotional Struggles & Missed Milestones

Cricket ka schedule aapko apne loved ones ke saath har celebration ka part banne se rokta hai.

Missed Moments:

- Dost ka birthday jahan aap hamesha cake cut karte the, lekin ab sirf photos dekhte ho.
- Cousin ki shaadi jahan aap dance karte, lekin aap tab doosre city me tournament khel rahe hote ho.
- Festivals jo family ke saath celebrate hote, lekin aap hotel ke room me match ki next day strategy bana rahe hote ho.

Emotional Impact:

- Kabhi-kabhi aap feel karte ho ki “Main apna normal youth miss kar raha hoon.”
- Ye feeling performance ke beech bhi mind me aati hai, especially jab aap social media pe friends aur family ke celebrations dekhte ho.
- Ek silent sadness hoti hai jo aap openly share nahi karte, kyunki aap nahi chahte log sochen ki aap apne dream ko lekar unsure hai.

Ye missed milestones cricket ka ek hidden cost hai — jo trophy ya records ke saath kabhi highlight nahi hota, lekin aapke emotional balance me permanent entry banata hai.

Itne saare chhode hue moments, personal compromises, aur emotional struggles ek cricketer ko badal dete hai. Ye sacrifices aapke personality ka hissa ban jaate hai. Kuch changes aapko mentally aur professionally strong banate hai, jabki kuch cheezein aapke andar ek permanent “what if” ka sawaal chhod jaati hai

8. Sacrifices Ka Long-Term Effect

Cricket ke liye kiye gaye saalon ke sacrifices sirf short-term results par nahi, balki aapke poore personality aur life approach par deep impact chhodte hai. Ye impact do tarah ka hota hai, ek jo aapko mazboot banata hai, aur ek jo aapke andar ek silent emptiness chhod jaata hai.

Positive Effects:

1. Strong Discipline Develop Hota Hai

Jab aap saalon tak ek fixed routine follow karte ho – early mornings, regular fitness, diet restrictions, practice commitments – to discipline aapki nature ka hissa ban jaata hai. Ye discipline sirf cricket me nahi, life ke har area me kaam aata hai.

2. Resilience Aati Hai

Bar-bar failures face karke bhi wapas khade hone ki habit develop hoti hai. Match harna, selection miss karna, form down hona – en sab ke baad bhi aage badhne ki strength aapke andar automatic aa jaati hai.

Negative Side Effects:

1. Loneliness

Kyunki aapne social aur personal connections me distance develop kar liya hota hai, kabhi-kabhi match ke baahar aapko lagta hai ki aapke paas baat share karne ke liye bahut kam log bache hai.

2. Limited Experiences

Normal life ke festivals, trips, aur spontaneous adventures kaafi miss ho jaate hai, jo kabhi-kabhi regret ka reason bante hai.

3. “What If” Ka Thought

Kabhi-kabhi mind me aata hai – *“Agar main ye path na choose karta to meri life kaisi hoti?”* Ye thought zyada tab aata hai jab performance low ho ya career uncertain lagta hai.

Aapne dekha ki ye sacrifices aapko ek taraf se strong banate hai, lekin doosri taraf loneliness, missed experiences, aur “what if” ka thought bhi chhod jaate hai. Yahi wo point hai jahan ek cricketer ke liye **mindset shift** sabse important ho jaata hai.

Agar aap har sacrifice ko apne bade goal se connect kar lete ho, apni journey ka bada picture dimaag me rakhte hai, aur apni self-worth sirf runs ya wickets se define nahi karte, to ye sacrifices aapko break nahi karte, ye aapke liye strength ban jaate hai.

9. Lessons & Mindset Shift

Sacrifices ki asli value tab samajh aata hai jab aap unhe apne career ke bade goal se link karte ho. Agar aap har chhoda hua moment ko ek loss samajh kar chaloge, to wo aapke dimaag me heavy banega. Lekin agar aap samajh pao ki har sacrifice ek investment hai jo aapke future me return dega, to wo aapko mentally strong banata hai.

1. Har sacrifice ko apne bade goal se connect karna

Jab aap kisi dost ka birthday miss karte ho ya koi festival skip karte ho, apne aap se poochho:

“Main ye kyu kar raha hoon? Mera end goal kya hai?”

Jab jawab hota hai india team me khelna” ya “Apna dream fulfil karna, ” to ye chhoda hua moment ek purposeful step ban jaata hai, na ki bas ek regret.

2. Apne journey ka “bada picture” mind me rakhna

Cricket me ups aur downs aayenge. Kabhi selection hoga, kabhi nahi. Kabhi form top par hogi, kabhi low. Lekin agar aap apni poori journey ka bigger vision dimaag me rakhoge, to ek match ya ek phase aapko mentally break nahi karega.

Badi picture aapko remind karta hai ki aapka career ek series hai, sirf ek innings nahi.

3. Self-worth ko sirf cricket ke result pe na depend karna

Bahut se players apna self-worth sirf performance pe measure karte hai, agar runs aaye to khushi, nahi aaye to guilt. Ye dangerous hai. Apne aap ko yaad dilao ki aapki value sirf scoreboard se define nahi hoti. Aapki dedication, discipline, aur resilience bhi aapko valuable banati hai.

Yaad rakhe

Cricket ka success ka raasta hamesha sacrifices se bhara hota hai. Har missed celebration, har chhoda hua comfort, har emotional struggle — ye sab ek cricketer ke journey ka unseen part hai. En sacrifices ka asli matlab wahi samajh

sakta hai jo apna sapna puri dedication se jeeta hai, jo har din apne goal ke liye apni personal life ka ek hissa side me rakh deta hai.

Kyuki Trophy sirf ek din ke liye milti hai, lekin uske peeche ke saal bhar ke sacrifices aapko hamesha shape dete hai

Chapter 10

Fight for Your Own Name

Awaaz Uthao – Jab Tak Aap Chup Ho, Tab Tak Sab unfair hi hoga

Kitni baar aapne mehsoos kiya hoga ke

Academy paisa le rahi hai, par sikhaya kuch nahi ja raha

Coach favouritism karta hai

Trial fair nahi hote, selection already fix hote hai,

Lekin aapne kya kiya?

Chup rahe?

Ignore kiya?

Ya keh diya, ‘Kya hi kar sakte hain?’

Yahi wahi moment hota hai jahan aap apne sapne ke sath compromise karne lag jate ho

jab system galat hota hai aur player chup.

1. Agar Aapki Academy Sirf Paise Le Rahi Hai

Sirf fees bharne se cricket nahi aata.

Aapka haq hai ki aapko proper net sessions, match exposure, aur coaching mile.

Agar academy mein

- Net sessions sirf dikhawa hai,
- Coaches sirf group mein time pass kar rahe hai,
- Aur आपको feel ho raha hai ki आपका time kharab ho raha hai, aur आप sirf ek number ho fees list mein

To awaaz uthaiye.

Sabse pehle apne parents se clear baat kijiye.

Dusre players se baat karke dekhiye, kya wo bhi ye sab face kar rahe hai?

Ek group banaiye, aur academy ke management se official complaint kariye.

Agar zarurat ho, to sports authority ya local media tak baat pahunchaiye. =

Aapka future kisi aise setup ke haath mein nahi hona chahiye jiska focus sirf business hai.

2. Agar Coach Aapka Confidence Todta Hai

- Baar-baar ignore karta hai,
- Sirf apne favourites ko promote karta hai,
- Ya आपकी गलतियों का मजाक बनाता है

To yaad rakhiye: **respect aur insult mein farq hota hai.**

Coaching ka matlab sirf bowling machine chalu karna nahi hota

Coach ka kaam hota hai player ko mentally uplift karna.

Aise coach se narmi se baat karke apni baat rakhiye.

Agar baat na bane, to parents ke through issue uthaiye.

Dusre players jinke saath bhi aisa ho raha ho, unhe saath lijiye.

Academy ke owner ya management ko situation explain kijiye , likhit mein bhi complaint de sakte ho, agar tab bhi nahi maante to koi legal action lo .

Coach agar Galat ho, to bolna zaroori hai, apne sapne ke liye ladna आपका हाक है .

3. Agar Aapki State Association Fair Nahi Hai

Trial sirf dikhawa hai.

Selection already decide hota hai.

Sirf jinke paas source ya paisa hai, wahi team mein jaa pate hai.

To aap ya to chup rahenge,

Ya system ko challenge karenge — **lekin smart tareeke se.**

RTI file kariye — Selection ka process kya tha? Kis basis pe selection hua?

Petition file kariye, Ek aur team banai jaye jisme non-sponsored, real talent ko chance mile.

Aap local newspapers, cricket pages, journalists ke through apna mudda uthaiye.

State ya district level par jo bhi sports ministry, cricket board contact hai, unse written complaint kariye.

Agar aap nahi ladenge, to aapke jaise hazaaron players system ke neechे dabte rahenge.

4. Awaaz Uthao, Lekin Izzat Aur Proof Ke Saath

Ye mat bhooliye

Sirf chillane se nahi, proof ke saath baat karne se badlav hota hai.

Emotions mein nahi, **strategy** mein ladna seekhiye.

Aapke paas videos, attendance, match records, messages — sab kuch collect hai.

—Awaaz uthate waqt aapka maksad badla nahi, **sudhaar** hona chahiye.

— Jo aap bol rahe ho, wo sach ho, taaki koi aapki niyat par sawaal na utha sake.

Last message

Aap ek baar galat coach se bach jaoge,

Lekin agar system ke khilaaf kabhi khade nahi hue,

To poori zindagi dusron ke decision par chalegi.

Aapko ek zindagi mili hai.

Ek sapna mila hai.

Agar aap apne liye khud nahi khade hue

To ye system har baar aap jaise player ko crush karega.

Aapki awaaz kisi aur ke liye bhi raasta ban sakti hai.

Agar aaj aap bole, to kal kisi aur ki himmat banenge.

Legacy Line

Khamoshi se cricket nahi jeeti jaati.

Jahan system unfair ho, wahan khud system ban jao.

Phase One – Closing Page

Pehle Phase ka Theme

Ek baccha cricket kyun nahi khel paya.

Ye phase un reason blocks ko expose karta hai jo ek sapne ke raaste me baar-baar khade ho gaye — system, politics, paisa, aur pressure.

Ab Tak Humne Kya Cover Kiya (Phase One Recap)

1. Academy System – Jahan cricket ek business ban gaya, aur bacche ek product.
2. Bad Coaching – Jahan seekhne se zyada todne ka system active hai.
3. Platform Access & Exposure – Jahan match khelna khud ek sapna ban gaya.
4. Financial Pressure – Jahan sapna paison se haarta hai.
5. Mental Health – Jahan silence andar se insaan ko kha jaata hai.
6. Form Girna – Jab game andar se tootne lagta hai.
7. Biased Trials – Jahan talent se zyada connection chalte hain.
8. Family Expectations – Jahan pressure pyaar ko replace kar deta hai.
9. Comparison with Others – Jahan kisi aur ki performance tumhari value decide karti hai.

10. Parents' Support System – Jahan apno ka pyaar conditional ban jaata hai.
11. Toxic Log / Dosti – Jahan dost naam ke log tumhari direction chura lete hain.
12. Fight for Your Own Name – Jahan tum seekhte ho apni awaaz khud banana aur apne liye ladna.

The Harsh Reality

Sapna sirf maidan pe nahi haarta.

Wo un hazaar chhote cuts se mar jaata hai jo log, system, aur silence milke lagate hain.

Ye phase un sab wajah ka sach tha –

jahan cricket shuru hone se pehle hi sapna haar gaya.

Jahan ek baccha run banane se pehle hi discarded ho gaya.

Har chapter ek mirror tha,

jo dikhata tha ki cricket ka rasta kaise chhota hota gaya,

kaise sapna khud system ka shikaar ban gaya.

But This is Not the Whole Story

System ki politics aur unfair hurdles ek sach hai...

lekin ek doosra sach bhi hai:

Bohot baar player apna khud ka sabse bada dushman hota hai.

Pehla phase system ka postmortem tha.

Ab doosra phase hoga self-audit –

jahan hum dekhenge woh 10 galtian

jo players khud karke apna career khatam kar dete hain.

Galtiyan jo talent ko waste kar deti hain.

Galtiyan jo kaabil ko haarne par majboor kar deti hain.

Galtiyan jo aapko champion banne se rok deti hain.

Phase 2

Before We Begin Phase Two

Pehle phase ne ek kadwa sach dikhaya —
ki cricket ka sapna sirf talent se nahi banta,
aur system ke hurdles kisi bhi player ko tod sakte hain.
Lekin kahani ka doosra hissa ab shuru hota hai.
Yeh woh sach hai jo aksar koi nahi maanta:
System galat ho sakta hai... lekin kabhi-kabhi haar ki wajah hum khud hote hain.
Phase Two unhi andar ke traps ko expose karega —
woh 10 galtiyon jo khud players karke
apni mehnat, apna talent, aur apna career barbaad kar dete hain.
Ye wo moment hai jahan blame bahar se andar aayega.
Jahan accountability personal banegi.
Aur jahan aapko decide karna hoga:
Kya main apne sabse bade dushman ko — khud ko — hara sakta hoon?

Chapter 1

Why Cricketers Fail

Sach, Galtiyon Aur Game Over

Har cricketer ka sapna hota hai — bade level par cricket khelne ka, India represent karna. Lekin har saal hazaron players silently disappear ho jaate hai, kyunki unhone wahi galtiyaan ki jo unse pehle ke players kar chuke hai.

Ye chapter ek mirror hai.

Agar aap in 10 galtiyon ko ignore kar gaye to chaahe aap talented ho, hardworking ho, ya passionate ho — **game aapse door chala jaayega.**

1. Vision Clear Nahi Hota – Sirf Dream Dekh Ke Chalte Hai

Zyada tar cricketers ke paas **dream** hota hai, par **direction** nahi hoti. Unka vision itna vague hota hai ki bas ek line mein khatam ho jaata hai

“**Cricketer** banna hai.

Par cricket fantasy nahi hai

Ye **discipline, planning** aur **self-awareness** ka brutal test hai.

Cricketer banna koi ek decision nahi hai.

Ye **roz 100 chhote decisions** ka process hai

Jo tabhi sahi hote hai jab aapko pata ho **aap jaa kahaan rahe ho.**

Apne Aap Se Poochne Wale Sawal (Jo 99% log skip kar dete hai):!

Main kis level ka cricketer banna chahta hoon – **state, IPL, ya international?**

- **Konsi saal** ya age meri deadline honi chahiye?
- **Konsi skills** mera signature banengi batting, bowling ya all-round mindset?
- Kya main jaanta hoon mujhe **konse areas break karne hai** – fitness, mindset, temperament?
- Kya mera **daily routine** usi level ke players jaisa hai, ya bas effort ka illusion bana rakha hai?

Galti – Sapna To Hai, Par Map Nahi

Zyada tar players sirf **inspiration** pe **game chalu** karte hai. Instagram reels dekhte hai, kisi ki success story sunte hai, Aur next day motivation ke high pe practice start.

Lekin dimaag mein **na destination ki clarity** hoti hai, **na process ka blueprint.**

Result?

- Practice ki direction har 15 din mein badal jaati hai.
- Ek din fitness par focus, agle hafte technique.
- Kabhi ek coach, kabhi dusra YouTube expert.
- Aur jab form girti hai, to khud par hi doubt hone lagta hai.

- players game ke track par daud to rahe hote hai,
lekin compass ulta pakda hota hai.

Example – Ek Real Life Scenario

Man lijiye ek player hai jo **U-16 level** par khel raha hai. Uska sapna hai India ke liye khelna.

Lekin usne kabhi serious tarike se ye nahi socha

- Uske state ke top 5 players kon hai?
- Wo players kis tarah ka routine follow karte hai?
- Unka fitness standard aur mental sharpness kis level ki hai?
- Agle 12 mahine mein uske liye **konse matches critical honge?**
- Aur kya wo un matches ke liye mentally + skill-wise ready bhi hai?

Agar ye clarity nahi hai, to wo bas **cricket ke aas-paas ghoom raha hai**
andar ghus ke command nahi le raha.

Yaad rakhe

Jisko ye pata hi nahi kahan jaana hai,
uska har step usse aur door le jaata hai.

Solution:

Apna Cricket Roadmap

1. Level Fix Karo

Clear decide karo – aapko State, IPL ya International level pe khelna hai. Destination clear hoga to hi direction banegi.

2. Deadline Set Karo

Cricket age-bound sport hai. Apna target age likho –

- U-16: State/District entry
- U-19: Zonal / Ranji exposure

- 22 tak: Domestic breakthrough
- 3. Signature Skill Banao

Apni ek pehchaan wali strength define karo – batting, bowling ya all-rounder. Selectors ko aapke naam ke sath aapki USP yaad rehni chahiye.
- 4. Gap Analysis Karo

Apni game ko honestly evaluate karo –

 - Fitness
 - Technique
 - Temperament

Weak areas list karo aur unke liye likhit plan banao.
- 5. Daily Routine Lock Karo

Roz ka non-negotiable schedule banao –

 - Nets & practice (2–3 hrs)
 - Fitness (1–2 hrs)
 - Mindset drills & visualization

Routine hi aapka future banata hai.
- 6. Benchmark Players Study Karo

Apne state ke top players ka routine, fitness aur temperament samjho. Unke benchmark ke against apna plan align karo.
- 7. Match Calendar Banao

Agle 12 mahine ke critical matches note karo. Har match ke liye specific skill aur mental prep tayyar rakho.
- 8. Monthly Self-Audit Karo

Har 30 din apni progress check karo –

 - Konsi skill improve hui?
 - Konsa area abhi weak hai?
 - Kya routine abhi bhi goal-aligned hai?

Jo galat ho, usse turant correct karo.

Final Note

Sapna dekhna easy hai, par roadmap likhna mandatory hai.

Sirf wahi players aage badhte hain jinke paas destination + deadline + daily discipline hota hai.

Har net session aur har gym routine tabhi aapko aage le jaayega, jab aapko maloom ho aap jaana kahan chahte ho.

Yahi reason hai ki es book mein aapko sirf **soch** nahi milegi **direction** milegi.

Planning, practice, fitness, matches, mindset, role clarity, Har chapter ek **Google Map** banata hai **aapke cricketing dream ke liye**.

Aur agar aap es pehle point ko seriously le lete ho, to aapka **har net session, har gym routine, har decision**, sirf ek hi kaam karega

aapko exact usi jagah le jaayega jahan aap jana chahte ho.

2. Sirf Talent Pe Bharosa – Skill Daily Upgrade Nahi Hota

India mein har gali mein ek talented cricketer mil jaata hai. Par sirf talent se career nahi banta

Skill ka version update hote rehna padta hai.

Game evolve ho raha hai. Agar aap static ho, to cricket aapko silently side mein kar deta hai.

Galti – “Main To Naturally Talented Hoon”

Bahut se players ka mindset hota hai

Batting meri natural hai, Main pehle se hi acha khelta hoon

Lekin wo kya bhool jaate hai?

Game sirf batting aur bowling ka test nahi

ye *fitness, pressure handling, match awareness, aur mindset* ka bhi test hai.

Aap natural ho sakte ho, par kya aap consistent ho?

Natural hone ka matlab ye nahi ki aapko growth ki zarurat nahi.

Talent static hota hai.

Skill dynamic hoti hai, har week, har match ke baad refine hoti hai.

Real Cricketing Evolution

- **T20 ka pressure** har saal badh raha hai — kya aapka temperament us level ka hai?
- **Fitness** pehle optional tha, ab selection ka first filter hai.
- **Fielding** ek bonus hoti thi — ab ek deciding factor hai.
- **Game awareness** pehle coach batata tha —ab player ko khud samajhna padta hai.

Agar aap ye sab upgrade nahi kar rahe ho —

to game aapko slow fade-out de deta hai.

Example -

Ek talented U-19 batter hai — ache shots marta hai.

Lekin gym irregular nahi jata hai, diet follow nahi karta, fielding average hai.

Dusri taraf ek player hai jiska talent usse thoda kam hai,

par wo har week fitness par kaam karta hai, video analysis karta hai, pressure drills karta hai.

Result?

Select hoga wo jiski **growth visible hai** — sirf potential nahi.

Yaad rakhe

Game un logon ko nahi chhodta jinke andar khud ko upgrade karne ki habit hoti hai.

Solution:

Talent aapka entry ticket hai.

Lekin consistency aur growth aapka *permanent seat reservation* banate hain.

Aapko har 30 din mein apne game ka ek version update karna chahiye:

- Kya meri skill level kal se better hai?
- Kya maine koi ek nayi cheez practice mein add ki?

- Kya main same mistake baar-baar kar raha hoon ya usse nikal chuka hoon?
- Kya mera game fitness + awareness ke standard pe upgrade ho raha hai?

Sirf “acha player” banne ka comfort chhodiye.

Apne aapko har mahine ek **naya version** banaiye.

3. Shortcuts Dhoondhna – Long-Term Patience Nahi Hai

Aaj kal players cricket career ko 60-second reel jaisa samajhne lage hai.

Try-out mila? Bas wahi se direct IPL ka shortcut dhoondhna chahte hai.

Selection ka wait nahi karna – bas ek viral moment chahiye.

Lekin jo sach hai, wo ye hai

Cricket ki real success patience aur layers of preparation se milta hai.

Galti – Shortcut Mil Gaya To Kaam Ban Gaya

- Kisi ko kisi state ka link mil gaya – bas soch liya, yehi se india khel jaunga .
- Kisi match mein ek achi knock lag gyi – ab lagta hai Instagram reel banake attention mil jaayegi.
- Kisi scout se contact ban gaya – ab lagta hai backdoor entry mil jaayegi.

Lekin asli world mein aise shortcuts ya to fake hote hai,

ya temporary.

Aap shortcut ke chakkar mein skill, patience aur grind chhod dete ho, aur jab system real test leta hai, tab aap ready hi nahi hote.

Example – 2 Saal Ka Kaam, 2 Mahine Mein Chahiye

Ek player hai Jisme 3 maheene pahle hi cricket khelna start kiya hai – aur wo 3 maheene ke baad hi coach ko bolta hai, sir Kaise bhi karke mujhe esi saal state khilawa do, Chlo maan lete hai wo state khel bhi liya to kiya wo performance kar payega ?kiya wo 130 -140 ki speed se aati hui ball ko face kar payega ?

Kyun? Kyunki usne real match experience Liya hi nahi tha.

Uski body bhi underprepared thi, mind bhi under pressure khelne ke liye ready nahi tha.

Shortcut ne usko fast lane pe daala – par uske tyres us speed ke layak nahi the.

Yaad rakhe

Shortcuts sirf traffic ke liye hoti hai, cricket success ke liye nahi.

Real Solution:

Aapko ye samajhna hoga – *patience ek skill hoti hai*, aur har serious cricketer ke paas hoti hai.

Cricket ek compounding game hai.

Jo cheeze aap har roz karte ho, wo 6 mahine baad result deti hai— 6 din mein nahi.

Real Growth Track

- 2 saal ka clear roadmap banao.
- Har month ke improvement checkpoints set karo.
- Matches mein perform karo – par perform karne ke liye pehle tayyaar raho.
- Kisi bhi shortcut ka offer aaye – pehle apna level objectively check karo.

Apne aap se poochho:

Main shortcut dhoondh raha hoon, ya real skill build kar raha hoon?

4. Mental Fitness Ko Ignore Karna

Gym jaake body banate ho . Six-pack ready, arms tight.

Lekin jaise hi match mein pressure aata hai **mind collapse kar jaata hai**.

Kyun?

Kyunki **mental fitness ki training kabhi ki hi nahi hoti**.

Galti – Bas Physical Strong Ban Jaun, Kaafi Hai

- Player har roz gym jaate hai, par kabhi breathing practice nahi karte.
- Net mein 300-400 ball khelte hai, lekin ek bhi ball ke pehle focus reset nahi karte.
- Selection ke pehle anxiety mein ghul jaate hai, kyunki self-talk aur confidence build hi nahi kiya.

Cricket sirf body ka nahi – *mind ka bhi game* hai.

Aur match ke pressure mein sirf wahi tikta hai jiska andar stable hai.

Real Moment – Jab Body Fit Thi, Par Mind Breakdown Kar Gaya

Ek player trial ke liye perfect ready tha.

Fitness test clear, skills sharp, confidence bhi tha, par jaise hi selectors saamne aaye, heart rate badh gayi, focus blur ho gaya.

Wicket pe pahunchte hi shot selection off ho gaya, voice andar se keh rahi thi Yaad rakh, fail ho gaya to career gaya.

Aur wahi hua – mind ne body ko underperform karwa diya.

Fitness thi – par mental readiness nahi thi.

Aur cricket mein *mental collapse = match collapse*.

Yaad rakhe

Strong body bina strong mind ke bas ek fragile system hai. ”

Real Solution

Mental fitness ek daily practice hai, aur aapko uska structure banana hoga.

Mental Game Ka Routine

- *Visualization karo* – game se pehle match ka scene mind mein rehearse karo.
- *Breathing drills* – pressure moments mein calm rehne ke liye 3-4 deep slow breaths lo.
- *Mantra practice* – jaise “Main ready hoon,” “Still mind, sharp game” – daily repeat karo.
- *Self-talk awareness* – har galti ke baad khud se negative baat mat karo.

- *Pressure ka simulation* – practice ke dauraan apne upar game-like pressure create karo.

Mental fitness se jo player andar se shant hota hai – wahi clutch moments mein match jeetaata hai.

Warriors sirf muscles se nahi – *mind ke control se* jeette hai.

5. Discipline Ka Lack – Daily Kaam Mein Consistency Nahi

Zyada tar players ka pattern hota hai

- Ek din full josh, dusre din break.
- Kabhi 3 din net, fir 4 din outing ya rest.
- Kabhi early morning uth jaate hai, kabhi 9 baje tak so rahe hai.
- Kabhi diet tight, kabhi burger night.

Aise inconsistent routine ke saath, **game ka base hi weak ban jaata hai.**

Galti – “Motivation Ke Bina Kaam Nahi Hota”

Log kehte hai, Aaj accha feel nahi aa raha.

Lekin sach ye hai ki **feel se nahi, discipline se game banta hai.**

- Aaj thakaan hai?

Professional player phir bhi practice karega.

- Aaj pitch kharab hai?

Wahi player adaptability seekhega.

- Aaj kisi ne demotivate kiya?

Wahi player khud ko neutral rakhega.

Agar aapka routine har mood ke saath change ho raha hai, to aap game ke liye reliable nahi ho – aap **emotion ke slave ho.**

Example:

Virat Kohli ka interview ya social media dekh lo – wo har off-day par bhi gym ya routine drills karte hai.

Uske words the

“I don’t train for matches. I train to become a lifestyle athlete.

Eska matlab hai: Game ka din ho ya na ho —unka *routine nahi rukta*.

Yaad rakhe

Jo player sirf match mein sochta hai kya karna hai, wo already late hai.

Winners wo hote hai jo match se pehle game ko andar jeet chuke hote hai.

Solution:

Discipline ka matlab hai

Chahe mood ho ya na ho, aapka kaam same time, same intent ke saath hota hai.

Build Your Daily Discipline System:

- *Wake-up time fixed ho* – match ho ya Sunday.
- *Practice slots consistent ho* – 2 din chhute to feel hona chahiye.
- *Diet + recovery = non-negotiable* – ye match ke part hai.
- *Daily review* – aaj kya kiya, kya behtar ho sakta tha?

6. Coach Ko Guru Nahi Maante – Har Baat Pe Apna Dimag Lagate Hai

Cricket mein growth tab hoti hai jab aap kisi trusted coach ke under surrender karte ho.

Lekin kuch players

- Har drill mein sawal uthate hai.
- Har feedback ko challenge karte hai.
- Sirf wahi maante hai jo unhe comfortable lagta hai.
- Mujhe lagta hai” Es mindset mein atak jaate hai.

Result?

Wo sirf apne zone ke andar ghoomte hai. Blind spots unhe kabhi dikhte hi nahi.

Galti – “Mujhe Sab Samajh Aa Gaya Hai”

Ek cricketer jab sochta hai ki “ab mujhe sab samajh aa gaya,
to samajh lo wo growth ka darwaza band kar raha hai.

Coach aapko

- Wo flaws dikhata hai jo aapko nahi dikhte.
- Wo uncomfortable drills deta hai jo aapko next level le jaate hai.
- Wo mental triggers pakadta hai jo aapke pressure game ko break karte hai.

Agar aap sirf apna dimag lagate jaoge, to improvement ki speed thak jaayegi.

Example:

Sachin Tendulkar ne apne coach Ramakant Achrekar sir ke baare mein bola tha:

Maine kabhi unse argue nahi kiya. Sirf follow kiya, aur har galti unhone pehle hi pakad li thi.

Aapka coach aapka GPS hai — agar aap har mod par usse ignore karoge, to galat raasta guaranteed hai

Yaad rakhe

Jo player har baar proof maangta hai, wo kabhi magic nahi dekhta.

Guru milna kismat ho sakti hai, par usko respect dena aapka choice hai.

Solution:

- Ek coach choose karo — jo aapke game ko deeply samjhata hai.
- Har drill, har feedback ko 30 days tak honestly apply karo — bina challenge kiye.
- Confusion ho, to doubt express karo — but ego se nahi, curiosity se.
- Apne game ke upar trust se surrender karo — taaki aapko clarity aa sake.

Akele cricket seekhne ki soch doglapan hai

Champion wahi banta hai jo sahi coach se silent war jeet ta hai.

7. Only Practice, No Reflection – Galtiyan Se Seekhte Nahi

Practice karna basic hai.

Lekin practice **soch ke saath** karna, wahi elite mindset hota hai.

Zyada tar players:

- Bas ball maarte hai.
- Shot lagta hai to khush, nahi laga to next ball.
- Kabhi pause karke ye nahi sochte ki mistake kya thi.

Result?

Wahi galti, wahi shot selection, wahi footwork baar-baar repeat hota hai.

Aur fir match mein wahi error game bigaad deta hai.

Yaad Rokhe

Cricket sirf repetition nahi, reflection bhi maangta hai.

Sirf quantity nahi chahiye,

Quality ke liye pause aur sochna padta hai.

Pattern Check Nahi Karna = Stuck Player

- Kya aap har net session ke baad 2 minute lete ho ye dekhne ke liye ki kis zone mein fail hue?
- Kya aap samajh pa rahe ho ki same line pe baar-baar kaise beat ho rahe ho?
- Kya aap apna video dekh kar, next drill plan karte ho?
- Agar nahi – to aap sirf body move kar rahe ho, mind nahi.

Example – Virat Kohli

Kohli jab England tour 2014 mein flop hue, to sirf batting nahi, **reflection** kiya.

Unhone video dekhi, pattern samjha

Main off-stump ke bahar chase kar raha hoon.

Uske baad game pe kaam kiya, aur next tour mein England mein hi destroy kiya.

Ye hota hai: **Practice + Reflection = Redemption**

Solution:

- Har net session ke baad 5-minute ka 'Error Review' karo.
- Ek notebook rakho jisme har din ka ek improvement point likha ho.
- Apne performance ke patterns dekho – wo aapki agli drill decide karegi.
- Week mein 1 baar apna match ya net ka video analyse karo, bina filter ke.

Last line

Jo sirf practice karta hai, wo physical player hai. Jo practice ke baad sochta hai, wahi game ka scientist banta hai.

8. Environment Poisoned Hai – Par Change Nahi Karte

Aap chahe kitni bhi mehnat kar lo

Agar aapke aas-paas log hi galat hai, to energy drain hoti rahegi.

Zyada tar cricketers aise circle mein rehte hai

- Jahan log bas gossip karte hai.
- Jahan jealousy zyada, support kam hoti hai.
- Jahan har koi sirf comparison karta hai, collaboration nahi.

Fir wohi players confuse ho jaate hai ki progress kyu nahi ho rahi.

Reminder Line

Aap jinke saath jeete ho, waise hi ban jaate ho. Agar aapka environment low standard set karta hai, To aap bhi kabhi high performance nahi chhoo sakte.

Problem:

- Negative teammates = aapka belief system tod dete hai.

- Toxic coaching = aapka natural game daba deti hai.
- Unsupportive ghar = pressure badhta jaata hai.

Par log phir bhi wahi rehte hai , **Comfort zone mein adjust karte rehte hai.**

Example – MS Dhoni

Jab Dhoni small town se nikle, to unhone har jagah apna environment **khud banaya.**

Apne growth ke liye unhone

wahi log choose kiye jo game pe focus karte the

Aur baaki noise se door raha.

Solution

- Apna circle scan karo – kya ye log aapko uplift kar rahe hai ya pull down?
- Agar koi daily negative energy de raha hai –silent distance banana shuru karo.
- Apne aas-paas ek “growth environment” build karo – 3 log aise hone chahiye jinke standards high ho.

Yaad rakhe

Environment silent coach hota hai

Ya to aapko train karega, ya drain.

Esliye choose wisely.

Kyunki aap kaise banoge, ye decide karta hai aapka aaspaas ka world.

9. Overthinking + Self Doubt – Apne Upar Hi Bharosa Nahi

Cricket ek second ka game hai

Par overthinking us ek second ko choke kar deti hai.

Zyada sochne se shot nahi lagte hai.

Doubt karne se ball miss ho jaati hai.

Aur jab bharosa nahi hota, to body freeze kar jaati hai.

Inner Thought Pattern:

- Agar fail ho gaya to?
- Ya galti ho gayi to?
- Coach kya sochega?
- Selection ka pressure hai

Result? Aap present moment mein khel hi nahi paate.

Truth

Cricketer wahi successful hota hai jo belief ke saath khelta hai, result ke pressure ke saath nahi.

- Game sirf skill se nahi jeeta jaata, mindset se jeeta jaata hai.
- Overthinking ka matlab hai – aap match se pehle hi haar gaye ho.

Example – Yuvraj Singh

2007 World Cup ke baad jab career low gya,

To Yuvraj ne game pe belief nahi chhoda

Mental clarity, confidence, aur self-belief se comeback kiya.

6 sixes sirf talent se nahi aate, uske liye mind still aur belief unshakable hona chahiye.

Solution:

- Daily 5-minute confidence ritual banao positive affirmations + past success recall.
- Match se pehle sirf ek cheez repeat karo: **Main ready hoon. Main yahan hoon. ""**
- Jo cheez control mein nahi hai (result, selection) – usse sochna bandh karo.

Remember

Overthinking aapke haath se bat chhuda deti hai. Aur doubt aapke pairon se movement.

Last line

Jis din aapne khud pe believe kar liya, us din match jeetne ke chance double ho jaate hai.

Soch kam karo. Karo wohi jo feel mein hai.

Aur jo feel mein hai – usme bharosa rakho.

10. Selection Aur System Ko Blame Karke Ruk Jaate Hain

System kharab hai

Selection biased hai

Coach ne chance nahi diya

Ye sab bolke log cricket nahi chhodte

Apna dream chhod dete hai.

Blame Cycle

Har baar jab koi trial miss hota hai,

Ya kisi aur ko chance milta hai

To player ka focus andar jaane ke bajaye **bahar chala jaata hai.**

- Blame system → Anger
- Anger → Practice se disconnect
- Disconnect → Progress ruk jaati hai

Hard Truth:

System perfect nahi hai – par aap perfect hone ka wait nahi kar sakte.

- Agar system biased hai – to aap aur better ban jao.
- Agar dusre ko chance mila – to aap next chance tak unstoppable ban jao.
- Agar door band hai – to kholne ka jaddo nahi, to todne ka junoon rakho.

Real Example – Pravin Tambe

Age 41 pe debut.

Na system ne support diya, na koi backing.

Par unhone blame nahi kiya – **game pe obsession rakha.**

Result: IPL debut, aur duniya ki respect.

Solution

- System ke flaws ko excuse mat banao – **unhe motivation banao.**
- Har rejection ke baad practice ka level double kar do.
- Apne aap se ye line bolo

Main bas khelne ke liye bana hoon – koi bhi mujhe rok nahi sakta.

Legacy Reminder:

Blame se sirf dard milta hai.

Responsibility se power milti hai.

Jo player har baar system ko gaali deta hai

Wo system se haar chuka hota hai.

Par jo player har baar system ke baad bhi ground pe dikhta hai, **Wahi real cricketer banta hai.**

Last line

System aapko rok nahi sakta

Jab tak aap khud rukna na chahe.

Checkpoint Drill – Aapka Sach Kya Keh Raha Hai?

Aakhri baar honestly sochiye

1. Kya aapne bas dream dekha, kiya roadmap bhi banaya nahi?
2. Kya aap ab tak sirf talent pe hi chal rahe the, bina upgrade ke?
3. Kya aapne ek baar bhi shortcut dhoondhne ki koshish ki thi?
4. Kya pressure ke samne aapka confidence hil jaata hai?

5. Kya aapka daily kaam discipline se chalta hai – ya mood se?
6. Kya aapne kabhi apne coach ki baat skip ki, aur baad mein regret hua?
7. Kya aap har net session ke baad reflect karte ho, ya bas bhool jaate ho?
8. Kya aapka environment aapko push karta hai, ya drain?
9. Kya big match ke time aap overthink kar jaate ho?
10. Kya aap system ko blame karke ruk gaye ho, ya khud ko evolve kiya?

Now Write This

Inmein se 3 sabse badi galtiyan jo aapne ki ho, unhe likhiye.

Aur unke liye ek concrete next step decide kijiye.

Example:

Main coach ki guidance seriously nahi leta. ”

Ab se har session ke baad 10 min unka feedback likhunga.

Final Reminder

Reflection bina progress impossible hai.

Sach likhne se mat daro – wahi se game badlega. ”

Kyuki Galtiyan Ko Samajhna Hi Pehli Jeet Hai

Agar aap in 10 galtiyan ko honestly padhe, aur kahin na kahin apne aap ko inmein dekhe, to samajh jaiye, aapka first step already ho chuka hai.

Galti tabhi dangerous hoti hai, jab usse repeat kiya jaye.

Lekin agar samay pe recognize kar li,

To wahi galti aapka turning point ban sakti hai.

Ye chapter sirf warning nahi hai

Ye aapke andar ek spark jagane ke liye tha.

Next Step Kya Hai?

Es book ka **agla poor section** (Part 2 & Part 3)

in sabhi problems ke **real, practical, cricket-specific solutions** deta hai

- **Mindset aur Mental Toughness** – Jo Vision aur Self-Doubt ko fix karta hai
- **Discipline aur Daily Process** – Jahan consistency aur reflection build hoti hai
- **Visualization, Planning aur Role Clarity** – Jo cricket ka inner map banata hai
- **Game Intelligence, Match Execution aur Professional Pathway** – Jahan aapko system-proof banaya jaata hai.

Ye sirf motivation nahi

Ye ek solid cricketing system hai, jo aapke andar se player nikaalta hai.

Agar aapne ab tak bas dream dekha hai

ab waqt hai us dream ko shape dene ka.

Yaad rakhe

Galti karna weakness nahi hoti

Lekin us galti ke baad wahi insaan rehna zaroori nahi hota.

Ab page palto

Aur wo insaan bano jo apne dream ke saath serious hai

Phase Two – Closing Summary

es phase ne ek aur sach samjhaya –

sirf system hi sapne nahi todta,

kabhi-kabhi player apna career apne hi haathon se khatam kar dete hai.

Ye wo stage thi jahan humne apni hi galtiyan ka postmortem kiya.

Wo 10 mistakes jo talent ko waste kar deti hai,

jo kaabil ko average bana deti hai,

aur jo sapne ko apne hi pairon tale kuchal deti hai.

Agar aapne ye phase jee liya,

to ab aap sirf aware nahi – prepared ho.

Aap jaante ho kaunse trap avoid karne hain,

aur kaise apne khud ke dushman ko haraana hai.

Phase Three – Opening Lines

Ab hum khel ke sabse gehre hisse me utarne wale hai

Execution.

Ab baat sirf sapne ya strategy ki nahi,

balki us din ki hogi jab aap maidan me khade ho,

aur har ball aapke career ka faisla karegi.

Phase Three aapko sikhaayega kaise apni mehnat ko result me badalna hai

chahe wo practice ground ho ya match day ka battlefield.

Ye wo jagah hai jahan theory ka test hota hai,

aur sirf wahi bachta hai jo pressure me perform karta hai.

Phase 3: Inner Development + Execution

Chapter 1

Mindset

Game Ka Sabse Bada Player

Introduction

Mindset ka matlab aur eski importance cricket aur zindagi dono mein

Mindset ka matlab sirf sochna nahi hota — ye aapke dimaag ka wo tareeka hai jo pressure ke waqt decide karta hai ki aap kaise react karenge. Chahe cricket ka match ho ya zindagi ka koi bada challenge, mindset hi aapka asli player hota hai jo aapko jeet ki taraf le jaata hai ya haar ki taraf dhakel deta hai.

Mindset aapki soch, emotions, aur reactions ka ek combination hai. Jab pressure aata hai, tab aapka mindset decide karta hai ki aap dar kar peeche hatenge, ya saamna karke grow karenge. Esliye cricket mein skills jitni bhi achhi ho, agar mindset strong nahi hai to wo skills kabhi poori tarah shine nahi kar pati.

Mindset sirf soch nahi, identity hai jo pressure mein aapka asli version dikhata hai

Mindset sirf ek soch nahi hoti — ye aapki pehchaan hai, aapki asli identity hai jo pressure ke waqt bahar aati hai. Jab sab dekh rahe hote hai, jab runs ki zarurat hoti hai, jab har ball critical hoti hai, tab aapka mindset aapka asli roop dikhata hai.

Yahi wo waqt hota hai jab mindset aapko push karta hai ya tod deta hai. Esliye mindset ko sirf positive soch ya motivation se zyada samajhna chahiye — ye wo foundation hai jiske upar aapka pura game aur career khada hota hai. chalye ab aage samjhte hai .

Introduction mein maine mindset ka basic matlab aur uski importance samjhayi, ye bataya ki mindset sirf ek soch nahi balki identity hai jo pressure ke time aapka asli roop dikhata hai. Ye ek foundation hai jo aapke cricket aur zindagi ke safar ko shape karta hai.

Ab naturally, jab mindset ki importance samajh aa jaye, to **agla step** ye samajhna ki mindset do tarah ka hota hai — ya to wo aapko rokta hai (Fixed Mindset) ya aapko aage badhne mein madad karta hai (Growth Mindset).

- Aayiye samjhte hai ki ye mindset ke do raste kya hai — Fixed aur Growth mindset, aur ye aapke cricket career ko kaise affect karte hai.

Section 1: Mindset Ke Do Raste — Fixed vs Growth mindset :

Fixed Mindset Kya Hota Hai?

Fixed mindset ek aisi soch hai jo aapke aage badhne ke raste mein rukawat ban jaati hai. Es mindset wale players kehte hai, “Main yahi hoon, main badal nahi sakta, ” aur esi wajah se wo apni limits ko kabhi challenge nahi karte. Naye challenges se dar lagta hai, aur wo apni current situation mein hi atak jaate hai. Ye darr aur insecurity unke growth ke raaste mein sabse badi rukawat ban jati hai.

Aur Fixed mindset waale players apne aap ko ek comfort zone mein bandh lete hai jahan wo risk lene se katrate hai. Jab wo galti karte hai, to usse seekhne ki bajaye apne aap ko blame karna ya galti chhupana unka pehla reaction hota hai. es darr aur insecurity ki wajah se wo apne aap ko behtar banane ke mauke kho dete hai aur aage badhne se ruk jaate hai.

Aur Aese log Practice mein bhi sirf safe aur aasaan cheezein karte hai. Naye challenges aur pressure se door rehna pasand karte hai kyunki failure ka darr unhe rokta hai. Es tarah wo apni asli potential ko explore karne se katrate hai aur apni growth ko rok lete hai.

Examples: Practice Limited, Fear of Judgment, Comparison, Overthinking

- Agar ek batsman sochta hai, “Main spin bowling nahi khel sakta, ” to wo spin bowling practice se bachne lagta hai. esse uski weakness aur badhti hai aur wo apne comfort zone mein hi reh jaata hai.
- Jab wo galti karta hai, to use chupane ki koshish karta hai, jisse uska confidence girta hai aur match ke pressure mein wo toot jaata hai.

- Wo hamesha dusron se apni tulna karta hai aur apni value unke performance se jod leta hai, jo uske liye aur zyada pressure aur anxiety ka sabab banta hai.

2. Growth Mindset: Asli Soch Aur Uska Asar

Growth mindset ka matlab hai apni soch ko es tarah se banana ke har mushkil, har challenge, aur har galti ko aap seekhne aur behtar banne ka moka samjho. Aise players apne andar ye jazba rakhte hai ki “Main seekh sakta hoon, main behtar ho sakta hoon,” aur es jazbe ki wajah se wo failure se nahi darte. Balki, wo apne failures ko apni taakat banate hai.

Growth mindset wale khiladi apni kamzoriyaan chhupane ke bajaye unhe samajhne ki koshish karte hai. Wo apne coach ke constructive feedback ko apne liye seekhne ka ek zaroori hissa samajhte hai, na ki us par personal attack. Ye log hamesha naye tareeke dhoondte hai apni skills ko sudharne ke liye aur apne game ko evolve karte rehte hai.

Jab koi player apni galti se ghabrata nahi balki us galti se seekh kar apna game behtar banata hai, tabhi wo apni growth ko sustainable bana pata hai. Failure uske liye ek setback nahi balki ek valuable learning point hota hai, jise wo apni agle performance mein use karta hai. es mindset ki asli taqat aapko duniya ke bade players ke safar mein dikhai deti hai.

Examples

- **Jasprit Bumrah:** Injury ke baad unhone apne bowling action aur fitness par khud ko naye se taiyaar kiya, jo unka recovery aur comeback ki ek misaal hai. Unhone mental toughness dikhaayi jo sirf talent se nahi balki growth mindset se aayi.
- **Virat Kohli:** Apne career ke lean phase ke dauran, unhone apni soch ko reset kiya aur apni performance ko wapas top par le aaye. Unka ye comeback mindset ki shakti ka saboot hai.
- Aise players criticism se jalne ya gusse ki jagah, apni taakat banate hai, aur apne kal se behtar banne ki lagataar koshish karte hain.

Visual Comparison (Fixed vs Growth)

- Fixed mindset players fear se jeete hai, apni galtiyon ko shame samajhte hai, aur safe zone mein hi rehna pasand karte hai.
- Growth mindset players challenges ko accept karte hai, apne comfort zone se bahar nikalte hai, aur har failure se stronger hote hain.

Mindset ka impact performance aur career par kiya padta hai ?

Mindset hi wo engine hai jo aapke talent aur skills ko aage badhata hai. Agar mindset weak hoga, to pressure mein performance girti hai, confidence toot-ta hai, aur career risk mein pad sakta hai. Strong growth mindset se aap consistently apni limits tod kar champion ban sakte hain.

Section 1 mein humne bataya ki mindset do tarah ka hota hai — Fixed aur Growth.

- Ab sochiye aap Fixed mindset wale ho, ya growth mindset wale ? lekin agar aap weak ya fake mindset wale hai, to aapko apne game mein kin problems ka samna karna pad sakta hai?
- Esliye ab hum Section 2 mein un challenges aur problems ko samjhenge jo tab aate hai jab mindset sahi nahi hota.

Section 2 Agar mindset Sahi nahi to kiya hota hai ?

1. Form se pehle confidence girna

Jab mindset weak hota hai, to sabse pehle jo girta hai wo hota hai confidence. Confidence wo asli taakat hai jo aapko naturally apne shots, bowling ya fielding pe bharosa dilata hai. Agar confidence gir gaya, to aap apni skills pe shak karne lagte ho, apne decisions pe doubt karte ho.

Jab confidence nahi hota, to form girna inevitable ho jaata hai — matlab jo runs banate the, wo nahi bante, jo wickets lete the, wo nahi le pate. Wo Form ka girna nahi hota, balki wo confidence ka asar hota hai.

Esliye players ko pehle apna mindset strong karna zaroori hota hai, tabhi wo apni form ko maintain kar paate hai.

2. Galti se seekhne ki bajaye dar lagna

Growth mindset wale players galti ko seekhne ka moka samajhte hai, lekin jab mindset weak hota hai, to har galti se dar lagta hai. Wo apni galti ko samajhne ki jagah apne aap ko blame karte hai, ya guilt mein atak jaate hain”.

es darr aur guilt ki wajah se wo aage badhne se ruk jaate hai, apni galtiyan ko repeat karte hai, kyunki wo us galti ko face nahi kar pate.

Agar galti se dar lage, to player mentally toot jaata hai, aur game se door ho jaata hai.

3. Competition dekhkar jealous feel karna

Jab aapka mindset weak hota hai, to jab aap apne team ke doosre player ya opponents ko achha perform karte dekhte ho, to aap inspire hone ki jagah jealous ya insecure feel karte ho.

Ye jealousy aapka focus todhti hai, aap apne improvement ko ignore karte ho, aur comparison mein ulajh jaate ho.

esse aap distracted ho jaate ho, discipline loose kar dete ho, aur apne game par dhyan nahi de paate.

4. Mehnat shortcuts mein badal jana (fake effort)

Fake effort ka matlab hai ki aapko lagta hai ki aap mehnat kar rahe ho, lekin asli dedication nahi dete. Aap jaldi jaldi training karte ho, phone dekhte ho, drills adhuri karte ho, ya bas dikhawa karte ho ki mehnat kar rahe ho.

Aise mein aapka mindset discipline se door hota hai. Real growth ke liye boring aur uncomfortable drills ko roz karna zaroori hai, lekin fake effort wale players comfort zone mein rahte hai.

es wajah se wo apni growth ko slow kar dete hai.

5. Passion show ban jana sirf Instagram caption tak limited rehna

bahut baar players kehte hai “Main cricket ke liye jeeta hoon,” lekin wo passion sirf dikhawa hota hai. Ye passion Instagram captions, motivational quotes, ya social media posts tak limited reh jaata hai.

Asli passion wo hota hai jo har din ki boring routine mein dikhe, jab koi match nahi hota, jab koi dekh nahi raha hota.

Fake passion wale players bas event ke liye energy nikalte hai, routine mein consistent nahi hote.

6. Coach ke feedback ko attack samajhna

Jab mindset weak hota hai, to coaching feedback ko constructive nahi balki personal attack samajh liya jaata hai.

Player ego se react karta hai, defend karne lagta hai, ya coach se door ho jaata hai.

esse improvement ka raasta bandh ho jaata hai, kyunki feedback hi player ko apni galti sudharne ka moka deta hai.

Section 2

mein humne dekha ki jab mindset sahi nahi hota, to uska aapke game aur career par bura asar padta hai – confidence girta hai, dar lagta hai, jealousy hoti hai, mehnat fake ho jaati hai, passion sirf dikhawa reh jaata hai, aur feedback ko attack samjha jaata hai.

Lekin ye samajhna bhi zaroori hai ki aaj kal kai log mindset ke naam par sirf motivational baate karte hai – wo apne words mein to growth mindset rakhte hai, par asli mein unke actions uska proof nahi dete. es tarah ka mindset **fake growth mindset** kehلاتा hai.

Esliye Section 3 mein hum jaanege ki kaise mindset sirf ek motivational drama ban sakta hai jab effort na ho, aur asli mindset sirf soch nahi, balki rozana ki mehnat aur discipline se banta hai.

Section 3

Section 3: Hidden Trap – Fake Growth Mindset

Aaj kal “growth mindset” ek bahut hi popular shabd ban gaya hai. Har koi kehta hai ki uska mindset strong hai, wo hamesha seekhta rehta hai, aur failure

ko apni taakat banata hai. Lekin sachai ye hai ki kai baar ye sirf ek bahana hota hai — ek motivational baat jo sirf bolne ke liye hoti hai, karne ke liye nahi.

Jab mindset sirf motivational baatein ban jaata hai par effort nahi hota

Bahut players apne mindset ko sirf Instagram captions, quotes, ya coaching videos tak seemit rakhte hai. Wo motivate to hote hai, par jab roz ke boring, mushkil practice ki baat aati hai, to unme asli dedication nahi dikhte.

Aise mein mindset sirf ek show ban jaata hai, jo khud ko motivate karne ke liye hota hai, par asli game mein uska koi asli asar nahi hota.

Soch aur effort mein farak samjhana

Growth mindset ka matlab sirf positive soch rakhna nahi hai, balki us soch ko apne daily actions mein badalna hota hai. Jab tak aap apne comfort zone se bahar nahi nikalte, jab tak aap apne weak areas pe kaam karne ke liye pain face nahi karte, tab tak mindset sirf ek lafz hi reh jaata hai.

Esliye mindset ka asli test aapke actions hote hai, na ki sirf aapki baatein.

Real growth mindset proof actions mein hota hai, na ki sirf bolne mein

Asli growth mindset waale players har din discipline dikhte hai — wo boring drills karte hai, apne coach ke feedback ko seriously lete hai, aur failure ke baad bhi give up nahi karte.

Wo apne mindset ko har roz prove karte hai — chahe koi dekh raha ho ya nahi.

Agar aap sirf mindset ke baare mein baatein karte ho, par apne efforts consistent nahi ho, to aap us “fake mindset” ke jaal mein phanse hue ho.

Section 3 mein humne samjha ki bahut log sirf “growth mindset” ki baatein karte hai, par asli mehnat nahi karte. Wo sirf motivational baate kar ke apne aap ko busy rakhte hai, lekin discipline aur effort mein kami hoti hai.

Esliye ab Section 4 mein hum baat karenge ki mindset ko strong banane ke liye kaise practical steps liye ja sakte hai, jo har player roz apni practice mein apna sakta hai.

Section 4: Mindset Ko Strong Banane Ke 10 Practical Solutions

1. Pain ke saath baithna seekho (discomfort face karo)

Jab aap match mein fail hote ho, ya koi galti karte ho, to sabse pehle apne dard se bhaagna nahi chahiye. , disappointment, ya frustration ko avoid karna asaan hota hai – TV dekh lena, phone chalu kar lena, ya kisi aur cheez mein busy ho jana. Lekin asli growth tab hoti hai jab aap us uncomfortable feeling ke saath kuch waqt guzaarte ho. Apne dard ko samjho, us moment ko face karo, likho ki kya galat hua, aapne kya feel kiya, aur kaise aap behtar kar sakte ho. Jo log pain se bhaagte nahi, balki usse seekh kar apne andar ka warrior banate hai, wahi apne khel mein asli sudhaar late hai.

2. Roz ek uncomfortable drill choose karo

Har roz practice mein apni weakness ko chhune ki aadat daalo. Wo drill ya skill jo aapko uncomfortable ya thoda darr lagati hai, use rozana practice karo. Agar aapka footwork slow lagta hai, to footwork drills mein extra time do. Agar spin bowling se darr lagta hai, to net mein usse zyada face karo. Comfort zone se bahar nikal kar hi asli progress hoti hai. Ye chhote chhote challenges aapke mindset ko tough banate hai.

3. Mindset journal maintain karo (apne thoughts aur progress likho)

Roz 5-10 minute nikaal kar apni practice ke baad apni feelings, challenges, aur progress ko likhna start karo. Jab aap apne dimaag ki baatein likhte ho, to aap apne andar ke mental patterns ko samajh paate ho. Aapko pata chalta hai ki kab aap toot rahe ho, kab seekh rahe ho, aur kahan improvement ki zarurat hai. Ye likhna aapko apne mindset par control aur discipline dono deta hai, jo consistently behtar banne ke liye zaroori hai.

4. Coach se imaandaar feedback lo

Apne coach ke paas jao aur honestly pucho ki meri sabse badi weakness kya hai. Feedback ko dil pe mat lo, balki ese apne behtar hone ka ek gift samjho. Jo player feedback se darte hai ya ignore karte hai, wo apne aap ko growth se

door rakhte hai. Imaandari se feedback lena aur uspar kaam karna hi asli mindset ka proof hota hai.

5. Comparison mein jalne ki bajaye seekho

Jab aap apne team ke doosre players ki success dekhte ho, to jealousy ya jalan feel karna natural hai. Lekin ye jalan aapka focus tod deti hai aur discipline kharab karti hai. Uski jagah un players ke routines aur habits ko observe karo. Seekho ki wo consistent kaise hai, unka mindset kaise strong hai, aur apne routine mein wo cheezein shamil karo. Comparison ko apne liye inspiration banao, na ki weakness.

6. Negative thoughts aaye to body se mind switch karo

Jab kabhi aapke dimaag mein “main ye nahi kar sakta” ya “meri form kharab hai” jaise negative thoughts aaye, to turant apni body ko activate karo. Jaise 10 push-ups karo, thodi daud lagao, ya stretching karo. Physical activity se aapka dimaag reset hota hai, stress hormones kam hote hai, aur आपको एक नयी ताकत मिलती है। ये छोटा ट्रिक आपके नैगेटिव सोच की cycle को तोड़ती है।

7. Practice se pehle mindset warmup karo

Practice start karne se pehle 2-3 minute apne dimaag ko prepare karo. Deep breathing karo, aankhen band karke aaj ke goals visualize karo, aur apne aap se vaada karo ki aaj ka session focus aur discipline ke saath karoge. Ye chhoti mental preparation आपको practice mein poori concentration aur energy degi, jisse aapka session effective banega.

8. Fail hone ke baad recovery ka routine banao

Har failure ya bure performance ke baad ek routine banao. Pehle 30-60 minute akele raho, walk par jao ya kuch halka music suno taaki emotional space mile. Phir apni galtiyan ko detail mein analysis karo — kya galat hua, kyon hua, aur aage kaise sudharo. Agle 3 din ke liye ek clear focused plan banao, jisme aap apne kamzori pe mehnat karo. es routine se aap jaldi recover karoge aur same galti repeat nahi karoge.

9. Ground ke bahar bhi discipline maintain karo

Mindset sirf field par nahi, balki aapki daily life ke chhote decisions mein banta hai. Jaise waqt par uthna, sahi diet lena, phone aur social media ka limited use karna, achhi neend lena. Jab aap apni zindagi mein discipline laate ho, to wo aapke mindset ko strong banata hai aur cricket mein aapka focus aur performance automatic better hota hai.

10. Apne mindset ko apne coach ki tarah treat karo

Har player ke andar ek internal coach hota hai jo aapke har decision, har shot, har reaction ko control karta hai. es internal coach ko strict, honest, aur supportive banao. Roz apne aap se poochho, “Aaj mera mindset mujhe behtar banane mein madad kar raha hai ya mujhe bachane ki koshish kar raha hai?” es self-coaching se aap apne mindset ko strong, focused, aur consistent bana sakte ho.

Section 4 mein humne practical steps samjhe jo rozana practice karke aap apna mindset strong kar sakte ho — pain ko face karna, uncomfortable drills karna, coach se feedback lena, negative thoughts ko manage karna, discipline maintain karna, aur apne mindset ko apne coach ki tarah treat karna.

Ab jab aap ye sab steps follow karne lage, to aap apne mindset ko real-life tough situations mein test karna chahoge. Section 5 mein hum wahi karenge — kuch aise legendary cricketers ke extreme mindset moments dekhenge, jahan unhone bade challenges face kiye aur apne mindset ki asli taakat dikhayi.

Ye stories aapko inspire karenge aur samjhayengi ki mindset ka asli test mushkil waqt mein hota hai, jab pressure sabse zyada hota hai

Section 5: Real-Life Extreme Mindset Moments

Sachin Tendulkar ka injury period

Sachin ke career mein injuries ne unka confidence todne ki koshish ki, lekin unhone patience aur discipline se apni recovery complete ki. Unka mindset hamesha positive raha, jo unhe ground par strong banata raha.

MS Dhoni ka calmness in 2011 WC final

2011 World Cup final mein Dhoni ne jo calm aur composed mindset dikhaaya, wo pressure ke bawajood game ko apni team ke favour mein le aaya. Unki mental toughness ne pure team ko inspire kiya.

Har story se mindset ka asli test samajhna

En players ki stories se hume seekhna chahiye ki mindset ka asli test tab hota hai jab sab kuch aapke khilaaf ho – jab failure, injury, pressure sab ek saath aata hai. Tab hi aapka mindset aapke asli character ko dikhata hai.

Section 5 mein humne dekha ki kaise duniya ke bade cricketers ne apne mindset ke asli test diye jab pressure, failure, injury, aur mushkil waqt aata hai, tab unhone apne mindset ki asli taakat dikhayi. Ye real-life examples aapko motivate karte hai aur dikhate hai ki mindset sirf theory nahi, balki action ka naam hai.

Ab jab aapne ye samajh liya ki mindset ka asli test tough situations mein hota hai, to zaroori hai ki aap apne mindset ki regular self-check bhi kare. Esliye es section mein hum baat karenge **5 simple questions ki jo har player roz apne aap se pooch sakta hai** taaki aap apne mindset ki sachai ko samajh sake aur apni self-awareness aur discipline ko strong kar sake.

Mindset Self-Audit – 5 Questions Jo Aapko Apna Sach Batayenge

Ye simple, practical questions aapko rozana apne andar jhankne ka moka dete hai.

Har player ke liye ye zaroori hai ki wo apne mindset ko daily check kare, taaki wo apni kamzori aur taakat ko samajh sake aur us hisaab se apni strategy bana sake. Ye questions aapke liye ek mirror jaisa kaam karenge, jo aapko aapka asli roop dikhayenge.

Aap apne mindset ki halat samajh paoge – kaha aap strong ho, kaha kamzor. en questions ke jawab se aapko pata chalega ki aapka confidence, discipline, learning attitude, aur emotional control kis level par hai. Aap identify kar paoge ki kin areas mein aapko zyada focus karna chahiye.

Ye questions aapke self-awareness ko badhate hai aur discipline develop karne mein madad karte hai.

Jab aap apne aap se honest jawab doge, to aapka self-awareness badega, jo har growth journey ka pehla kadam hai. Saath hi, en questions ko rozana practice karne se aapke andar ek discipline banega jo mindset ko sustainable banata hai.

5 Important Self-Audit Questions:

- 1. Aaj maine apne comfort zone se bahar nikal kar kya kaam kiya?**
 - Kya aapne aaj koi mushkil drill ki? Kya aapne apni weakness ko face kiya?
 - es se pata chalega ki aap kitna actively apni growth pe kaam kar rahe hai.
- 2. Kya maine apne emotions ko control karke apna focus banaye rakha?**
 - Kya aapne frustration, gussa, ya negative thoughts ko practice/session ke dauran manage kiya?
 - Ye question aapke emotional discipline ko test karta hai.
- 3. Maine apni galtiyan se kya seekha aur aaj us par kya action liya?**
 - Har galti se seekhna mindset ka asli part hai.
 - es question se aap apni learning aur action-taking ability ko samajhoge.
- 4. Kya maine kisi se imaandaar feedback liya aur usse sudharne ki koshish ki?**
 - Feedback lena aur us par kaam karna mindset ko improve karta hai.
 - es se pata chalega ki aap kitne open ho growth ke liye.
- 5. Aaj maine apne goals ke liye discipline aur consistency dikhayi?**
 - Kya aap apne daily goals ko achieve karne mein lagatar lage rahe?
 - Ye question aapki consistency aur discipline ko measure karta hai.

Es section mein humne dekha ki mindset ko strong aur sustainable banane ke liye rozana apne aap se honest questions poochhna zaroori hai. Ye self-audit aapko apni asli halat samajhne, apni strengths aur weaknesses ko pehchaan ne,

aur apne mindset ko behtar banane ke liye discipline develop karne mein madad karta hai.

Ab jab aap apne mindset ki asli tasveer samajh gaye ho, practical steps apna rahe ho, aur apni growth ko daily check kar rahe ho, to ye waqt hai es journey ka powerful conclusion dene ka – ki mindset hi game ka asli winner hota hai, aur bina discipline aur action ke mindset sirf ek khokhla lafz hai.

Last line

Mindset game ka asli winner hota hai.

Cricket ya koi bhi sport sirf talent se nahi jeeta jaata, balki us mindset se jeeta jaata hai jo pressure, failure, aur challenges ko face kar sake. Aakhir mein wahi player game jeet-ta hai jo mentally sabse strong hota hai.

Talent sirf starting point hai, lekin game mindset se jeeta jaata hai.

Aapke paas jitna bhi talent ho, agar aapka mindset strong nahi, to wo talent waste ho sakta hai. Talent ek shuruaat hai, lekin mindset hi wo engine hai jo aapke performance ko consistent aur impactful banata hai.

Growth mindset bina discipline aur consistent action ke meaningless hai.

Sirf sochne ya motivational baatein karne se kuch nahi hota. Growth mindset tabhi meaningful hota hai jab aap usse rozana discipline aur mehnat ke saath apnaate ho. Bina action ke mindset sirf ek khokhla lafz hai.

Har din apni soch aur mehnat ko test karo, apne mindset ko apna coach banao.

Roz apne aap se poochho ki aaj maine apne mindset ko kitna strong banaya? Apne aap ko motivate karo, discipline sikhao, aur har din apne mindset ko better banane ke liye kaam karo. Apne mindset ko apne sabse bade coach ki tarah treat karo jo aapko sachai dikhaye aur behtar banaye.

Mindset change karna hi aapka asli transformation hai, jo aapko behtar player aur insan banata hai.

Aakhir mein mindset ka badalna hi wo asli badlav hai jo aapki life ko badal deta hai. Ye na sirf aapke cricket career ko strong banata hai, balki aapke

character aur insaniyat ko bhi nikharata hai. Mindset transformation ke bina koi lasting success mumkin nahi.

Chapter 2

Discipline & Mental Toughness

1. Introduction

Cricket sirf physical game nahi hai, ye sabse pehle ek **mindset** ka khel hai. Aur us mindset ki do sabse badi taakat hai – **Discipline** aur **Mental Toughness**. Ye dono concepts sirf alag-alag words nahi, balki ek aise mindset ke do pehlu hai jo aapke sapne ko haqeeqat banate hai.

Discipline aur Mental Toughness ka Matlab aur Importance

Discipline ka matlab sirf rules follow karna nahi hota. Ye ek aisi aadat hai jo aapko har din wahi kaam karne par majboor karti hai, chahe man kare ya na kare – wo kaam jo aapke goal tak pahunchata hai.

Mental Toughness ka matlab hai har pressure, har challenge ke samne apne aap ko thoda bhi tootne na dena. Jab sab kuch aapke khilaaf ho, tab bhi apne focus ko maintain karna aur game mein apni best performance dena.

Kyun Ye Dono Ek Saath Discuss Karne Chahiye?

Discipline aur mental toughness dono alag nahi, balki ek doosre se jude hai. Discipline aapke roz ke habits aur routines ko define karta hai, jo mental toughness ko strong banata hai. Jab aap disciplined rahenge, tab aapka dimaag pressure mein bhi calm rahega. Aur jab aap mentally tough honge, tab aap discipline ko break nahi karenge, chahe halat kitni bhi mushkil kyun na ho.

Discipline Aur Mental Toughness Ke Bina Talent Adhoora Hai

Talented players duniya mein bahut hai, par har talentwala player champion nahi banta. Kyunki talent sirf ek shuruaat hai.

Agar aapke paas discipline nahi hai, to wo talent consistent effort mein badal nahi payega. Aur agar aap mentally tough nahi ho, to pressure ke samne wo talent kamzor pad jayega.

Esliye, **Discipline aur Mental Toughness** wo dono engine hai jo talent ko speed dete hai, aur aapko wo player banate hai jo har match mein jeet ke liye khelta hai, na ki sirf khelta hai.

- **Discipline** wo daily aadate aur routines hai jo aapko consistently mehnat karne par majboor karti hai, chahe man kare ya na kare. Ye aapka “base” hai. Agar base strong hoga, to aap physically aur mentally ready rahoge.
- Jab aap disciplined ho jaate ho, to aapka mind pressure mein bhi calm aur focused rahta hai. eska matlab hota hai **Mental Toughness** – yani jab sab kuch aapke khilaaf ho, tab bhi aap apne game aur decisions pe control banaye rakhte ho.
- Esliye, discipline bina mental toughness adhura hai, aur mental toughness bina discipline adhoora. Dono milke talent ko ek sustainable aur strong performance mein badalte hai.

Example se samjho:

Agar aap roz subah practice karte ho, apna diet aur rest routine maintain karte ho (Discipline), to match ke pressure mein aap easily panic nahi karoge (Mental Toughness). Aur agar aap mentally strong ho lekin routine follow nahi karte, to aapka performance inconsistent rahega.

Esliye dono topics ko ek saath samajhna aur practice karna zaroori hai.

2. Discipline: Kya Hai Aur Kyun Zaroori Hai?

Discipline ka Real Matlab

Discipline sirf rules follow karna ya time par uthna nahi hota. Asal discipline tab hota hai jab aap wo kaam poori mehnat aur lagan se karte hai, jiska mann

nahi karta. Jab aap thake hue ho, jab bahar distractions ho, tab bhi aap apne goal ke liye apna routine nahi todte.

Ye discipline wahi hai jo aapko uss din bhi net session mein le jaata hai jab aap physically aur mentally dono weak feel karte ho.

Discipline ka Role Lifestyle Aur Daily Habits Mein

Discipline aapke lifestyle ka system hai — aapka khana, sona, uthna, practice karna, recovery lena — sab kuch ek routine ke andar hota hai. Ye system aapke match performance ki foundation banata hai.

Agar aapka lifestyle disciplined nahi hoga, to match ke din aapki body aur mind dono weak rahenge, chahe aap kitne bhi talented ho.

Discipline Ki Importance

- **Confidence:** Discipline se aapki preparation solid hoti hai, jisse asli confidence aata hai — jo sirf motivation ya crowd se nahi, aapke andar se nikalta hai.
- **Clarity:** Jab routine discipline se banaya hota hai, to aapka dimaag clear rehta hai, aap decisions confidently aur bina overthinking ke lete ho.
- **Stamina:** Discipline se aap apni body ko fit aur energetic rakhte ho — sahi khana, sahi neend, hydration, aur workout routine se.
- **Recovery:** Discipline recovery mein bhi dikhayi deta hai — injuries se bachne aur body ko repair karne ke liye rest aur sahi practices lena.
- **Consistency:** Discipline se aap daily mehnat karte ho, jisse aapka game stable aur reliable ban jaata hai.
- **Self-Trust:** Jab aap har din apne routine ko follow karte ho, to apne upar bharosa badhta hai — jo pressure mein perform karne mein sabse bada weapon hota hai.

Discipline = Preparation = Real Confidence

Asal confidence wo hota hai jo aapke discipline aur preparation se aata hai. Jab aap disciplined ho, to aap mentally aur physically dono ready hote ho, jo match ke har moment mein aapko calm aur sharp banata hai.

Bhai, discipline aur mental toughness ek doosre se jude hai — discipline aapka roz ka routine aur habits banata hai, jo aapko pressure mein bhi focused aur calm rakhta hai, yani mental toughness.

Discipline sirf motivation pe nahi, balki ek aise system pe depend karta hai jo aapko bina motivation ke bhi roz kaam karne par majboor kare. Ye system subah uthna, mental warm-up, focused practice, recovery, diet, aur sahi neend jaisa daily routine hota hai.

Shuru mein ye boring lagta hai, par jab ye aadat ban jaati hai, to aap elite ban jaate ho. Long-term mein ye system aapka career strong aur consistent banata hai.

Discipline Ka System: Soch Nahi, Roz Kaam Karne Ka Design

Motivation vs System: Kyun Routine Banani Zaroori Hai?

Motivation kabhi kabhi aati hai, kabhi chali jati hai. Kabhi aap excited hote ho practice ke liye, kabhi bilkul nahi. Agar aap sirf motivation ke upar depend karoge, to aapki performance kabhi stable nahi rahegi.

esliye discipline ka asli matlab hai **ek aisa system banana jo aapko motivation ke bina bhi kaam karne par majboor kare**. Ye system aapke roz ke habits, routines, aur decision-making ka ek structure hota hai, jisse aap consistently apne goal ki taraf badhte ho.

Daily System Aur Habits Ka Time-table/Routine Example)

Ek elite player ka din random nahi hota, balki uska ek fixed routine hota hai jo uske discipline ka proof hota hai. Ye routine aapke physical fitness, mental readiness, recovery, aur nutrition sab kuch cover karta hai.

Example Routine:

- **6:00 AM – Uthna bina phone touch kiye:** Subah uthte hi apna dimaag distraction-free rakhna, taaki aap apne din ka best start kar sako.
- **7:00 AM – Mental Warm-up:** Thodi stretching, gratitude, ya meditation se apna mind calm aur focused karna. Ye aapko pressure situations ke liye mentally ready karta hai.
- **8:30 AM – Focused Practice Session:** Net practice me sirf random shots nahi, balki ek specific skill pe focus karna, jaise short ball ka control ya swing bowling ko handle karna.
- **12:00 PM – Proper Recovery:** Sahi khana lena, hydration maintain karna, aur cooling stretches karna taaki body jaldi recover kare.
- **2:00 PM – Power Nap:** 30-40 minute ka nap lena performance ko improve karta hai.
- **4:00 PM – Self Analysis & Journaling:** Din bhar ki practice ko review karna, apni galtiyan aur improvements ko likhna.
- **6:00 PM – Light Gym/Mobility Work:** Hard workout ke baad body ko relax rakhna aur flexibility maintain karna.
- **8:00 PM – Clean Dinner:** Healthy meal lena jo aapke recovery aur energy levels ko boost kare.
- **9:30 PM – Journaling & Planning:** Agle din ke goals ko plan karna aur apne mind ko prepare karna.
- **10:00 PM – Proper Sleep:** Screen se door rehna aur sahi neend lena jisse body aur mind dono recharge ho sake.

Discipline Ka Boring Phase vs Elite Phase

Shuruat me ye routine boring lagta hai. Har roz wahi kaam, wahi time, wahi rules follow karna easy nahi hota. Par jab aap lagatar es system ko follow karte ho, to ye aapke liye comfort zone ban jaata hai, aur wahi aapko elite banata hai. Motivation jo kabhi fluctuate karta hai, wo system kabhi fail nahi hota. Jab aap discipline ke system ko apna lete ho, tab pressure mein bhi aap calm, focused, aur confident rehte ho.

System Banane Ka Long-Term Impact

Ek strong discipline system banane se aap:

- **Consistent Progress** karoge, jo long-term success ka asli raaz hai.
- Jab pressure aaye, to aapka mind aur body ready milega, Esliye aap calm rehte ho.
- Aap apne routine pe itna vishwas karoge ki external distractions ya failures aapko affect nahi karenge.
- Aapki mental toughness bhi strong hogi, kyunki aapne apne aap ko tough conditions me roz train kiya hota hai.

Bhai, discipline ka system hi wo engine hai jo aapko champion banata hai — na ki sirf talent ya kabhi-kabhi ki motivation.

Discipline aapka daily system aur routine hota hai, jo aapko bina motivation ke bhi consistently kaam karne par majboor karta hai. Ye routine aapke body aur mind ko har din pressure ke liye prepare karta hai. Aur jab aapka system itna strong ho jata hai, tab aap mentally tough bante ho — matlab jab situation tough ho tab bhi aap apna focus aur calmness nahi lose karte.

Ab hum “Discipline in World-Class Players” ke baare mein likhte hai , jisme aapko pta chlega ki Virat Kohli, Hardik Pandya, Shubman Gill, aur Kane Williamson jaise champions ka discipline unke game ke bahar unke poore lifestyle aur mindset mein kaise dikhayi deta hai. Ye examples aapko samjhayenge ki discipline sirf practice nahi, balki ek poora system hai jo champion banata hai.

4. Discipline in World-Class Players (Examples)

Virat Kohli: Self-transformation Through Ruthless Discipline

Virat Kohli ne apne career ki shuruaat mein apne lifestyle ko bilkul badal diya — unhone junk food, late nights, aur distractions ko completely hata diya. Unka discipline unka sabse bada weapon bana, jisne unhe world-class athlete banaya. Unki strict diet, workout routine, aur mental preparation unke consistent performance ka raaz hai.

Hardik Pandya: Swagger Ke Peeche Disciplined System

Hardik ke bold attitude ke peeche ek disciplined training aur recovery system chhupa hai. Injuries ke baad unhone apne bowling action ko carefully reinvent kiya, gym routines follow kiye, aur har session full focus ke saath kiya. Unka discipline unka confidence aur composure banata hai.

Shubman Gill: Silent Discipline and Focused Routine

Gill apne routine mein bahut disciplined hai — unka lifestyle simple aur focused hai. Wo social media distractions se door rehte hai, apna sleep aur diet schedule follow karte hai, aur har net session ko match pressure jaisa treat karte hai. Unki silent mehnat unhe alag banata hai.

Kane Williamson: No Glamour, Just Consistent Professionalism

Williamson apne calm aur professional attitude ke liye jane jate hai. Wo flashy nahi hote, par unka disciplined routine unke consistent performance ki guarantee hai. Har match mein wo apna process repeat karte hai, chahe conditions kaise bhi ho.

Ye examples dikhate hai ki discipline sirf practice nahi, balki ek poora lifestyle aur mindset hai jo champions ko ordinary players se alag banata hai. Discipline ke bina talent sustainable nahi hota, aur yehi wajah hai ki ye legends consistently perform karte hain.

Ab, discipline ko apne daily routine ka system banana zaroori hai, jisme weekly planner, daily habit tracker, visualization, reflection, aur tough times mein routine pe tikay rehna شامل hai.

5. Apna Discipline System Khud Banaye (Toolkit)

Weekly Planner Ka Use

Apna discipline system banane ke liye sabse pehla kadam hai **weekly planner ka istemal** karna. Har hafte ke end mein, 15-20 minute nikal ke apne agle hafte ka clear roadmap banaiye.

- Kaunse din practice karni hai,
- Kab recovery aur rest lena hai,
- Kab mental training ya visualization pe focus karna hai, sab kuch pehle se plan karo.

Jab aapke paas ek clear plan hoga, to aapka effort zaya nahi jayega, aur aap apne goal ke kareeb rahoge.

Daily Tracker for Habits

Discipline sirf ek quality nahi, balki roz ke decisions aur chhoti chhoti aadaton ka natija hai. esliye apni roz ki habits ka **daily tracker** banaiye, jisme aap ye check kar sako:

- Kya maine time par neend li?
- Practice puri mehnat se ki?
- Junk food avoid kiya?
- Screen time limit mein rakha?
- Subah visualization kiya?
- Raat ko reflection kiya?

Chhoti chhoti haan/naa wali entries aapke discipline ko stable banane mein madad karti hai.

Mental Routine: Visualization Aur Reflection

Apne dimaag ko bhi rozana train karna zaroori hai. eske liye subah 10 minute visualization ka time nikale, apne aap ko pressure situation mein calm aur focused dekhna sikhe .

Raat ko 10 minute reflection ka waqt rakhiye — sochiye ki aapne aaj discipline ke kitne principles follow kiye, aur kya sudhar karna hai.

Ye mental routine aapke mindset ko strong karta hai aur आपको bina motivation ke bhi kaam karne mein madad karta hai.

Routine Pe Stick Karne Ki Importance, Especially Tough Times Mein

Sabse bada challenge hota hai tough times mein discipline maintain karna — jab aap thake hue ho, results na mile, ya motivation kam ho.

Tab bhi apne routine se compromise mat karo.

Discipline ka asli test wahi hota hai jab sab kuch aapke against ho, phir bhi aap apne process ko follow karte ho.

Jo es phase mein tikta hai, wahi champion banta hai.

6. Discipline Sabse Zyada Test Hota Hai (Pressure Moments)

Discipline ka asli test tab hota hai jab sab kuch aapke against ho — jab form gir rahi ho, injury ho, ya environment negative ho. Ye wo waqt hota hai jab discipline hi aapko aage badhne ka dum deta hai.

Form Down Hone, Injury, Aur Negative Environment Mein Discipline Ka Role

Jab aapka game tough phase mein ho, to apna routine todna sabse aasan hota hai. Par wahi discipline aapko routine pe banaye rakhta hai, recovery par focus karne deta hai, aur aapke confidence ko todne nahi deta.

Discipline Ka Asli Test Aur Uske Rewards

Discipline tabhi asli discipline hota hai jab sab kuch kharab chal raha ho, tab bhi aap apne system ko follow karte ho. Jo aisa karte hai, unka career stable aur sustainable hota hai. Rewards sirf selection ya runs nahi, balki self-respect, team ka bharosa, aur leadership qualities hoti hai.

Discipline Se Leadership Qualities Ka Development

Jo player tough situations mein discipline banaye rakhta hai, wo naturally leader ban jaata hai. Aise log apni team ko guide karte hai, pressure manage karte hai, aur apni body language aur decisions se team ko calm aur focused rakhte hai.

Jab aapka system mazboot hota hai, tab aap mentally tough bante ho — matlab jab situation tough ho, form gir rahi ho, ya pressure zyada ho, tab bhi aap apne focus aur emotional control ko lose nahi karte.

Ab hum samjhte hai mental toughness ko

7. Mental Toughness: Kya Hai Aur Kyun Zaroori Hai?

Cricket ka **90% game mental hota hai**. Sirf physical skill se match nahi jeeta jaata, balki dimaag ko control karne se jeeta jaata hai. Jab pressure aata hai, tab aapka dimaag kaise react karta hai, ye decide karta hai ki aap jeetoge ya haaroge.

Mindset aur Mental Toughness Mein Farq

- **Mindset** wo soch aur belief hota hai jo aapke andar hota hai – jaise “Main apni skills improve kar sakta hoon.
- **Mental Toughness** us soch par pressure mein tike rehna hai – matlab jab form girti hai, ya mushkil situation hoti hai, tab bhi aap apne belief ko nahi chhodte, apne focus ko banaye rakhte ho.

Mental Toughness Ka Matlab

Pressure ke beech bhi clarity, focus, aur emotional control banaye rakhna. Jab sab kuch aapke khilaaf ho, tab bhi aap apne game pe concentrate kar pao, panic na karo, aur apne decisions clear lo.

Mindset Banata Hai Belief, Mental Toughness Banata Hai Action

Aapka mindset aapko taiyaar karta hai, aapke goals set karta hai. Par jab real match ka pressure aata hai, tab mental toughness hi aapko apne mindset pe tike rehne aur action lene mein madad karti hai.

8. Mental Toughness Ke Weak Signals (Game Mein)

Mental toughness tabhi strong hoti hai jab aap pressure ke samne apna game banaye rakhte ho. Agar aap kuch aise signs mehsoos karte ho, to samajh jao ki aapki mental toughness weak ho sakti hai, jise aapko sudharne ki zarurat hai:

1. Nervousness in Clutch Moments

Jab match ka pressure sabse zyada hota hai, to haath kaanpna, saans tez hona, ya dimag blank hona nervousness ke signs hote hai. eska matlab aap mentally fully ready nahi ho.

2. Negative Self-Talk

Galti ke baad apne aap ko neecha dikhana, jaise “Mujhse nahi hoga” ya “Main bekaar hoon, ” mental toughness ko todta hai.

3. Feedback Ko Personal Lena

Coach ya kisi ke feedback ko apni personality par attack samajhna, na ki game sudharne ka tareeka, weak mindset ka nishaan hai.

4. Opponent Ke Sledge Ka Impact

Jab opponent ki baaton se aap gusse mein aate ho ya distract ho jaate ho, to eska matlab aap apne mind ko control nahi kar pa rahe.

5. Crowd Ke Pressure Ko Handle Karna

Jab crowd ki noise ya baaton se aapka focus girta hai, aur aap apna game khelne mein fail ho jaate ho, to ye mental toughness ka weak signal hai.

6. Form Girna Aur Usse Cope Karna

Form girne par agar aap toot jaate ho, apna confidence khote ho, aur fight nahi karte, to eska matlab mental toughness kamzor hai.

9. Real Mental Toughness Moments (High-Pressure Examples)

Mental toughness ka matlab sirf stress ko bardasht karna nahi hota, balki us pressure ke andar bhi apne aap ko control karna, focused rehna, aur performance deliver karna hota hai. Cricket ki duniya mein kai aise moments aaye hain jahan players ne apne mental toughness ka asli imtihaan diya hai. Aaiye kuch aise iconic moments par nazar daalte hai:

Virat Kohli – T20 World Cup 2022 vs Pakistan

es match mein pressure itna tha ki poora desh wo feel kar raha tha. Pakistan ke khilaf match har Indian ke liye ek national challenge hota hai. Virat Kohli ne apni team ko lead karte hue, har ball par apna focus banaye rakha aur tension ko apne upar haavi nahi hone diya. Unhone apni body language, shots selection, aur calmness se team ko back kiya. Ye moment mental toughness ka ek perfect example tha jahan pressure ke bawajood poori team unki mental strength se inspire hui.

Ben Stokes – 2019 World Cup Final

Ye match cricket ke sabse historic moments mein se ek mana jaata hai. Ben Stokes ne match ke sabse critical moments mein apne aapko calm banaye rakha, chahe match super over tak jaye ya run-out ki tension ho. Unki mental toughness ne na sirf unhe pressure handle karne mein madad ki, balki team ko bhi jeet ke kareeb le gayi. es example se samajh aata hai ki asli mental

toughness ka matlab hota hai har situation mein apne dimaag ko shaant rakhna aur confidence banaaye rakhna.

En Moments Se Mental Toughness Ka Asli Matlab Samajhna

Ye examples hume ye samjhate hai ki mental toughness sirf physical ya technical skill nahi, balki ek psychological quality hai jo aapko tough situations mein focused, calm, aur determined rakhti hai. Ye wo strength hai jo aapko har pressure ke baad wapas aage badhne mein madad karti hai. Chahe wo match ka final over ho, injury ke baad comeback ho, ya kisi tough opponent ka saamna ho, mental toughness hi wo quality hai jo aapko champion banati hai.

Ab jab aapko mental toughness ka asli matlab aur examples samajh aa gaye hai, to agla step ye hai ki aap apni mental toughness ko rozana practice se kaise strong banaye. Matlab, aise drills aur exercises jisse aap daily apne routine mein shamil kar ke pressure ko handle karne ki ability ko badha sakte ho.

esliye ab hum **“Mental Toughness Drills: Daily Practice Ke Liye”** par focus karenge, jisme aapko practical tools milenge — jaise pressure visualization, failure journaling, clutch moment simulation, breathing techniques, aur self-talk — jo aapke mental game ko next level pe le jayenge.

Ye drills aapke andar wo calmness, clarity, aur emotional control develop karte hai jo aapko har pressure moment mein apna best dene mein madad karenge.

10. Mental Toughness Drills: Daily Practice Ke Liye

Jab aap discipline aur mental toughness ke asli matlab samajh jaate ho, aur un real pressure moments ke examples dekh lete ho, to ab waqt hai apni mental toughness ko rozana ki practice se majboot banane ka.

Ye drills aapko mentally fit, calm, aur focused banayengi — taaki aap har mushkil pal mein apna best perform kar sako.

Pressure Visualization Practice

Roz subha ya practice se pehle kuch minute apne aap ko high-pressure situations mein imagine karo. Socho ki aap last over mein ho, crowd shor

macha raha hai, aur aap calmly apna shot khel rahe ho. esse aapka dimaag pehle se pressure handle karne ke liye tayar hota hai.

Failure Journaling

Har din practice ya match ke baad apni galtiyan aur challenges ko likho. esse aap apni weak points ko samajh paoge aur agle din unpe kaam karne ki strategy bana paoge. Failure ko accept karna aur usse seekhna mental toughness ka hissa hai.

Clutch Moment Simulation Drills

Practice sessions mein aise drills shamil karo jahan aapko pressure mein decision lena padta ho — jaise last over bowling, ya difficult catch lena. Real match jaise scenarios create karo taaki aapka mind un situations ki aadat daal sake.

Cold Showers and Delayed Gratification

Apne comfort zone se bahar nikalne ke liye cold showers lo ya apne aap ko turant reward na do. esse aapki willpower badhti hai jo mental toughness ko strong karti hai.

Breathing and Calm-Down Resets During Match

Match ke beech mein jab stress zyada ho, to gehri saans lo, apna mind calm karo. Simple breathing exercises aapko focus aur clarity wapas dilate hai.

Self-Talk Scripting Before/After Nets

Practice se pehle positive affirmations bolna ya likhna, aur practice ke baad apni performance ka constructive review karna, aapke mindset ko strong karta hai. Ye self-talk aapko motivated aur focused rakhta hai.

11. Toughness vs Talent: Long-Term Mental Game Ka Impact

Cricket mein talent zaroori hai, lekin long-term success ke liye mental toughness aur mindset ka hona usse bhi zyada important hai. Ye wo qualities

hai jo आपको form girne, pressure badhne, aur skill evolve karne ke challenges ke beech sambhalte hai.

Form Girne Par Toughness Ki Importance

Har player ke career mein kabhi na kabhi form girti hai. Aise waqt mein agar aap mentally tough nahi ho, to aap toot sakte ho, confidence lose kar sakte ho, aur wapas perform karna mushkil ho jata hai. Mental toughness आपको har girawat ke baad khud ko sambhalne aur wapas uthane ki taakat deti hai.

Skill Evolve Hone Par Mindset Ka Role

Jab aap apni skills ko upgrade karne ki koshish karte ho, to failure aur frustration common hai. Aise waqt mein aapka mindset hi decide karta hai ki aap seekhna continue karoge ya give up kar jaoge. Growth mindset aur mental toughness milkar आपको naye challenges accept karne aur unhe overcome karne mein madad karte hai.

Mindset Aur Toughness Se Lamba Career Banana

Jo players disciplined mindset aur mental toughness ke saath apna career banate hai, wo consistently perform karte hai aur apne aap ko naye challenges ke liye prepare karte rehte hai. esi wajah se unka career lamba aur successful hota hai.

Talent Bina Toughness Ke Fail Hone Ka Reason

Agar sirf talent hai par mental toughness nahi, to aap pressure mein apni asli capability dikhane mein fail ho jaate ho. Talent ka misuse ho jata hai, aur aapka career inconsistent aur chhota ho sakta hai.

Mental Toughness Bina Talent Ke Bhi Performance Dena

Kabhi kabhi aise players hote hai jinke paas exceptional talent nahi hota, lekin unki mental toughness unhe pressure mein perform karne aur team ke liye valuable banne mein madad karti hai. Toughness unka game stable aur reliable banati hai.

Bhai, mental toughness aur mindset hi aapke career ki asli foundation hai, Agar aap en par kaam karoge, to aap apne talent ko maximize kar sakte ho aur long-term success pa sakte ho

Last line

Cricket ka asli game sirf skills ya talent tak simit nahi hai — asli game **discipline aur mental toughness** mein chhupa hai. Ye dono hi qualities aapko har pressure moment mein calm, focused, aur confident banati hai, jo match jeetne ke liye zaroori hai.

Esliye, aapko apna **daily system** banana hoga — ek aisa routine jo discipline ko establish kare aur rozana **mental training** ke exercises ko bhi shamil kare. Ye dono milkar aapke andar wo strength aur resilience develop karenge jo aapko kisi bhi challenge ka samna karne ke laayak banaye.

Apne aap ko samjho — apna discipline aur mental toughness ka score check karo, jahan kamzor ho wahan sudhaar karo. Sirf practice karna kaafi nahi hai; , aapko apne **mindset aur toughness ko bhi banane** ki zaroorat hai, tabhi aap consistent aur long-lasting success paa sakoge.

Aaj se hi apni **inner game ki mastery** shuru karo. Har din thoda thoda mehnat karo, apne dimaag ko train karo, apne emotions ko control mein rakho, aur discipline ko apni aadat banao. Yehi wo raasta hai jo aapko champion banayega.

Yaad rakho, asli jeet tabhi milegi jab aap apne andar ki ladai jeet jaoge.

Chapter 3

Fitness & Training Process

1. Introduction

Cricket mein sirf talent ya skill kaafi nahi hoti. Jo players consistently match-winning performance dete hai, unke peeche do cheezein hoti hai — **fitness** aur **process mindset**. Ye dono hi cricket ki asli foundation hai, jo ek cricketer ko sirf physically taiyaar nahi karte, balki mentally bhi majboot banate hai.

Fitness ka matlab sirf run karna ya gym jana nahi hota. Ye aapki body ki wo taiyaari hai jo aapko har match, har session, aur har situation mein apne game ko effectively execute karne ke laayak banati hai. Jab tak aapki body aapka saath nahi degi, tab tak aapki skill bhi poori tarah se kaam nahi karegi.

Lekin fitness ke saath ek aur cheez equally zaroori hai — **process mindset**. Process mindset ek aisi soch hai jo aapke fitness routine, skills ki practice, aur daily discipline ko ek system mein bandh deti hai. Ye mindset aapko har din apne best version banne ke liye motivate karta hai, chahe aapke saamne kitni bhi challenges kyu na ho.

Jab fitness aur process mindset saath milte hai, tabhi ek cricketer match ke liye poori tarah taiyaar hota hai — na sirf physically, balki mentally bhi. Injury ka khatra kam hota hai, performance stable hoti hai, aur pressure ke waqt bhi aap apna game confidently khel pate ho.

es chapter mein hum samjhenge ki fitness aur process mindset cricket ke safar mein kyun bahut important hai, aur kaise dono ko apni routine ka hissa bana kar aap apne game ko naye level par le ja sakte hai.

Jab hum cricket ki baat karte hai, to aksar hum sirf skill aur talent pe focus karte hai. Lekin asli farq wo hota hai jo ground ke bahar banta hai — aapki body ki taiyaari aur aapka mindset. Fitness aur process bina adhura hai, fitness aapki physical taiyaari ka base hai — endurance, movement, recovery — jo aapke game ko har match ke tough moments ke liye strong banata hai.

Lekin sirf physically fit hona kaafi nahi — us fitness ko consistent rakhne, usme discipline laane, apni routines ko meaningful banane ke liye ek mindset chahiye — jise hum process mindset kehte hai. Ye mindset aapko har din apni fitness aur skills ko poori intensity ke saath follow karne ke liye force karta hai, chahe koi aapko dekh raha ho ya nahi.

Ab hum fitness ki asli definition aur uske importance ko samjhenge — ki ye sirf gym ya running tak simit nahi hai, balki wo invisible strength hai jo aapko match ke sabse mushkil palon mein aage badhne mein madad karti hai. Saath hi, hum elite cricketers ke fitness mindset ko bhi dekhenge, jisko aap apni journey mein apna sakte ho.

2. Understanding Fitness: The Foundation of Performance

Fitness ka matlab sirf gym jaakar weight uthana ya roz daud lagana nahi hota. Cricket ek aisa khel hai jisme aapki body ki **endurance**, **movement control**, aur **recovery ability** hi aapke game ko sustain karti hai. Jab aapki body har over, har ball, har run ke liye ready nahi hoti, to aapki skill ka asli fayda nahi uthaya ja sakta.

Sochiye, agar aapke muscles jaldi thak jaate hai, joints tight ho jaate hai, ya recovery slow ho, to aap match ke critical moments mein apni full capacity se khel nahi paayenge. Fitness wahi hoti hai jo aapko ye moments handle karne ka dam deti hai — jab match close ho, pressure zyada ho, aur har run ki keemat badh jaaye.

Esiye top-level cricketers apni fitness ko sabse bada asset maante hai. Virat Kohli ne kaha tha, *“Talent sirf tab tak useful hai jab tak aap fit ho.”* Unhone apni fitness routine ko ek discipline bana kar apne game ko consistent banaya. MS Dhoni bhi hamesha kehte the, *“Mere liye fitness pehle aati hai, kyunki agar aap match tak pahunch hi nahi paaye, to skill kis kaam ki?”*

Ye fitness unka secret weapon hai jo unhe har season, har tournament, har match ke liye physically aur mentally prepared rakhta hai.

Fitness ki asli takat us waqt dikhti hai jab match tough ho jaata hai. Jab body thak jaati hai, jab muscles cramps karte hai, jab recovery slow hoti hai, tab fitness aapke decision-making, reflexes, aur stamina ko banaye rakhti hai. Ye ek invisible power hai jo scoreboard pe nahi dikhti, lekin match jeetne mein sabse bada farq laati hai.

Ab jab aap fitness ki es gehraai ko samajh gaye hai, to agla kadam hai ki aap apni fitness ko sirf physical level pe nahi, balki ek disciplined process ke roop mein apnayein. Jisse aap har roz apni body ko stronger, faster, aur smarter banaye.

Ab jab aapne samajh liya ki fitness sirf gym ya running tak simit nahi, balki ek comprehensive taiyaari hai jo aapke game ki foundation banti hai, to ye zaroori ho jata hai ki aap apni fitness ko sahi tarike se manage kare. Bahut se aspiring cricketers fitness ko lekar kuch aam galtiyan karte hai, jo unke performance aur health dono ko nuksan pahunchati hai.

Fitness ki asli takat uske sahi execution mein hai, na ki sirf physical exertion mein. Galat approach, bekaar routines, ya fitness ke kuch important pehluon ko ignore karna aapke cricket career mein rukawat ban sakta hai. esliye, ab hum un common fitness mistakes par nazar daalte hai, jo aksar cricketers karte hai, aur unse kaise bacha jaa sakta hai, taaki aap apni fitness journey ko sahi disha mein le ja saken. ”

3. Common Fitness Mistakes and How to Avoid Them

Fitness ka matlab samajhna zaroori hai, lekin usse sahi tarah follow karna usse bhi zyada zaroori. Aaiye, in common mistakes ko samjhate hai, taaki aap unse bachein aur apni fitness ko optimum level tak le ja saken.

1. Sirf Gym Par Focus Karna, Movement Ko Ignore Karna

Kai baar players sirf heavy weight uthana, muscles banana ya gym mein time guzarna fitness samajh lete hai. Lekin cricket ek movement sport hai. Aap jitne bhi strong ho, agar aapke joints flexible nahi, aapke movements fast aur balanced nahi, to match ke dauran aap apni body ko sahi tarah use nahi kar

paoge. Fitness ka matlab sirf muscle dikhana nahi, balki body ko aise train karna hai jo har sudden sprint, turn, ya dive mein aapka saath de.

2. Rest Din Ka Galat Matlab Lena

Rest ka matlab sirf bed par lete rahna ya bilkul aaram karna nahi hota. Real rest active recovery hota hai — jaise halka walk karna, stretching karna, foam rolling. Agar aap rest din ko full inactivity mein guzaaroge, to aapki muscles tight ho jaayengi, aur agle din ki training ya match mein aap ready feel nahi karoge. Smart rest se hi aapki body next challenge ke liye recharge hoti hai.

3. Warm-Up Ko Lightly Lena

Warm-up ko chhota ya formal exercise samajhkar ignore karna sabse badi galti hai. Proper warm-up se muscles aur joints game ke liye ready hote hai, injury risk kam hota hai, aur aapka reaction time tez hota hai. Agar aap bina achhe warm-up ke match ya practice shuru karte ho, to aap apne performance ko adhura chhod dete ho, aur injury ka khatra badhate ho.

4. Pain Ko Ignore Karna

Chhota sa dard ya niggle ko nazarandaaz karna khiladiyon mein common hai, lekin ye sabse khatarnak habit hai. Pain aapke sharir ka warning signal hota hai. Agar aap usse sunte nahi hai, to chhoti si problem bada injury ban sakti hai, jo aapko matches se door kar sakti hai. Smart player wahi hota hai jo pain ko tolerate nahi karta, balki uska timely treatment karta hai.

5. Cricket-Specific Fitness Ki Kami

Har sport ke apne physical demands hote hai. Cricket mein sirf endurance ya muscle mass kaafi nahi hota. Aapko agility, rotation, balance, aur fast recovery pe bhi focus karna hota hai. Agar aapki training cricket ke actual game demands ke saath match nahi karti, to aap apni performance ko optimize nahi kar paoge. Cricket-specific drills aur fitness routines apnaana bahut zaroori hai. En sab mistakes ko samajhna aapki fitness journey mein ek zaroori kadam hai. Agla step hai ki aap practical tips aur strategies apnaayein, jisse aap apni fitness

ko next level tak le ja saken. Agle hisse mein hum in galtiyon se bachne ke tarike detail mein samjhenge.

“Jab aap in common fitness mistakes ko samajh lete ho, tab aap taiyaar hote ho apni fitness ko ek naye level par le jaane ke liye — jahan sirf mistakes se bachna hi nahi, balki aap apni body ko us tarah train kare jo cricket ke asli demands ko pura kare.

Cricket mein sirf fitness ka matlab muscle mass ya endurance nahi, balki aapki body ki **mobility** aur **recovery capacity** hoti hai, jo aapko har moment active aur fresh rakhti hai. Hip, shoulder, aur ankle jaise key joints ki flexibility aur control aapke fielding, running, aur batting ko directly impact karte hain.

Saath hi, recovery ke invisible pillars — jaise achhi neend, hydration, light mobility exercises, aur breathwork — aapki consistency aur career longevity ka backbone bante hai.

En sab cheezon ko samajhna aur apni body ke signals ko pehchanna aapko injury se bachata hai aur long-term performance banaye rakhta hai.

Chaliye ab cricket-specific mobility aur recovery ke baare mein detail mein samajhte hai. ”

Cricket-Specific Mobility & Recovery

Cricket ek aisa khel hai jisme aapki body ke kuch specific hisse, jaise **hip, shoulder, aur ankle**, aapke performance ke liye bahut maayne rakhte hai. Ye joints aapke har movement ko control karte hai — chahe aap batting kar rahe ho, bowling, ya fielding. Agar ye joints flexible aur strong nahi honge, to aap apne skills ka poora fayda nahi utha paayenge.

Hip Mobility ka matlab hai ki aapke hips aasani se ghoom sake, aap achhe se dive maar sake, crease pe tezi se turn kar sakei, aur low postures maintain kar sake. Tight hips aapke running speed aur fielding reach ko rok dete hai.

Shoulder Mobility aapke bowling action, high shots, aur powerful throws ke liye zaroori hai. Agar shoulder tight hai ya weak hai, to aapki throwing power kam ho jaati hai, aur injury ka khatra badh jaata hai.

Ankle Mobility har tezi se movement, sudden direction change, aur balance ke liye crucial hai. Agar ankle flexible nahi hai, to aap ground pe stability lose kar sakte hai, aur chhote-chhote injuries ke chances badh jaate hai.

Fitness ke sath-sath, **recovery** bhi aapki performance aur career longevity ke liye equally zaroori hai. Recovery ke kuch invisible pillars hote hai jo aksar nazarandaz ho jaate hai:

- **Sleep:** Achhi neend muscles repair aur mind ko recharge karti hai. Without quality sleep, aapki body aur dimaag dono thak jate hai.
- **Hydration:** Match ke dauraan paani ki kami aapke focus aur energy ko kam kar deti hai. Proper hydration आपको sharp aur alert rakhti hai.
- **Light Mobility Exercises:** Match ya training ke baad halki stretching aur movement se muscle tightness door hoti hai aur recovery tez hoti hai.
- **Breathwork:** Sahi breathing exercises se nervous system calm hota hai, stress kam hota hai, aur mental clarity badhti hai.

In sab cheezon ko apni routine mein शामिल karna आपको **injury se bachata** hai aur आपके game ko consistently high level par rakhta hai.

Apni body ko samajhna, uske signals ko pehchanna, aur timely action lena — esi ko hum **movement literacy** kehte hai. Ye literacy आपको injury ke warning signs pehle hi detect karne mein madad karti hai, jisse aap apni fitness aur performance ko long-term tak maintain kar sake.

esliye apni body ka regular **self-audit** karna bahut zaroori hai — jaise pain, stiffness, ya fatigue ko ignore na karna, balki uska solution dhoondhna. Jab aap apne sharir ke saath ek aware connection banate ho, tabhi aap apni cricket journey ko sustain kar sakte ho bina kisi major injury ke.

Cricket-specific mobility aur recovery ko samajhna zaroori hai, lekin asli faayda tab hota hai jab aap Esko apni daily routine ka hissa banaate ho. Chhota sa 15-minute fitness aur recovery routine aapki body ko flexible, fresh, aur injury-free rakhta hai. Fitness bina skill kuch nahi — dono ko saath le kar chalna hi asli game hai.

Ab dekhte hai ek practical daily routine jo आपको long-term performance aur injury prevention mein madad karega.

Daily Fitness & Recovery Routine (Practical)

Fitness aur recovery ko rozana apni routine mein shamil karna hi aapke cricket career ko sustainable aur injury-free banata hai. Aapko har din sirf 15 minute nikal kar apni body ko wo care deni hoti hai jo usse consistent performance ke liye chahiye. Ye chhota sa daily routine aapke joints ko flexible rakhega, muscles ko relax karega, aur aapke mind ko calm banayega.

1. Mobility Exercises (5 Minutes)

Dynamic stretches aur joint rotations se aap apne hips, shoulders, aur ankles ko kholte hai, jisse aapka movement smooth aur injury risk kam hota hai. Aap daily ye drills kar sakte hai:

- Hip openers (jaise 90/90 stretch)
- Shoulder circles aur band exercises
- Ankle rotations aur calf stretches

2. Breathwork (5 Minutes)

Breath control exercises se nervous system calm hota hai, stress kam hota hai, aur aapka focus badhta hai. Aap box breathing (4 sec inhale, 4 sec hold, 4 sec exhale, 4 sec hold) ya 4-7-8 breathing technique apna sakte hai. Ye exercises aap match ke baad ya sone se pehle kar sakte hai, taaki body aur mind dono recharge ho jaye.

3. Soft Tissue Release (5 Minutes)

Foam rolling aur massage ball se muscles aur fascia ko relax karna recovery ko tez karta hai aur soreness kam karta hai. Aap thigh, calves, hamstrings, aur foot ke neeche foam roller use kar sakte hai. Ye routine aapke muscles ko tightness se bachata hai aur agle din ke liye ready rakhta hai.

Daily Maintenance Ka Impact

Es 15-minute routine ko roz follow karne se aap:

- Injuries ke chances kam karenge

- Apni movement aur flexibility ko improve karenge
- Apne nervous system ko calm aur focused rakhenge
- Training aur matches ke beech jaldi recover karenge
- Apne skill execution ko consistent banayenge

Fitness Bina Skill Kuch Nahi

Yaad rakhe, fitness sirf ek physical state nahi, balki aapki skill ko effective banane ka foundation hai. Agar aap fit nahi hai, to aap apni skill ko poori tarah use nahi kar paayenge. Fitness aur skill dono ek saath chalne chahiye tabhi aap apne game mein excellence laa sakte hai.

Jab aap apni fitness aur recovery ko daily routine mein shamil kar lete ho, tab aap physically game ke liye taiyaar hote ho. Lekin cricket mein sirf physical taiyaari kaafi nahi hoti. Aapko ek aise mindset ki zarurat hoti hai jo aapke fitness routine, practice, aur mehnat ko sustainable banaye—jise hum ‘process mindset’ kehte hai.

Process mindset ek soch hai jo aapko har din apne goals ke liye disciplined rakhti hai, chahe result aaye ya na aaye. Ye mindset aapko consistency aur growth ki taraf le jaata hai, jahan aap apne efforts par control rakhte hai aur outcome par nahi. Jab aapka effort ka return turant nahi milta, tab process mindset aapka sabse bada sahara banta hai.

Ab samajhte hai process mindset kya hota hai, eska impact consistency aur growth par kya hota hai, aur kaise ye aapke cricket safar ko ek nayi direction deta hai.

Process Mindset: Beyond Physical Fitness

Cricket mein fitness zaroori hai, lekin usse bhi zaroori hai **process mindset**—wo soch jo aapko har roz apni mehnat aur discipline par tikka rakhti hai, chahe result samne aaye ya na aaye. Process mindset sirf ek routine nahi, balki ek philosophy hai jo aapke growth journey ko sustainable banati hai.

Process mindset ka matlab hai apne efforts par dhyan dena, outcome par nahi. Aksar players result ko lekar itne chintit ho jaate hai ki wo apni practice, recovery, aur preparation ko neglect kar dete hai. Lekin asli champion wahi

hota hai jo apne process ko har haal mein follow karta hai, chahe run bane, selection mile, ya na mile.

Es mindset ka sabse bada faayda ye hai ki ye आपको **consistency** sikhata hai. Jab aap har din apne goals ke liye disciplined hote ho, to dheere-dheere aap apne game mein growth mehsoos karte ho, chahe form gir jaaye ya pressure ho. Process mindset आपको **control zone** mein rakhta hai – jahan aap sirf un cheezon par focus karte ho jo आपके हाथ में हैं, जैसे practice की intensity, diet, recovery, aur mental preparation.

Process vs Result: Kya Hai Farq?

- **Process:** Jo aap control kar sakte ho – आपका daily routine, मेहनत, preparation.
- **Result:** Jo aap control nahi kar sakte – selection, match ka outcome, runs.

Jab aap apna focus process par banate ho, to frustration kam hoti hai, aur aap mentally zyada stable rehte ho. Kyunki aap jaante ho ki आपने अपना पूरा effort दिया है, चाहे जो भी नतीजा आए.

Emotional Truth: Jab Effort Ka Return Nahi Dikhta

Cricket एक emotional game भी है। कभी-कभी आप अपनी तरफ से पूरी मेहनत करते हैं, लेकिन runs नहीं बनाते, selection नहीं मिलता, या form गिर जाती है। ऐसे वाक़्त पर असलियत ये होती है कि **process mindset** ही आपको संभालता है।

Ye mindset आपको केहता है, “Result par mat chalo, apne process ko improve karo. Har din apna best do, form aur results baad mein aayenge. ” Jab aap process पे तिके रहते हैं, to आपका confidence तुत-ता नहीं, बल्कि हर मुश्किल वाक़्त में आप ground पे वापस आते हैं, stronger aur smarter.

Process mindset ही वो असली ताकत है जो आपको एक average player से champion बनाती है। Es mindset को अपना कर, आप अपनी fitness aur skills को एक disciplined aur focused approach के साथ रोज़ाना practice में ला सकते हैं, aur apne cricket safar में sustainable success पा सकते हैं।

Ab jab आपने समझ लिया कि process mindset sirf एक routine नहीं बल्कि एक aisi philosophy है जो आपको consistently grow करने और हर situation में अपने

efforts par focus banaye rakhne mein madad karti hai, to aage badhna zaroori hai ki hum dekhein ki ye mindset asli champions ke andar kaise jhalkta hai.

Cricket ki duniya mein bahut aise players hai jinhone apni greatness ko sirf talent se nahi, balki apne process mindset se banaya hai. En players ki stories hum sab ke liye inspiration hai, jo dikhati hai ki routine, obsession, discipline, aur clarity kaise excellence banate hai.

Aaiye, kuch aise legendary players ke baare mein jaante hai jinhone apne process mindset ke dum par cricket ki duniya mein apna naam banaya. ”

Legendary Examples of Process Mindset in Cricket

1. Shubman Gill: Routine Aur Consistency

Shubman Gill ka game dekh kar log kehte hai ki wo naturally classy player hai. Lekin unka asli raaz unki daily routine aur relentless consistency mein chhupa hai. Gill har net session, har drill ko apne game ko sharpen karne ka ek mauka samajhte hai. Wo apne process ko bina kisi complain ke follow karte hai, chahe form kaisi bhi ho. Unka focus har repetition mein improvement lana hai, jo unhe ek reliable aur composed batsman banata hai.

2. Rahul Dravid: Practice Ka Ritual, Clarity Se Confidence

‘The Wall’ Rahul Dravid ke liye practice sirf ek routine nahi, balki ek ritual thi. Unke paas har session ke liye clear plan hota tha – jaise ball ko kaise leave karna hai, footwork ko kaise perfect karna hai. Unhone apne practice ko ek discipline aur clarity se execute kiya, jisse unka confidence pressure mein bhi bana rahe . Dravid ka process mindset unhe mentally aur technically game ke tough situations mein tikaye rakhta tha.

3. Steve Smith: Obsession and System

Steve Smith ko log weird kehte hai, lekin unka ‘weirdness’ unki obsessive dedication ka nateeja hai. Wo har shot ko baar-baar repeat karte hai jab tak wo perfect feel na ho. Unhone apna khud ka system banaya hai, jo unhe har din motivated rakhta hai, chahe mood kaisa bhi ho. Smith ka process mindset

unhe world's best batsman banane mein madad karta hai, jo form aur pressure ke bawajood apne routine se kabhi nahi hilde.

4. Virat Kohli: Discipline Ka Beast Mode

Virat Kohli ke aggression ke peeche ek surgical discipline chhupa hai. Unka fitness routine, diet plan, aur nets mein targeted practice unke success ke pillars hai. Kohli apne pre-match process ko itna serious lete hai ki match mein sirf execution par dhyan dete hai. Unka discipline unko unlock karta hai, na ki restrict. Kohli ka process mindset unhe har season top par banaye rakhta hai, chahe challenges kitne bhi bade kyu na ho.

Ye players humein dikhate hai ki greatness sirf talent ka natija nahi, balki ek disciplined, consistent, aur intentional **process mindset** ka phal hota hai. Agar aap bhi apne cricket career mein aise mindset ko apnate ho, to aap apni growth ko sustainable bana sakte ho aur apne sapno ko haqiqat mein badal sakte ho.

Jinhone cricket mein apni greatness banayi, unka secret sirf talent nahi, balki unka ek disciplined aur consistent **process mindset** tha. Shubman Gill, Rahul Dravid, Steve Smith, aur Virat Kohli jaison ne apne routines ko itni seriousness aur clarity se follow kiya ki wo apne game mein har din sudhaar karte rahe.

Ab aapke liye bhi zaroori hai ki aap apna khud ka ek aisa **process-based routine** banaye jo aapko har din focused aur motivated rakhe. Aisa routine jo sirf ek schedule na ho, balki aapki identity ka hissa ban jaye. Jisme aap apne din ko purpose ke saath organize karte hai — chahe wo subah uthna ho, breathwork karna ho, mobility exercises ho, nets practice ho, video study ya journaling ho.

esi process ko agar aap apne passion mein badal de, to wo routine aapko bore nahi karega, balki har din aapko grow karne ka junoon dega. Aaiye, samjhate hai kaise aap apna ek personalized process routine bana sakte hai, jo aapke confidence aur mental toughness ko majboot kare.

Building Your Own Process-Based Routine

Process Ko Passion Banana

Routine ko boring samajhna aam baat hai, lekin jab aap har drill mein meaning dhundhna shuru karte hain, tab wo boring nahi, rewarding lagti hai. Process

ko apna junoon banaiye — har chhoti improvement par khush hoiye, aur apne efforts ko celebrate kijiye.

Real-Life Examples

Jaise Shubman Gill har din apne routine ko bina complain ke follow karte hain, waise hi aap bhi apne process ko apni strength bana sakte hain. Yeh process aapko form aur pressure ke dauran bhi ground pe banaye rakhta hai, aur mental toughness develop karta hai.

Daily structure with intend

1. Awareness Phase: Apne Mindset Ko Pehchano

Sabse pehle apne current mindset ko samjho — aapke dimaag mein Konsi sochen chal rahi hai? Kya wo aapko empower karti hai ya rokti hai? Eske liye aap daily ek chhota mental audit karo: kya aaj aapne apne negative thoughts ko pehchana? Es awareness se aap apni soch ko samajh paoge.

2. Disruption Phase: Negative Patterns Ko Challenge Karo

Jab aap apni soch ko samajh jao, to usmein jo negative ya limiting beliefs hai unko todna shuru karo. Jab bhi koi doubt ya fear aaye, usse question karo: “Kya ye sach hai? Kya mujhe es baat ka proof hai? Ye mental disruption aapke purane soch ke patterns ko todta hai.

3. Reconditioning Phase: Positive Aur Growth-Oriented Soch Ko Develop Karo

Apne aap ko roz positive affirmations do, jo aapke growth mindset ko support kare. Jaise, Main seekh raha hoon, Har galti mujhe behtar banati hai, ” ya “Main har challenge ko opportunity samajhta hoon. Ye naye thoughts aapke dimaag mein naye neural pathways banayenge.

4. Integration Phase: Mindset Ko Apni Daily Life Mein Lagao

Jo naye mindset aapne develop kiye hai, unhe apni rozana ki life aur practice mein implement karo. Jab bhi pressure aaye, ya failure ho, to consciously apni naye soch ko yaad karo aur us par act karo. Esse mindset aapke daily behavior ka hissa ban jayega.

5. Reflection & Adjustment Phase: Apne Progress Ko Regular Evaluate Karo

Har hafte ya mahine apne mindset transformation ko evaluate karo. Kya aapko apne goals ke kareeb hona mehsoos ho raha hai? Kya aap apne negative reactions ko control kar pa rahe ho? Es reflection se aap apni strategy ko aur better bana sakte ho.

Es process ke har step ko likhna shuru karo – apni awareness, disruptions, naye affirmations, implementation aur reflections. Ye journal aapke mental transformation ka proof bhi hoga aur aapko motivated rakhega.

Jab aapne apna personalized process-based routine bana liya, to agla sawal ye hota hai – es routine ka aapko kya fayda hoga? Process par tikka rehna shuru mein mushkil lag sakta hai, lekin samay ke saath ye aapke andar ek deep transformation laata hai.

es section mein hum dekhenge ki 6 mahine tak process mindset aur routine ko follow karne se aapke game, dimaag, aur confidence mein kya-kya changes aayenge. Kaise aap mentally strong, consistent, aur game ke ek kadam aage ban jayenge. Yehi asli ‘process payoff’ hai jo aapko ek ordinary player se champion banata hai.

The Process Payoff: What to Expect Over Time

Week 1: Overthinking aur Doubt

Shuruaat mein aapke dimaag mein bahut saari overthinking aur doubt aayenge. Lag sakta hai ki aapka routine aapko pressure mein daal raha hai, ya aapko lag raha hoga ki itni mehnat ka koi asar nahi ho raha. Ye phase normal

hai, kyunki aap apne purane habits ko chhor kar naye mindset ko adopt kar rahe hote ho.

Week 3: Routine Build Hone Lagta Hai

es stage par aapka mind aur body naye routine ko accept karne lagta hai. Training aur journaling jaise activities aapke liye natural ban jaati hai, Aap bina motivation ke bhi apna kaam karte hai, jo consistency ka pehla step hai.

Week 6: Practice Mein Pace Aur Focus

Ab aap apni practice mein zyada tez aur focused feel karenge. Aap distractions ko jaldi cut kar paate ho, aur har drill mein higher intensity laate ho. Quality practice se aapko apne efforts ka asli maza aane lagta hai.

Week 12: Confidence Preparation Se Aata Hai

Ab aap wo player ban chuke ho jo match se pehle hi jeet ka ehsaas karta hai. Runs aaye ya nahi, aapka dimaag clear hota hai, body light hoti hai, aur aap mentally calm rehte ho. Ye confidence apni preparation se aata hai, na ki sirf results se.

Week 24: Game Slow Dikhne Lagta Hai, Aap Ahead Feel Karte Ho

Kuch mahine baad, aapka game itna sharp ho jaata hai ki aap har ball ko slow motion mein dekhate hai. Shot selection instinctive ho jaata hai, aur pressure mein bhi aap calm aur composed rehte ho. Aap game ke ek kadam aage hote ho, ek true process player.

Process Player vs Result Player

Result player har baar outcome ke piche bhaagta hai, jo kabhi kabhi uske confidence ko tod deta hai. Process player apne routine aur efforts par focus karta hai, jisse wo har situation mein mentally strong rehta hai. Process mindset hi aapko cricket ki asli lambi race mein tikaye rakhta hai.

Last line

Cricket ki duniya mein fitness aur process mindset dono ek doosre ke bina adhure hai. Fitness bina process ke sirf physical taiyaari hai, aur process bina fitness ke sirf ek soch. Jab ye dono milte hai, tabhi aap ek **complete player** ban pate ho — jo har match mein consistent perform karta hai, injury se door rehta hai, aur mentally bhi strong hota hai.

Aapki consistent fitness aapke skills ko sustain karti hai, aur process mindset aapko us fitness aur skills ko rozana discipline ke saath apply karna sikhata hai. Ye dono milkar aapko cricket ke tough safar mein survival aur excellence dono dilate hai.

Aaj hi apni training aur mindset ko upgrade karna shuru kariye. Apne process ko apni identity bana lijiye. Kal ka champion wahi banega jo aaj apne fitness aur process dono ko serious leta hai.

Chapter 4

The power of meditation and visualisation

Ye Chapter Kyun Important Hai?

Cricket sirf bat aur ball ka khel nahi hai — ye ek complete mind-game hai. Ground par jitne runs aur wickets jeet dilwate hai, usse zyaada match ka result decide hota hai aapke dimaag ke control se. Physical fitness aapko khelne ki taaqat deti hai, lekin mental control aapko jeetne ki shakti deta hai.

Har great player, chahe wo Sachin Tendulkar ho, M. S. Dhoni ho, ya Virat Kohli — match start hone se pehle hi apne dimaag mein us match ko jeet chuke hote hai, Wo pressure ko todte nahi, usse apne side ka weapon bana lete hai. Ground pe jaane se pehle unka mind calm, focused, aur clear hota hai — kyunki unhone apna har shot, har delivery, aur har situation pehle hi apne mind ke “stadium” mein khel li hoti hai.

Es mental game ka sabse bada secret hai **Meditation** aur **Visualization**. Meditation aapko aapke mind ka remote control deta hai — aap decide karte ho ki kis cheez pe focus karna hai aur kis noise ko mute karna hai. Visualization aapke mind ko rehearsal room bana deta hai, jahan aap perfect situation create karke apni game ki mentally practise karte ho.

es chapter mein hum detail se samjhenge ki ye dono tools cricket mein aapke liye kaise game-changer ban sakte hai — kaise aap practice se lekar match-day

tak apne mind ko itna sharp bana sakte ho ki wo aapki sabse badi strength ban jaye.

Jitna physical training ground par hoti hai, utni hi zaroori training ground ke bahar hoti hai — lekin wo dumbbells ya nets ke saath nahi, apne dimaag ke saath hoti hai. Aur ye wahi jagah hai jahan maximum players fail hote hai, kyunki wo sirf body ko train karte hai, mind ko nahi.

Agar aap apne mind ko control nahi kar paate, to match ke crucial moments mein aapka dimaag hi aapka biggest opponent ban jaata hai. es dimaag ko apna teammate banane ka sabse pehla step hai **Meditation**.

3. Meditation Kya Hai? Cricketer Ke Liye Kya Matlab Hai?

Meditation ka simple matlab hai — apne mind ko present moment mein le aana. Matlab na to pichle over ki galti sochna, na agle over ka darr lena, bas es waqt jo ball aapke saamne hai, sirf usi par dhyaan rakhna. Cricket mein har second, har ball ek nayi situation hoti hai. Agar aapka mind kahin aur ghoom raha hai, to aap kaam se pehle hi out ho chuke hote ho.

Match ka pressure, trial ka darr, logon ka doubt ye teeno ek saath jab sir pe chadhate hai, to aapki heartbeat badh jaati hai, decision-making slow ho jaata hai, aur aap apni skills ka sirf 60-70% hi use kar paate ho. Meditation aapke liye yahan ek shortcut ban jaata hai calmness aur clarity ka.

Cricketer ke liye meditation ka matlab hai apne mind ko ek trained soldier bana dena — jo har pressure situation me discipline se kaam kare, ghabraye nahi, aur sirf target pe focus rakhe. Ye sirf ek “relaxation exercise” nahi, ye ek mental skill hai jo aapko pressure me bhi top performance dene ka tool deti hai.

Har roz sirf **10 minute ki meditation** aapki game ka poora mental framework badal sakta hai:

1. Focus:

Meditation aapke dimaag ke “noise” ko mute karta hai. Jab aap crease par khade ho, to bas ball, bowler ka action, aur apna shot — sirf ye teen cheezein dikhni chahiye. Na crowd ki awaaz, na scoreboard ka pressure.

2. Breathing:

Jab pressure zyada hota hai, heartbeat fast ho jaati hai aur aapki body tight ho jaati hai. Meditation ke saath trained breathing aapki heartbeat slow karti hai, muscles ko relax rakhti hai, aur aapko smooth movement deti hai – chahe wo cover drive ho ya perfect yorker.

3. Emotion Control:

Out hona, catch drop hone, ya chhukka miss hone par frustration normal hai, lekin agar wo agli ball tak carry ho gaya to aap double mistake karte ho. Meditation aapko sikhaata hai kaise ek galti ko wahi khatam kar do, taaki agla moment clean slate se start ho.

Meditation ek baar karne wali cheez nahi hai – ye ek habit hai. Jitna aap esko practise karte ho, utna hi aapka mind match ke high-pressure moments mein automatic calm mode me aa jata hai.

Jab aap meditation ke through apne mind ko calm aur focused mode me le aate ho, to wo ek blank canvas ban jaata hai – ready to create. Ab es canvas par aap kya paint karte ho, wahi aapke performance ka future decide karta hai. Yahin aata hai doosra tool: **Visualization**.

Meditation ne aapke mind ki noise ko mute kiya, aur visualization us silence me aapke best game ka rehearsal chala deta hai.

4. Visualization Kya Hai?

Visualization ka matlab hai – apne game ka **mental rehearsal**. Jaise ek actor stage par aane se pehle apne dialogues aur expressions mirror ke saamne practise karta hai, waise hi ek cricketer apne shots, fielding moves, bowling action, ya fitness drills apne dimaag me pehle se khelta hai.

Ye sirf imagination ka game nahi hai – ye scientifically proven technique hai. Jab aap apne mind me ek skill ko baar-baar practise karte ho, to aapka brain us skill ke neural pathways ko strengthen karta hai. Matlab aapka dimaag samajhne lagta hai ki ye cheez aap already ground pe kar chuke ho, chahe aap physically us moment me na ho.

Cricket ke liye eska matlab hai

- Aap match se pehle apne cover drive ka feel, ball ki timing, aur sound imagine karte ho.
- Aap fielding me dive karke catch lene ka visual banate ho.
- Aap bowling me perfect yorker daalne ka sequence mind me chalaate ho.
- Aap apne fitness drills ko perfect form me imagine karte ho.

Jab brain ek cheez baar-baar dekhta hai, to wo usse **real** maan leta hai. esliye jab aap actual match me us moment ka samna karte ho, aapki body aur mind usko pehle se jaanta hai — result, zyaada confidence aur smooth execution.

Pro Tip for Cricketers:

- Visualization hamesha **detail** me karo — shot ka feel, sound, ground ka atmosphere, crowd ki awaaz, aur apni breathing sab imagine karo.
- Morning ya raat ke time 5-10 minute ka visualization session rakho.
- Sirf success moment imagine mat karo — pressure situations ka bhi rehearsal karo, jaise last over me 10 runs ki zaroorat.

Jo cheez aap dimaag mein baar-baar dekhte ho,

wo ground pe reality ban jaati hai.

Ab aap soch rahe honge, ye sab theory acchi lagti hai, lekin kya ye sach mein kaam karti hai?

Jawab hai — haan, aur sirf kaam hi nahi karti, balki world's best cricketers ka hidden weapon hai.

Jitni bhi great performances humne dekhi hai, unke peeche sirf nets ka grind nahi hota — unke peeche ek clear mental picture hoti hai jo player ne match se pehle apne dimaag me banayi hoti hai. Aur jab match shuru hota hai, wo bas us picture ko ground pe repeat karte hain. ”

5. Great Cricketers Who Used It (Real-Life Examples)

Virat Kohli – “I see myself winning before I walk in.

Virat Kohli ka mental game unki batting ke jitna hi strong hai. Unhone khud interviews me kaha hai ki wo crease par chalne se pehle apne aap ko winning shot maarte hue imagine karte hai. Ye visualization unke liye sirf motivation nahi, ek routine hai. Jab wo dressing room me hote hai, tab unka mind already match khel chuka hota hai – crowd ki awaaz, bowler ka action, ball ki swing, aur shot ki timing – sab pehle se rehearse ho chuka hota hai. eska result? Ground pe jaate hi unki body bas wahi karti hai jo mind ne pehle decide kar liya tha.

MS Dhoni – Calmness from Meditative Personality

Dhoni ka “Captain Cool” tag koi accident nahi hai. Unka calmness match ke pressure moments me bhi unke meditation practice ka result hai. Wo apne breathing pattern ko control karke pressure ke beech bhi clear thinking karte hai. 2011 World Cup Final ka scene yaad karo – pura Wankhede stadium chilla raha tha, par Dhoni ka focus sirf ball par tha. Ye calmness unhe decision-making me extra clarity deti hai, jo ek leader ke liye priceless hai.

Sachin Tendulkar – Visualization Before Matches

Sachin Tendulkar ne apne career ke shuruati dinon se hi visualization ka use kiya. Wo match se ek raat pehle apne dimaag me har bowler ka run-up, pace, aur delivery ka angle rehearse karte the. Unka kehna tha ki jab wo ground pe jaate hai, to unke liye bowler “naya” nahi hota, kyunki wo pehle hi unke against mentally khel chuke hote hai. esi habit ne unhe har condition me consistent banaya – chahe Sydney ka bouncy pitch ho ya Chennai ka turning track.

Message:

Ye sabhi legends ek cheez common rakhte hai— match ke shuru hone se pehle hi unhone apne mind me wo match jeet liya hota hai. Meditation unka mind calm karta hai, aur visualization unka game sharp karta hai.

Ab Jab aap dekh lete ho ki duniya ke top cricketers meditation aur visualization ka use karke apne game ko next level le ja rahe hai, to sawal sirf ek bacha hai aap ke liye iska fayda kya hoga?

Kyunki ye sirf Virat, Dhoni, ya Sachin ke liye kaam nahi karta, ye har us cricketer ke liye kaam karta hai jo apne mind ko apna biggest strength banana chahta hai. Chalo, dekhte hai aap apne game me esse kya results expect kar sakte ho.

6. Benefits for Cricketers

Meditation ek cricketer ke liye sirf relax hone ka tareeqa nahi, balki ek **mental training tool** hai jo aapki performance ke unseen areas ko strong karti hai. Ground par runs aur wickets tab aate hain jab mind pressure ke andar bhi sahi kaam kare. Yahaan har benefit ko samjho, aur imagine karo ki match ke crucial moments me ye aapke liye kaise kaam karega.

1. Match Pressure Me Shaant Rehna

Cricket me aisa moment har player ke career me aata hai jahan ya to aap hero bante ho ya villain. Last over me 10 runs, match ki final ball, ya debut ka pehla over — pressure ka peak hota hai. Zyada tar players ya to over-aggressive ho jaate hai, ya freeze kar jaate hai.

Meditation aapki **breathing** aur **heartbeat** ko control me rakhti hai. Jab body ka panic level low hota hai, mind clear decision le pata hai. Ye calmness aapko panic shots se bachati hai aur sahi choice karne deta hai, chahe wo single lena ho, bouncer chhodna ho, ya yorker daalna ho.

Example: 2011 World Cup Final me Dhoni ne exactly yehi kiya — poora Wankhede stadium tension me tha, par unka face bilkul shaant tha. Ye calmness unko woh match-winning six maarne ka confidence de rahi thi.

2. Focus Zyada Strong Hona — Distractions Kam

Match ke beech distractions unavoidable hote hai — crowd ki noise, opposition ka sledging, scoreboard ka pressure, ya pichli galti ka flashback. Zyada tar players apna concentration lose karke galti kar dete hai.

Meditation aapke mind ko “**present moment**” me lock kar deta hai. Aapka focus sirf ek ball, ek shot, ek decision pe hota hai — na pichle over ka regret, na agle over ka darr. Ye laser focus aapko run-out, miss-shot, ya no-ball jaise chhote lapses se bachata hai.

Example: Virat Kohli ka ball-by-ball focus innings ke beech bhi intact rehta hai, jo unke mental discipline ka result hai. Unke liye har ball ek naya challenge hai, purani ball ka outcome irrelevant.

3. Gusse, Stress Aur Negative Emotions Ko Control Karna

Cricket sirf skill ka nahi, emotion ka bhi game hai. Ek bad umpire decision, dropped catch, ya opponent ki sledging easily temper trigger kar sakti hai. Gussa ya frustration jab control se bahar hota hai, body tight ho jaati hai, timing miss hoti hai, aur performance girti hai.

Meditation aapko sikhata hai ki kaise emotion ko observe karke release karna hai. Ye skill aapko reaction se bachati hai aur action pe focus rakhti hai. eska matlab ye nahi ki aap emotionless ho jaate ho — bas aap unhe control kar lete ho.

Example: Kane Williamson ne World Cup semi-final me controversial run-out decision ke baad bhi calm rahkar innings ko anchor kiya. Ye mental control hi unki strength hai.

4. Failure Ke Baad Jaldi Recover Karna

Out hone ke baad ya match haarne ke baad pavilion me jaake helmet patakna easy hai — lekin us energy ka koi benefit nahi hota. Zyada tar players next match tak negative zone me atke rehte hai, jo unki game ko aur damage karta hai.

Meditation aapko failure ko objectively dekhna, usse seekhna, aur mental reset karna sikhata hai. Jab aap ka mind jaldi neutral zone me aata hai, aapka comeback fast hota hai.

Example: Sachin Tendulkar ne apne career me countless low scores ke baad comeback kiya, kyunki wo apne mind ko negative loop me zyada der tak rehne nahi dete the.

Core Line

Jab body thak jaati hai, to rest ka time hota hai.

Jab mind thak jaata hai, to meditation ka time hota hai.

Jab meditation aapke mind ko shaant aur focused mode me le aati hai, to wo ek blank canvas ban jaata hai.

Ab sawal ye hai , es canvas par kya paint karoge?

Yahin par visualization ka magic shuru hota hai.

Visualization aapko match shuru hone se pehle hi apni best performance ka mental rehearsal karne ka mauka deti hai.

Ye aisa hai jaise aap apna jeetne ka script likh rahe ho, aur phir ground par bas us script ko act karte ho.

Visualization ke Fayde

Visualization ek cricketer ke liye mental **“match simulation”** hai – jaise match shuru hone se pehle aap apne mind ke stadium me poora khel khel chuke ho. Aap shots ka feel, ball ka bounce, bowler ka run-up, crowd ki awaaz, ground ka smell, apne stance ka balance – sab imagine karte ho. Jab actual moment aata hai, to aapka brain kehta hai **“Ye to main already khel chuka hoon”**. Result – confidence sky-high, darr low, aur execution naturally smooth.

1. Confidence Automatically Badhna

Jab aap apne mind me baar-baar cover drive ka perfect timing feel karte ho, bowler ka yorker calmly block karte ho, ya full-stretch dive karke catch secure karte ho, to brain ek signal deta hai – **“Ye skill main master kar chuka hoon”**.

Ye repetition aapka self-belief itna strong bana deta hai ki jab aap crease par utarte ho, to lagta hai – **“Main ready hoon, aur main jeetne aaya hoon”**.

Example: Virat Kohli ka kehna hai ki wo crease pe chalne se pehle apne aap ko match-winning shot maarte hue visualize karte hai. esse unka confidence peak par hota hai, chahe stadium ka pressure kitna bhi intense ho.

2. Dar Kam Hona – Mentally Ready Feel Karna

Naya pitch, fast bouncy track, ya opposition ka top-class bowler – ye moments normally nerve-wracking hote hai. Lekin jab aap un situations ko pehle se apne mind me rehearsal kar chuke hote ho, to brain ke liye wo moment “familiar”

ban jaata hai. Aur jab moment familiar hota hai, darr automatically gir jaata hai.

Example: Sachin Tendulkar match se pehle opposition bowlers ka poora action, release point, aur ball ka swing mentally rehearse karte the. Esliye wo crease par aate hi settled lagte the –

3. Match Situations Pehle Se Tayaar Hona

Visualization ka ek sabse bada hidden power ye hai ki aap apne mind me multiple high-pressure match situations ka rehearsal kar sakte ho, jaise:

- Last over me 12 runs chase karna
- Early wicket ke baad innings ko sambhalna
- Powerplay me attacking bowling plan execute karna
- High-pressure catch secure karna

Jab real match me ye moments aate hai, to aapka reaction natural aur automatic hota hai. Panic zero, decision-making sharp.

4. Winner Mindset Develop Karna

Jab aap apne mind me baar-baar apna successful version dekhte ho – trophy uthaate hue, man of the match lete hue, ya winning shot maarte hue – to brain gradually us identity ko apna leta hai. Phir aap practice me bhi alag energy se kaam karte ho, aur match me fearless ban jaate ho.

Example: MS Dhoni apne calm, composed winner mindset ke liye legend ban gaye. Ye attitude unke mental rehearsal ka direct result tha – wo pehle se hi apne aap ko control me, confident, aur victorious position me dekhte the

Core Line

Jo jeet aap pehle apne mind me jeet lete ho,

wo ground pe sirf formalities hoti hai.

Ab aap samajh chuke ho ki visualization aur meditation kaise aapke game ko next level le jaa sakte hai.

Lekin sirf jaanna kaafi nahi hai – asli magic tab hota hai jab aap ise apne daily routine ka part bana dete ho.

Aur shuru karna utna complicated nahi jitna lagta hai.

Chalo, step-by-step dekhte hain kaise aap aaj se hi apne mind ki training start kar sakte ho. ”

7. How to Start? (Step-by-Step Practice Guide)

Daily Meditation Routine (10 Minutes)

1. Baitho Araam Se

Ek quiet aur comfortable jagah choose karo jahan aapko agle 10 minute koi disturb na kare. Ye bedroom ka ek kona ho sakta hai, balcony, ya practice ground ka koi silent spot. Chair par ya floor par baitho – bas spine seedhi rakho. Seedhi spine aapki breathing ko smooth rakhti hai aur dimaag ko alert mode me laati hai, bina aapko sleepy banaye.

Socho: aap match se pehle dressing room me ho, aur ye aapka pre-game mental warm-up hai.

2. Eyes Closed, Deep Breathing

Aankhein gently band karo. Apne poore dhyaan ko saans ki movement par le jao. 4 second me **slowly inhale** karo (naak se), lungs ko fill hote feel karo, phir 4 second ke liye hold karo. Uske baad 4–5 second me **slowly exhale** karo (munh se), jaise aapka stress saath me bahar nikal raha ho.

Ye rhythm aapki heartbeat ko slow karta hai, body ko tension-free banata hai, aur mind ko “safe zone” ka signal deta hai.

3. Focus on Breath, Let Thoughts Flow

Sirf apni breathing pe focus karo – hawa ka andar aana, lungs ka expand hona, aur bahar nikalna. Lekin agar thoughts aate hai (aur aayenge), unse fight mat karo. Bas notice karo: Accha, ye thought aa raha hai, aur gently apna dhyaan wapas saans pe le aao.

Ye practice aapko match ke beech distractions handle karna sikhati hai — jaise crowd ki awaaz, sledging, ya scoreboard ka pressure.

4. Just Observe, Don't React

Mind me koi scene, yaad, ya future ka plan aaye, to usme ghusna mat. Na uska judgement do, na usse solve karne ki koshish karo. Bas observe karo jaise aap ek khidki se bahar dekh rahe ho aur vehicles pass ho rahi hai — aap bas dekh rahe ho, participate nahi kar rahe.

Ye habit aapka mind overthinking se observation mode me shift karti hai — jo cricket ke high-pressure moments me priceless hota hai.

Result:

- **Calmness:** Match ke beech ya trial ke waqt bhi body relax aur mind crystal clear rahega.
- **Sharp Awareness:** aapka focus ekdum present moment me lock hoga, har ball pe fresh reaction de paoge.
- **Better Recovery:** Failure, bad form, ya mistake ke baad aap jaldi mental reset karke agle moment ke liye ready ho jaoge.

Jab meditation aapke mind ko calm aur distraction-free bana deta hai, to wo ek blank canvas ban jaata hai. Ab es canvas par aap apni best performance ki tasveer banate ho — yehi hai visualization.

Meditation ne aapko mental silence diya, aur visualization us silence me aapke jeetne ka full rehearsal chala deta hai. ”

Visualization Routine (15 Minutes)

Visualization ka matlab sirf “sochna” nahi hai ye apne mind ko itni gehraai tak le jaana hai ki wo scene real lagne lage. Ye ek **mental rehearsal** hai jo aapke brain ko signal bhejti hai: *“Ye moment main pehle se jee chuka hoon.”*

es familiarity ka effect hota hai ki jab aap match ke liye ground par utarte ho, to wo aapka “pehla experience” nahi lagta — aur confidence naturally double ho jaata hai.

1. Close Eyes

Meditation complete hone ke baad aankhein gently band rakho. Apni body bilkul relaxed rakho — spine seedhi, shoulders loose, haath comfortably thighs ya knees par rakh lo.

Breathing steady rakho — na zyada tez, na bahut slow. Ye physical calmness aapko mind “**receptive mode**” me le aati hai, jahan aapka brain visual images ko sabse strongly absorb karta hai

2. Imagine Match Environment

Apne mind ka stadium khol do aur ek-ek detail banani shuru karo:

- Pitch ki mitti ka rang, uska texture, halki halki lines.
- Boundary ropes ka placement aur unke beyond crowd ka layout.
- Scoreboard ki jagah, us par likhe score, aur lights ka glare.
- Pavilion ka structure aur teammates ka presence.
- Crowd ki awaaz — cheer, claps, ya ek dam ki silence.
- Weather — suraj ki roshni, halki hawa, ya floodlights ka soft glow.

Jitna zyada clear aapka mental scene hoga, utna hi aapka brain usse “real” maan lega. Ye **realness** match-day ke nerves ko automatically half kar deti hai.

3. See Yourself Batting, Bowling, Fielding

Ab apne actual cricket role me perform karo, detail ke saath:

- **Batsman:** Apna stance feel karo, bowler ka run-up dekho, ball ka seam position, aur shot ka perfect timing experience karo — chahe wo silky cover drive ho, explosive pull shot ho, ya towering six.
- **Bowler:** Grip ka tactile feel, run-up ka rhythm, release point ka exact moment, aur ball ka swing/spin imagine karo. Har ball ke baad follow-through ka balance aur smoothness feel karo.
- **Fielder:** Ball ke towards apna dive, throw ka speed, ya direct-hit ka satisfaction mind me khelo. Har movement confident, sharp aur smooth rakho — jaise aap highlight reel me ho.

Ye sirf “dekhne” ka exercise nahi, balki ek **active mental participation** hai jisme aapka mind virtual practice ground ban jaata hai.

4. Feel the Confidence, Crowd, Shots — Full Detail

Visualization ka asli magic tab hota hai jab aap sirf scene dekhte nahi, balki uska poora sensory experience lete ho:

- Ball ke bat se lagne ka crisp “*sweet sound*”.
- Crowd ka cheer, teammates ka clap ya shout.
- Apne body ke movement ka smooth flow, jaise sab kuch perfect sync me ho.
- Victory ke moment ka adrenaline rush, jo aapke chehre pe natural smile le aaye.

Jab aap ye emotions mind me rehearse karte ho, aapka brain unhe ek **real memory** ki tarah store kar leta hai. Matlab, jab real match me wahi moment aata hai, aap automatically wahi confident aur composed feelings trigger kar paate ho.

Result:

Mind ready before body enters field — jab match start hota hai, aap mentally pehle hi jeet chuke hote ho. Ground par aap sirf us jeet ko repeat karte ho.

Ab tak aapne meditation aur visualization ka process detail me samjha. Lekin theory tab tak powerful nahi hoti jab tak uska result kisi real ya relatable story me na dikhe.

Chalo, ek chhota sa case dekhte hai — ek aise player ka jo sirf technique seekh kar apna game badal gaya. ”

8. Real-Life Style Metaphoric Case Study

Player

Sochiye, ek ladka hai jo har trial se pehle nervous ho jaata hai . Ground par aane se pehle hi uske haath halkey se kaapne lagte hai, mind me ek ke baad ek

doubts ghoomte, aur pehle do overs me hi pressure me koi na koi galti ho jaati hai . Result – wo apna asli game dikhane se pehle hi out ho jaata hai .

Ek din uske coach ne usse bola :

Roz 10 minute meditation karo, or 10 minute visualization. Apne shots, apna stance, apna poor match pehle mind me khelo.

Usne bas itna kiya – daily, bina skip kiye.

Sirf 1 mahine baad, jab agla trial aaya, picture alag thi. es baar usne crease par jaate hi apna rhythm pa liya. Har ball pe clear decision, timing ekdum smooth, aur mind bilkul calm.

Result? Apne pehle hi trial me **50+ runs** – wo bhi bina overthinking ke. Match ke baad wo sirf itna bola:

Ye innings main pehle hi apne dimaag me khel chuka tha. Ground par to bas repeat karna tha. ”

Ab aap soch rahe honge , Theek hai, es ladke pe kaam kiya aur result aaya, lekin kya ye mere liye bhi kaam karega? Aur kitne time me?

Chalo, aapke dimaag me jo common sawaal aate hai, unka seedha jawab dete hai.

9. Common Doubts (and Answers)

Q. Ye sab spiritual logon ke liye hai kya?

Nahi bhai, ye kisi meditation guru ka pravachan nahi hai. Ye ek *sports science based mental training tool* hai jo professional athletes apne performance ko peak par rakhne ke liye use karte hai. Cricket, tennis, boxing, athletics – har sport ke top players apne routine me meditation aur visualization ko include karte hai. Ye koi religious activity nahi, balki mind ko control me rakhne ka practical skill hai.

Q. Kitna time lagta hai result aane mein?

– Agar aap roz 10-15 minute esko practise karoge, to **7-10 din** ke andar aapko apne mind me halkaapan feel hoga – jaise unnecessary pressure kam ho gaya ho.

Aur **21 din** me noticeable changes aayenge:

- Focus sharpen hoga
- Clarity improve hogi
- Match-day ka anxiety level kam hoga

Condition bas ek hai – *consistency*. Din skip kiya to progress slow ho jaayegi.

Q. Agar visualized match reality se alag ho gaya to?

– Koi problem nahi. Visualization ka purpose “match ka exact score ya outcome” predict karna nahi hai. eska main goal **mental muscles** ko train karna hai – taaki jab ground par koi bhi situation aaye, aapka response calm, sharp, aur confident ho.

Matlab, agar aapne mind me perfect cover drive imagine kiya tha aur match me bowler ne bouncer daal diya, to aap panic nahi karoge –aapka mind already trained hoga ki kaise adapt karna hai.

Ab jab aapka process clear hai, examples dekh liye ho, aur doubts ka answer mil gaya hai, to sirf ek cheez bachi hai – us energy ke saath chapter ko khatam karna jo aapko turant practise start karwa de.

Ye ek reminder hai ki skill sirf ground pe nahi, dimaag me bhi banti hai. ”

Last line

*Practice aapko ready karti hai,
par meditation aapko control deta hai
aur visualization aapko future dikhata hai. ”*

*Jab tak match ground pe aaye,
aap usse pehle hi apne mind mein khel chuke ho,
tabhi real match sirf execution ban jaata hai.*

Chapter 5

Mental Control Mastery – Confidence, Focus & Distraction Kill

Har cricketer ke saath teen aise challenges hote hai jo uske performance ko seedha effect karte hai

- **Kabhi confidence kam hota hai**

Confidence wo asli foundation hai jiske bina aapka game adhoora reh jaata hai. Jab aap confident hote ho, to aap naturally apne shots par bharosa karte ho, har situation mein decision lene se nahi darte. Lekin cricket mein har ball alag challenge hoti hai, aur chhoti galtiyen, failures ya kisi ka negative reaction aapke confidence ko tod sakti hai. Jab confidence hilti hai, to aapke dimaag mein doubt aane lagta hai, Kya main wapas apni form mein aa paunga? Ye doubt aapko hesitate karata hai, jiske wajah se aap apne shots mein bhi darr mehsoos karte ho. Confidence hilna matlab game ke har decision mein uncertainty ka daur aa jana, jo ultimately aapke performance ko gira deta hai.

- **Kabhi focus tut'ta hai**

Focus cricket ka sabse bada weapon hai. Jab aap match ke har ball pe apna 100% dhyan dete ho, tabhi aap apna best de paate ho. Lekin jab aapke dimaag mein personal problems, distractions, ya negative thoughts aa jaate hai, to aapka focus tut jaata hai. Aap mentally present nahi rah pate, chhoti chhoti galtiyen hone lagti hai – ek ball se dhyan bta, doosri ball pe shot miss. Focus tut'na aapke poore game ko disrupt karta hai, aur aap ek chain reaction mein

phas jaate ho jahan har galti dusri galti ko janam deti hai. Cricket mein focus tutna matlab apne hi dushman se ladna, jo sabse dangerous hota hai.

- **Kabhi distractions game se door le jaati hai**

Distractions wo cheezein hai jo aapka man bhatkati hai, ye ho sakta hai ghar ka pressure, logon ki expectations, social media par chal rahi noise, ya aapke andar ke self-doubt. Jab aap en distractions ke jaal mein phas jaate ho, to aap apne asli goal se hat jaate ho. Aapka man field par nahi, kahin aur hota hai. Jab aapka dimaag game ke bahar hota hai, to performance girna inevitable hai. Cricket sirf physical game nahi, ye dimaag ka khel hai, jisme distractions ko pehchanna, control karna aur unpar jeet paana zaroori hota hai.

Match ground pe nahi, pehle mind ke andar jeeta jaata hai.

Jo player apne andar ke mind game ko control kar leta hai, wahi field par apna result likhta hai. Physical skills tabhi kamyab hoti hai jab unke peeche mental strength ho. Aap jitna bhi technical strong ho, agar aapka mind sahi nahi, to ground par performance nahi aayegi.

Ye chapter unhi “andar ke players” ko train karega — jo aapke dimaag mein khelte hai.

es chapter ka maksad hai aapke andar ke us player ko jagana, jo har situation mein confident, focused, aur distractions se upar rahe. Jo apne mind ka master ban jaaye, wahi asli champion hota hai. Ye chapter aapko dimaag ka control sikhaayega, jisse aap apni asli potential tak pahunch sako.

Jab hum baat karte hain mindset ki, to sabse pehla aur sabse bada pillar hota hai **confidence**. Jo cricketer apne andar confidence nahi rakh sakta, wo apne game ko consistently control nahi kar paata. Esliye ab hum confidence ko detail mein samjhenge, kya hota hai asli confidence, wo kaise tut-ta hai, aur kaise aap usse dobara banate ho. Ye samajhna zaroori hai kyunki confidence hi wo asli power hai jo aapko har pressure situation mein khud par bharosa karne deta hai.

Chaliye, ab confidence ke us pehlu ko tod ke dekhte hai jahan aap apni jeet ya haar ka asli faisla karte ho.

3. Part A – Confidence: Jab Andar Se strong hote ho

What is Confidence in Cricket?

Confidence cricket mein sirf atmavishwas nahi hota, balki ek aisa mindset hai jo aapko har mushkil ghadi mein apne upar bharosa karna sikhaata hai.

Self-belief in pressure:

Jab match ka pressure sabse zyada hota hai, jaise last over ho, match tight ho, ya crucial ball aaye, tab bhi aapko apne shots, skills, aur decisions par bina kisi doubt ke bharosa hona chahiye. Ye bharosa aapke andar se aata hai, bina kisi external support ke. Matlab, chahe stadium mein crowd ho ya nahi, chahe koi coach ya dost ho ya na ho, aap khud apne aap ka sabse bada supporter hote ho. Ye self-belief pressure ko jeetne ka asli hathiyar hai.

Trust in preparation:

Confidence tabhi strong hota hai jab aapne apni taiyari poori mehnat aur lagan se ki ho. Jab aap jaante ho ki aapne apni skills par hard work kiya hai, roz practice ki hai, fitness maintain ki hai, tab aapka dimaag kehta hai “Main ready hoon, main es moment ke liye taiyar hoon. ” Ye trust aapki nervesness ko shaant karta hai aur aapko risk lene aur apna best dene ki himmat deta hai.

Voice in your head that says: “Main kar sakta hoon”

Ye wo positive internal dialogue hai jo aapke dimaag mein har waqt chalta rehta hai. Jab aap kisi shot ke liye ready ho, tab ye voice kehti hai, Main ye shot khel sakta hoon, ” ya “Main pressure handle kar sakta hoon. ” Ye voice aapki mental coach hoti hai jo doubt aur dar ko door kar ke aapko himmat deti hai. Agar ye voice kamzor ho jaye, to doubt badhne lagta hai, aur confidence girne lagta hai.

How Confidence Breaks

Confidence hamesha strong nahi rehta, kuch aise situations hoti hai jahan wo tut sakta hai:

Public failure:

Jab aap match mein out ho jaate ho ya galti karte ho, to aapko logon ke negative comments, criticism, ya expectations ka pressure mehsoos hota hai. Ye logon ki nigaah, aur khud ki disappointment confidence ko tod deti hai.

Overthinking:

Jab aap chhoti chhoti baaton par baar baar sochte ho, har galti ko lekar doubt karte ho, ya kal ki galtiyan ko lekar apne aap ko blame karte ho, to aapka mind confuse ho jata hai. Overthinking aapke performance ko distract karta hai aur confidence ko kamzor bana deta hai.

Tareef ki kami:

Jab aapki mehnat ya achha khel recognize nahi hota, ya sirf galtiyan par focus kiya jata hai, to aap apne aap ko undervalue karne lagte ho. Appreciation ki kami aapke self-belief ko kamzor karti hai.

Coach ka trust na milna:

Jab coach ya mentor aapke efforts ko ignore karte hai ya hamesha negative feedback dete hai, to aapko lagta hai ki aapka game accha nahi hai. esse aapka bharosa apne upar tootne lagta hai, jo aapke confidence ke liye bahut kharab hota hai.

Signs of Low Confidence

Agar confidence kamzor ho jaye, to kuch aise signals dikhte hai jo aapko samajhna chahiye:

Nervous body language:

Aapke haath, kadam, aankhon mein darr aur hesitation dikhti hai. Aap apne aap mein comfortable nahi lagte, jisse saamne waale ko bhi pata chal jata hai ki aap mentally prepared nahi ho.

Safe game khelna:

Aap risk lene se katrate ho, sirf safe aur easy shots khelte ho, attack nahi karte. Ye darr ki nishani hoti hai ki aap apne upar bharosa nahi karte.

Apne shot se pehle doubt:

Shot khelne se pehle sochna shuru kar dete ho ki shayad galat ho jayega. Ye hesitation aapki performance ko girati hai.

Dusre player se comparison:

Apne aap ko doosre players ke saath compare karte ho aur khud ko neecha samajhne lagte ho. Ye negative comparison confidence ko totta hai aur self-esteem ko kam karta hai.

How to Build & Rebuild

Confidence dobara banane ke liye focused approach aur discipline zaroori hai:

Past performances ko yaad karo (proof-based belief)

Jab kabhi doubt aaye, apni purani achi performances ko yaad karo. Un moments ko apne liye proof samjho ki aap kar sakte ho. Ye positive evidence aapka self-belief mazboot karega.

Apni mehnat ka record rakho (confidence = consistency)

Roz ki practice, mehnat, aur improvement ko record karo. Jab aap consistently mehnat karte rahenge, to confidence khud ba khud banega. Consistency confidence ka asli source hai.

Visualization karo success ka (ye andar ki highlight reel hoti hai):

Roz apne dimaag mein apne best moments ko imagine karo — apne shots, catches, bowling spells ko mentally rehearse karo. Ye subconscious mind ko ready karta hai aur aapke andar success ka mindset develop hota hai.

Positive circle mein raho:

Apne aas paas aise log rakho jo aapko motivate karte hai, appreciate karte hai aur aapki growth mein madad karte hai. Negative log aapka confidence totte hai, Esliye unse door rehna seekho.

Confidence ki baat karte hi samajh aata hai ki cricket mein sirf khud par bharosa hi nahi, balki apne focus ko bhi banaye rakhna zaroori hota hai. Kyunki agar aapka dimaag kahin aur phas gaya, to chahe aap kitne bhi talented kyu na ho, performance girna tay hai.

Ab hum baat karte hain **Distractions** ki — wo sab cheezein jo aapke game ka focus totti hai aur aapki energy ko waste karti hai. Samajhna hoga ki distractions aapke dimag ka sabse bada dushman hoti hai, jo dheere-dheere aapke performance ko kamzor kar deti hai.

4. Part B – Distractions: Jab Duniya Game Ko Todne Lagti Hai

Distractions Ka Matlab:

Distractions wo sab cheezein hoti hai jo aapka pura focus cricket ke game se hata deti hai. Jab aapka dimaag match par nahi, balki kahin aur atka hota hai, to aap apni poori taakat ground par nahi dikha pate.

Ye distractions aapke dimaag mein confusion, stress, aur anxiety badhati hai, jisse aap mentally weak aur unsettled feel karte ho. Mental tension aapke decision-making, reaction time, aur overall performance ko negatively impact karta hai. eskiye, distractions ko samajhna aur unse nipatna har cricketer ke liye bahut zaroori hai.

Top 5 Distractions for Cricketers:

Social Media Addiction:

Aaj kal social media zindagi ka ek bada hissa ban gaya hai. Lekin agar aap excessive scrolling, har notification check karna, likes aur comments dekhna shuru kar dete ho, to ye aapka time aur mental energy chura leta hai.

Ye distractions aapka focus todte hai, aapko apni training aur rest se door karte hai. Phone par adhik waqt bitane se aap physically to thak jaate ho, par mentally bhi exhausted ho jaate ho, jo practice aur match mein aapki performance ko bahut effect karta hai.

Friendship Drama / Relationship Issues:

Dost ya relationships mein agar tension ho, arguments chal rahi ho, misunderstandings ho, to ye sab aapke mood aur mental state ko negatively affect karte hai. Jab aap emotionally disturbed hote ho, to aapki energy gir jaati hai, aap mentally match ke liye poori tarah ready nahi rehte.

Emotional ups and downs aapke confidence ko tod sakte hai, aur game par aapka control kamzor kar dete hai.

Self-doubt + Overthinking:

Jab aap apne decisions ya skills ko lekar doubt karne lagte ho, ya har chhoti galti pe baar baar sochte ho (overthinking), to aapka dimaag restless ho jaata

hai. Ye sochne ka silsila aapke focus ko todta hai, confidence ko kamzor karta hai, aur aap apni asli potential se door ho jaate ho.

Negativity from People:

Logon ki negative baate, criticism, ya lack of support aapko emotionally affect karte hai. Jab aap apne aas-paas negativity mehsoos karte ho, to aapka self-esteem girta hai, motivation kam ho jaati hai, aur aapka overall mindset weak ho jaata hai.

Aisi negativity aapke andar doubt aur insecurity paida karti hai, jo aapke game pe seedha bura asar daalti hai.

Fame Chasing Before Performance:

Kabhi kabhi players jaldi popular hone, likes aur recognition paane ke chakkar mein apni asli performance pe dhyan nahi dete. Jab aap image banane mein busy ho jaate ho, to asli khel peeche reh jaata hai.

esse aapka focus performance par nahi, balki fame par shift ho jaata hai, jo aapke game ko kamzor karta hai aur asli talent chhup jata hai

Distractions Ka Effect:

Half-attention = Half-performance:

Jab aapka dhyan aadha game pe aur aadha kisi aur cheez pe hota hai, to aap apni skills ka pura use nahi kar paate. Aapki performance bhi adhuri reh jaati hai kyunki aap fully present nahi hote.

Mind Fatigue:

Continuous distractions ya mental overload se aapka dimaag thak jaata hai. Jab dimaag thak jaata hai, to decision making slow ho jaati hai, reaction time badh jaata hai, aur aap apni peak performance se door ho jaate hain. Yeh mental fatigue aapko physically bhi weak mehsoos karwata hai.

Pressure badhta hai, game chhota lagne lagta hai:

Distractions ki wajah se jab aap mentally weak padte ho, to game aapke liye stressful aur doubt full lagne lagta hai. Aap chhoti chhoti baaton par zyada tension lene lagte ho, jo aapke natural flow aur confidence ko tod deta hai.

Kaise Control Kare

Fixed Phone/Social Time:

Apne phone aur social media use ka ek fix schedule banaye, jaise practice ke baad ya match ke baad hi 20-30 minutes hi use karna. esse aap unnecessary scrolling aur time waste hone se bachenge, aur apni energy bachakar game pe dhyan de paayenge.

Write Down Your Daily Distractions:

Match ke din jo bhi cheezein aapka focus todti hai, unhe likh kar note kare. Jab aap apne distractions ko pehchan lete ho, to unhe control karna aur unse bachna asaan ho jaata hai. Ye ek tarah ka self-audit hai jo aapki mental discipline badhata hai.

Replace With Better Inputs (Books, Videos, Silence):

Jab mann bhatakne lage, to usse kisi productive cheez mein lagaye, motivational books padhna, apne khel ki analysis videos dekhna, meditation karna ya thodi der ke liye shaant baithna. Ye activities aapke dimaag ko refresh karti hai aur focus ko badhati hai.

Distraction Ko Reward Ke Baad Allow Karo:

Distractions ko puri tarah se avoid karna mushkil hota hai, Esliye apne liye discipline ka system banaye, pehle apna kaam pura karo, phir distraction ko chhota reward samjho. Jaise practice ke baad 10 minutes social media use karna. Isse aap apne time aur energy par control bana ke rakh sakte ho.

Distractions ko samajhna aur unhe control karna zaroori hai, lekin cricket mein asli farq tab padta hai jab aap apne dimaag ko poori tarah se game par lock kar lete ho. Focus hi wo taqat hai jo aapko har ball par, har moment par present rakhti hai.

Ab hum focus ko detail mein samjhenge, kya hota hai asli focus, wo kyu tut'ta hai, aur kaise aap apne dimaag ko ek jagah lock kar ke apna best performance de sakte ho.

5. Part C – Focus: Jab Dimaag Ek Hi Jagah Lock Hota Hai

Focus Kya Hota Hai?

Focus ka matlab hai apne poore dimaag ko ussi pal aur ussi kaam mein lagana jahan aap hote ho. Cricket mein eska matlab kuch es tarah hota hai

Full attention in the moment:

Har ball, har moment pe apna poora dhyan dena. Jab aap bina kisi distraction ke pure concentrate karte ho, to aap apne shots, field placements, aur bowling ke har aspect ko achhi tarah samajh pate ho. Ye present rehna aapko har situation ke liye mentally taiyar karta hai aur aap apne decisions mein confident hote ho.

Presence without noise

eska matlab hai ki aapke andar koi unnecessary thoughts, doubts, ya tension nahi hone chahiye. Aapka dimaag bilkul shaant hona chahiye, jisme koi negative ya disruptive cheezein na ghuse. Ye mental clarity aapko apne pure potential tak pahunchne mein madad karti hai.

Ball-by-ball thinking, not tournament-by-tournament:

Bahut baar players bada sochte hai, poore tournament ka pressure lete hai, future results ke baare mein fikr karte hai. Ye future ya past ki chinta aapko present moment se door kar deti hai. Asli focus tab hota hai jab aap sirf ek ball par dhyan dete ho, us pal mein jeete ho, aur har chhoti step ko step-by-step tackle karte ho.

Focus Tutta Kyun Hai?

Focus tutne ke kai karan hote hai, jinke baare mein samajhna zaroori hai:

Overthinking past/future

Jab aap pichli galtiyan ko lekar ya aane wale results ke liye zyada sochte hai, to aap apni energy aur concentration aaj ke moment se hata kar future ya past mein kho dete ho. Ye overthinking focus ko tod deti hai.

Negative log ya environment:

Agar aapke aas-paas negativity hai, jaise log aapko demotivate karte hai, criticize karte hai, ya stress create karte hai, to aapka mental space disturb hota hai. Aisi negativity aapka focus todhti hai aur aapke confidence ko kamzor karti hai.

Tired body + anxious mind:

Jab aap physically thake hue hote ho ya mentally anxious feel karte ho, to aapka dimaag shaant nahi reh pata. Physical fatigue aur mental anxiety dono hi aapke focus ko kamzor karte hai aur aap apna best performance nahi de pate.

Signs of Broken Focus

Agar aapka focus tut raha hai to kuch clear signals dikhte hai

Early mistakes in match:

Match ki shuruat mein chhoti chhoti galtiyan hona, jaise shot miss karna ya fielding mein error karna, ye dikhata hai ki aap mentally present nahi ho.

Zyada logon ki baat sochna:

Har ball ke baad dusron ke comments, coach ki baat, ya spectators ki expectations sochna, aapka mental space bhar deta hai aur aapka focus tut jaata hai.

Game plan bhool jaana:

Apni strategy ya game plan yaad nahi rehna, ya usse follow na kar pana, iska matlab aapka dimaag scattered hai aur aap focus lose kar chuke hain.

Kaise Build Kare

Focus ko majboot aur banaye rakhne ke liye kuch effective tareeke:

Match se pehle routine (silence, breathing)

Apna ek pre-match ritual banaye, shaant jagah baithna, deep breathing exercises karna, ya apni favourite cheez sunna. Ye routine aapke dimaag ko calm karta hai, anxiety kam karta hai, aur focus ko ready karta hai.

1 Ball at a Time” rule follow karo:

Match ke dauran har ball par ek-ek karke pura dhyan dena seekhe. Poore match, innings, ya tournament ka pressure chhod do. esse aapka stress kam hoga aur concentration badhega.

Practice sessions mein bhi game simulation karo:

Practice ke dauran bhi real match ki tarah mentally present rahna zaroori hai. Har ball ko seriously lo, apne dimaag ko habit banao ki har moment mein focused rahe. Ye aapke mental strength ko banata hai.

Silence zone” apne dimaag mein create karo

Apne dimaag mein ek mental space banaye jahan distractions ka koi daakhla na ho. Meditation, mindfulness, ya focused breathing se ye silence zone develop kar sakte hai, jo match ke dauran aapko calm aur focused banaye rakhta hai.

Focus ko samajhne ke baad, ab ek asli misaal dekhte hai jo batata hai ki mindset aur focus ka farq kaisa hota hai.

6. Real-Life Style Case Study

Ek player tha jiske paas sab kuch tha — perfect fitness, solid technique, aur academy ka pura support. Sab kuch hone ke bawajood, match ke pressure mein wo overthinking ka shikar ho jata tha. Har trial se pehle uska dimaag bhar jata tha sawalon se: Kya main perform kar paunga? Agar fail hua to? Ye anxiety uske performance ko har baar neeche le jaati.

esi wajah se wo select nahi ho paya, aur usne game chhodne ka faisla kar liya. Lekin uske andar khelne ka junoon zinda tha. 6 mahine baad usne apni soch badalne ka faisla kiya — meditation karna shuru kiya, ek disciplined routine banaya, aur apne focus par kaam kiya. Usne apne dimaag ko train kiya ki wo present moment mein rahe aur overthinking ko door kare.

Jab usne dubara trial diya, to bina kisi expectations ke gaya, matlab pressure se azaad tha. Usne apna best diya aur finally, pehli baar apne dimaag aur apne aap ko jeeta. Ye jeet physical nahi, mental thi — usne apne mind ka control hasil kiya, jo asli champion banne ki pehli seedhi thi.

es real-life example se humein samajh aata hai ki mindset aur focus par kaam karna kitna zaroori hai. Ab hum kuch aise rapid tools dekhenge jo aap rozana apne mental game ko master karne ke liye use kar sakte ho. Ye tools aapko consistent bana kar, stress kam kar ke, aur focus improve kar ke aapke game ko next level par le jayenge.

7. Rapid Tools: Daily Mental Mastery Routine

1. Morning 10 min – Meditation

Subah uthte hi sirf 10 minute ke liye meditation karo. Ya simple breathing exercises ya guided meditation ho sakti hai. Meditation se aapka dimaag shaant hota hai, stress kam hoti hai, aur aapka focus sharp hota hai. esse aap poore din ke liye mentally fresh aur prepared mehsoos karte ho. Ye routine aapko distractions se door rakhta hai aur present moment mein rehne ki practice deta hai.

2. Night 10 min – Visualization

Raat ko sone se pehle 10 minute apne game ki successful tasveerein dimaag mein banaye. Jaise ki perfect shot, achha catch, ya winning moment. Apne aap ko confident aur calm dekhna visualization ka hissa hai. Ye subconscious mind ko positive programming deta hai, jo next din ke performance ko boost karta hai. Visualization se aap apne goals ko mentally already achieve kar chuke hote ho, jo motivation ko badhata hai.

3. Daily Self-Talk – “Main ready hoon, main calm hoon, main jeetne aaya hoon.”

Roz subah ya match se pehle apne aap se positive affirmations bolo. Apni awaaz mein confidence bharnे wale sentences jaise “Main ready hoon, ” “Main calm hoon, ” aur “Main jeetne aaya hoon” ye aapki mental strength ko badhate hai. Ye self-talk aapke dimaag ko guide karta hai ki aap kitne capable ho aur pressure ke time mein kaise react karna hai.

4. 90 min no-phone zone before matches/trials

Match ya trial se kam se kam 90 minute pehle apne phone, social media, aur unnecessary baaton se door raho. Ye no-phone zone” aapko mentally calm karta hai, unnecessary distractions ko door karta hai, aur aapka focus match par maintain karta hai. es samay aap apni preparation, warm-up, aur mindset par dhyan de sakte ho.

5. Weekly Focus Check –Dhyan kaha ka raha h? Likho.

Har hafte apne dimaag ka self-assessment karo. Note karo ki kin cheezon ne aapka dhyan todha, kin thoughts ne disturb kiya, aur kin activities ne help ki. Es writing exercise se aap apne distractions aur focus breakers ko identify kar paate ho, jisse aap unhe better control kar sakte ho. Ye habit aapke mental discipline ko strong banati hai.

Rapid tools ko samajhne aur apni routine mein shamil karne ke baad, ek baat yaad rakhni chahiye: mental game ka asli champion wahi hota hai jo apne mindset ko control karta hai, jo apne confidence, focus, aur distractions ko manage karta hai.

Last line

Match jeetne ke liye sirf physical skills hi nahi, balki sabse bada khel aapke dimaag mein hota hai. Wo player jo match se pehle apne confidence ko majboot kar leta hai, jo apne focus ko poori tarah lock kar leta hai, aur jo distractions ko match ke gate par hi rok deta hai – wahi asli champion hota hai.

Aisa player match ke result ka intezaar nahi karta, wo apne aap result ko banata hai. Uske liye har ball ek naya challenge hota hai, har moment ek nayi opportunity, aur har shot uski jeet ka hissa.

Aapka dimaag hi aapka sabse bada dost bhi hai, aur sabse bada dushman bhi. Wo ya to aapko match jeetne mein madad karega, ya aapko kuch nahi karne dega . Ye dono hi decisions aapke haath mein hain. Agar aap apne dimaag ko sahi direction do, usse train karo, aur uske control mein raho, to koi bhi game aap jeet sakte ho.

Esliye, apne andar ke mindset ko har din majboot banao. Confidence, focus, aur distractions par control hasil karo. Kyunki asli jeet wahi hoti hai jo aap apne dimaag mein pehle haasil karte ho, tabhi wo ground par aapke haathon mein hoti hai.

Chapter 6

Criticism

Jab aap upar jaate ho, awaaz zyada hoti hai support bhi, shor bhi.

Cricket ek public game hai.

Performance sabke saamne hoti hai, aur opinion har kisi ke paas hoti hai.

Aap ek match main perform karte ho Hero ban jate ho . Do match fail ho gaye, question mark, duniya bhar ke sawal aapke game ko lekar .

Ye game sirf skill ka nahi, thick skin ka bhi hai.

Kuch log aapke game se motivate honge.

Par kuch log aapke fail hone ka wait kar rahe hote hai, sirf bolne ke liye, *maine to pehle hi bola tha.*

Aapko ye samajhna hoga

Kya har awaaz suni jaaye? Kya har comment pe reaction diya jaaye?

Nahi.

Aapka vision, aapki journey, aur aapki mehnat

uska scale kisi aur ki opinion se chhota nahi ho sakta.

Jo taali deta hai, wo bhi temporary hoti hai.

Jo trolling karta hai, wo bhi.

Par jo apna mission pakad ke chalta hai, wahi consistent rehta hai.

Har Taali Ya Tanqeed Mein Farak Hota Hai

Aapke game ka har moment logon ke saamne hota hai, aur har kisi ko lagta hai unka opinion zaroori hai.

Par aapko ek internal filter banana padta hai.

Kuch log genuinely aapko better dekhna chahte hai, wo constructive feedback denge.

Kuch log bas frustration nikaalte hai, wo aapke baare main toxic bolenge.

Lekin yaad rakhe Har comment ek jaisi nahi hoti.

Aur har criticism par react karna zaroori nahi hota.

Esi se shuru hota hai asli mental toughness ka test

1. Criticism Ka Nature – Sabse Pehle Samjho

- Har criticism galat nahi hota, aur har tareef real nahi hoti.
- Game ke level ke saath aapke critics bhi badhte hai, par sabka weight same nahi hota.

Aapko ye samajhna aana chahiye

Jo bola gaya hai, uska source kya hai? Intention kya hai? Aur timing kya hai?

- **Agar coach bol raha hai:** usme technique ya approach improve karne ka signal ho sakta hai.
- **Agar ek troll ya random log bol rahe hain:** wo bas apni frustration nikaal rahe hai. Ignore karna best hota hai.
- **Family ya close log bolte hai:** unka concern real hota hai, par emotion mix hote hai. Filter zaroori hai.

Criticism ko filter karna ek skill hai

Na har cheez personally lo, na har baat lightly.

Jo player criticism ko analyse karta hai, wo apne game ko next level pe le jaate hai. Jo bas feel karta hai, wo stuck reh jaate hai.

Ye Samajhne ke baad, agla kaam hota hai: Control.

Criticism ka asli impact aapke *reaction* se decide hota hai, na ki uske volume se.

Zyada tareef bhi ego bana sakti hai. Zyada ninda bhi breakdown kara sakti hai.

Lekin **mature player** har feedback ko reaction se nahi, response se handle karta hai.

Wo turant feel nahi karta, wo pehle sochta hai, fir upgrade karta hai.

2. Reaction Nahi, Response Do

- **Instant reaction = emotional trap.**

Jab aap turant jawab dete ho, to wo emotions se bhara hota hai, logic se nahi. Gussa, frustration, ya dard, ye sab game ko bekar decisions ki taraf le jaate hai.

- **Silent response = mental maturity.**

Jo player khud se confident hota hai, usse har cheez bolkar prove karne ki zarurat nahi hoti.

Wo sunta hai, filter karta hai, aur quietly apna standard upar le jaata hai.

Aapka kaam har baat ka jawab dena nahi hota.

Aapka asli kaam hai, har baat se kuch valuable nikalna, aur apne game pe dhyaan dena.

Critics ko justify mat karo.

Social media pe war mat chhedo.

Trolling ke against press conference mat banao.

Bas game pe wapas jao — aur itna upgrade ho jao ki jawab khud performance de.

Example: Virat Kohli

2014 England tour mein jab unki form gyi , duniya ne likh diya: *“finished.”*

Har news channel, every former player, sabne question kiya.

Lekin Kohli ne **public me kuch justify nahi kiya.**

Na react kiya. Na respond kiya. Na pity liya.

Wo wapas gaye— khud ke movement, mindset aur technique pe kaam kiya.

Aur jab next time England gaye

Wahi pitch, wahi pressure — lekin ab king version Kohli khel rahe the.

Critics chup ho gaye. Performance ne bolna start kar diya.

True players don't react. They return stronger.

3. Aur Criticism Se Daro Mat – Uska Use Karo

Aksar log criticism se bachna chahte hai, kyunki wo hurt karta hai.

Par jo serious player hota hai, wo ussi criticism ko **tool** banata hai.

- **Jahan log aapke flaws dikhate hai, wahan improvement ki window hoti hai.**

Wo weak points jo aap ignore kar rahe the critics us par torch maar deta hai.

Chahe unka tone negative ho, unki observation valuable ho sakti hai.

- **Criticism ko resistance nahi, mirror banao.**

Aksar jo cheez hurt karti hai, wo sach hoti hai.

Agar aap uss mirror ko todne ke bajaye samajhne lage,

to growth ka process shuru ho jaata hai.

- **Wo kya keh rahe hai? Uske peeche chhupa hua main kya nahi kar raha hoon? dhoondo.**

Jaise agar koi baar-baar kehta hai, Ye player slow starter hai,

To aap sochna shuru karo, *Kya warm-up routine weak hai? Kya mujhe thoda jyada time lagta hai set hone ke liye ?*

Kyuki Strong players apne enemies ka bhi use karna jaante hai.

Wo sirf taaliyon se nahi seekhte, wo tanne se bhi seekhne wale hote hai.

Yaad rakhe

Criticism ka use karna ek skill hai.

Lekin agar aap har kisi ki baat sunoge, to aapka focus toot jaayega.

Sabke standards alag hote hai, sabki expectations alag hoti hai .

Aapko clarity chahiye, **main kiske liye khel raha hoon, aur kiski baat sach mein matter karti hai?**

Esi clarity se nikalta hai agla mindset

4. Sabko Khush Karna chhod do , nahi To Game khatam ho Jaata Hai

- **Har kisi ko impress karne ki koshish matlab confusion.**

Jab aap har comment ko serious lene lagte ho,

to apna asli game bhool jaate ho.

Kabhi kisi ka shot copy karna, kabhi style badalna

par real Mai aap khudka game kahtam kar rahe hote ho.

- **Clear mindset: Mujhe kisse sunna hai, aur kisse ignore karna hai.**

Selective sunna seekho.

Sabko please karne ka pressure chhodo

sirf unki suno jo aapke process ko samajhte hai.

- **Apne 3 trusted log select karo: coach, mentor, team senior.**

Unhi ke saath apna self-review karo.

Baki sab, filter out.

Public opinion change hoti rehti hai. Process fix hona chahiye.

Example: MS Dhoni

Wo kabhi media headlines ke chakkar mein nahi pade .

Unka focus hamesha team ke signals, match situation aur calm execution pe hota tha.

Unhone hamesha selective feedback liya

aur wsi wajah se wo noise mein bhi clarity se decision le paate the .

Aaj ke cricketers ke liye sabse tough part ye hai

team ka pressure se zyada, duniya ka pressure.

Social media ne game ko sirf ground tak nahi chhoda, ab har performance ke baad online judgement aata hai.

Wahi log jinhone aapke cover drive pe taali bajayi thi,

galti hone par wahi memes banayenge.

Aur yahi aata hai next challenge

5. Trolls Aur Online Criticism – Digital Era Ka Bouncer

- **Social media pe har doosra aadmi expert hai.**

Aapke stance se leke strike rate tak

har cheez pe comment hogi.

Par ek baat yaad rakhiye

Jo aapka process nahi jaanta, uska opinion sirf noise hai.

- **Kya wo aapke net mein aapke saath paseena baha raha hai?**

Kya usne aapka struggle, fitness, pain, rehab dekha hai?

Nahi.

To sirf ek highlight clip ya headline ke basis pe khud ko define mat kariye.

- **Focus online perception pe nahi, real preparation pe rakhiye.**

Trolls ka kaam hai aapko doubt mein daalna.

Aapka kaam hai silence ke andar se response dena – performance se.

Example: KL Rahul

Unhone sabse zyada online trolling jheli

injury ke baad form issues, meme pages, media pressure.

Lekin unhone na to justify kiya, na react kiya.

Sirf quietly comeback kiya, aur perform kiya.

Wo poise, wo control, wahi asli professionalism hai.

Trolls ki awaaz aapke bahar hoti hai

lekin ek aur awaaz hoti hai jo aur bhi dangerous hoti hai, **jo aapke andar se aati hai.**

Log kya kahenge se pehle, **aap khud kya soch rahe ho**, ye decide karta hai ki aap game mein kitne time tak tikoge.

Agle bouncer ka naam hai: **Inner Critic**

6. Inner Critic – Aapke Andar Ki Awaaz Sabse Tez Hoti Hai

- **Har cricketer ke andar ek awaaz hoti hai**

Tu acha nahi khel raha, log kya sochenge, kaafi nahi hai

Ye awaaz kabhi net pe shot miss karne ke baad aati hai, Kabhi team selection ke baad.

Kabhi bas raat ko akele bed pe lete hue.

Ye hi hota hai 'inner critic, aur ye bahar ke trolls se zyada destructive hota hai.

- **Problem? Ye silent hoti hai. Aur continuous.**

Agar aap Esko handle nahi karte,

to ye aapka confidence andar se kha jaati hai.

Aapke game ka level nahi girta, **aapka belief girta hai.**

Solution: Inner Critic Ka Breaker System

- **Daily Self-Check Karo**

Har din 2 minute bas socho

Main kis cheez ke liye proud hoon aaj?

Ye small wins dhoondhne ki aadat banani padti hai.

- **Apne Progress Ko Likho:**

Notebook ya phone mein likho

Kya improvement hua? Kya seekha?

Ye aapko dikhata hai ki aap rukhe nahi ho evolve ho rahe ho.

- **Negative Self-Talk Ko Challenge Karo:**

Jab bhi mind bole "Tu kaafi nahi hai"

turant pucho: Kis basis pe?

Aur khud ko yaad dilao: "Main roz kaam kar raha hoon. Main ready hoon.

Inner critic ko handle karna zaroori hai

kyunki agar aap khud hi apne against ho gaye,

to duniya ka criticism double hurt karega.

Lekin jab aapka inner system strong ho jaata hai

tab criticism sirf ek cheez ban jaati hai.

Fuel

Aur aap usse todte nahi ho,
use karte ho.

Agle step mein wahi sikhenge

Kaise criticism ko fire mein badla jaata hai.

7. Transform: Criticism Se Fuel Banao

- **Jo log doubt kar rahe hai, unka doubt aapke andar fire ban sakti hai.**

Unke shabd aapke andar sting karte hai,

lekin wahi sting ek trigger ban sakta hai discipline aur hunger ka, **Usko ignore mat karo usko convert karo.**

- **Note karo, bhool jao, aur silently answer do with action.**

Naam ya comment yaad rakhne ki zarurat nahi.

Bas yaad rakho wo feeling.

Phir practice mein wo energy daalo

aur jab match aaye, to **bina kuch bole level dikha do.**

Example: Mohammad Shami

Body shaming, religion-based trolling, personal attacks, sab face kiya. Lekin jab ball haath mein li, to bas **ek hi language boli , pace, control, aur wickets,** Unhone prove nahi kiya, **deliver kiya.**

Final Drill :Criticism Filter System

1. Who said it?

Kya usne aapka game dekha hai? Kya wo expert hai?

2. Why did they say it?

Kya feedback genuine hai ya bas frustration?

3. What can I take from it?

Kya kuch seekhne layak hai?

If yes — absorb.

If no — ignore and refocus.

Yaad rakhe

Criticism ek mirror hai, aap todoge to hurt karega, par agar aapko khud ko dekhoge to khud ko tarashoge.

Phase 3 part 2 Part 2: Real Practice + Match Execution

Chapter 1

Practice & Match Day Preparation

1. Introduction

Cricket mein practice aur match day ka farq sirf time ka nahi, balki mindset aur approach ka hota hai. Har khiladi ground par mehnat karta hai, lekin asli farq usme padta hai jo practice ko match ke pressure ke liye ekdum tayyar banata hai. Practice sirf ball maarne ya bowling karne ka naam nahi, balki wo process hai jo aapke skills ko sharpen karta hai, aapke dimaag ko focus karta hai, aur aapke emotions ko control mein rakhta hai.

es chapter mein hum samjhenge ki sahi practice kaise aapko match ke liye mentally, physically, aur emotionally tayyar karti hai. Saath hi, match day ka mindset kaisa hona chahiye jisse aap pressure ko confidently face kar saken. Practice ka focus sirf quantity nahi, balki quality aur intention hona chahiye — tabhi aap match ke har moment ko effectively handle kar paenge.

Aaiye, ess journey mein hum deep practice ke secrets, galat practice ke traps, aur match day ki mental tayyari ke baare mein detail mein baat karte hai, taaki aap apne game ko next level pe le jaa saken.

Introduction mein humne bataya ki practice aur match day sirf physical effort ka mamla nahi, balki mindset aur approach ka bhi hai. Yahan se naturally ek question uthta hai:

“Aakhir sahi practice hoti kaise hai jo match ke liye aapko taiyaar kare?”

esi question ka jawab hum deep practice ke concept mein denge. Introduction mein jo humne “practice sirf quantity nahi, balki quality aur intention honi chahiye” kaha tha, usko hum yahan detail mein samjhayenge.

Deep Practice ka formula—**Repetition + Mistake + Correction = Growth**—batata hai ki kaise aapki practice sirf time pass nahi balki growth aur skill banane wali ban sakti hai. Saath hi, hum batayenge ki kaise elite players ye process roz apnate hai aur esliye wo alag level pe perform karte hai.

2. Deep Practice — Quality Over Quantity

Aksar players sochte hai ki jitni der tak wo practice karenge, utne hi behtar honge. Lekin cricket mein asli farq padta hai **quality practice ka**, jise hum “Deep Practice” kehte hai.

Deep Practice ka core formula hai:

Repetition + Mistake + Correction = Growth

eska matlab ye hai ki sirf ball ko baar-baar maarna kaafi nahi hai. Har baar jo aap shot marte ho, usme aapko apni galtiyan ko pehchanna hai, unhe accept karna hai, aur turant sudhar karna hai. esi process se aapka dimaag aur body dono milke skill ko ek habit mein badalte hai.

Conscious aur focused practice tab hoti hai jab aap har shot mein apni movement, timing, aur decision-making pe dhyaan dete hai. Aap sirf automatic movement nahi karte, balki har repetition ko ek learning opportunity samajhte ho.

Elite players kaise karte hai?

- **Virat Kohli** har net session mein match jaisa pressure create karte hai, har ball pe visualize karte hai ki ye delivery match mein kaise face karni hai, aur turant apne shot ko analyze karte hai.
- **Rahul Dravid** coach ke roop mein emphasize karte hai ki pressure ki practice ho, sirf technique ki nahi. Wo drills design karte hai jisme match jaisi tension aur urgency hoti hai.

- **Kane Williamson** apne shot ko baar baar repeat karte hai, lekin har baar apni body balance, footwork aur timing pe microscopic focus rakhte hai, jisse unka game effortless lagta hai.

Ye sab players ek hi baat samajhte hai: **Deep Practice sirf quantity nahi, balki intention aur feedback ka combination hai jo skill ko next level tak le jata hai.**

Deep Practice ke baad hum naturally ye samajhna chahenge ki:

“Agar deep practice itni powerful hai, phir itne players kyu stuck rehte hai? Kyu unki practice se asli improvement nahi hoti?”

Yahi sawal hume lekar jata hai galat practice ke traps tak.

Deep Practice ek conscious, focused, feedback-driven approach hai. Lekin aksar players galat tarike se practice karte hai— bina clear direction ke, bina mental focus ke, bina feedback ke, aur apne asli game ko samjhe bina.

es section mein hum un sab galtiyon ko discuss karenge jo players ko unki asli potential tak pahunchne se rok deti hai.

Ye traps wo hidden problems hai jo practice ko thakaan aur confusion banate hai, aur aapke confidence ko fake bana kar match day pe expose kar dete hai.

3. Common Galat Practice ke Traps

Deep Practice ki taakat samajh kar bhi, bahut se players unintentionally galat tarike se practice karte hai. Ye galat practice ke traps aapki growth ko rok dete hai aur aapko stuck ya confused bana dete hai. Agar aap en traps se bachna chaahte ho, to pehle unhe pehchanna zaroori hai.

1. Directionless Mehnat: Thakaan aur Confusion

Bahut baar hum ground par mehnat karte hai, lekin bina kisi clear goal ke.

Shots maar rahe hote hai, par sochte nahi ki aaj kya improve karna hai.

es wajah se thakaan hoti hai, par improvement nahi dikhta, aur dimag confused ho jaata hai.

2. Mind Off, Body On: Practice Mein Mental Presence Ka Absence

Bahut baar aisa hota hai ki aap physically practice kar rahe hote ho, lekin aapka dimaag kahin aur hota hai.

Matlab aapki body ground pe hai, lekin mental focus absent hai.

Aise sessions se sirf energy kharch hoti hai, skill develop nahi hoti.

3. Feedback Ko Ignore Karna

Coach ya seniors jo feedback dete hai, unhe lightly lena ya sun kar uspar kaam na karna.

esi wajah se wahi galtiyan bar bar repeat hoti hai.

Feedback ko ego ya comfort zone se resist karna growth ka sabse bada roadblock hai.

4. Blind Copying aur Apna Asli Game Khona

Kisi international player ke stance, shot ya style ko bina samjhe copy kar lena.

Har player ki body structure, natural game alag hota hai.

Blind copying se aap apni asli strengths ko dabaa dete ho aur esse confusion badhti hai.

5. Overtraining aur Comfort Zone Mein Phase Rehna

Lambe samay tak bina focus ke practice karna, ya sirf wahi drills repeat karna jo easy lagti hai.

esse burnout hota hai ya growth ruk jaati hai.

Comfort zone se bahar nikalna zaroori hai, tabhi improvement aati hai.

En traps ko samajhkar aur unse bachkar hi aap apni practice ko meaningful bana sakte ho, jisse aapki growth steady aur sustainable hogi.

Jab hum Galat Practice ke traps ko samajh lete hai, tab hume ye bhi seekhna zaroori hota hai ki kaise in galtiyan se bach kar ek effective, focused, aur goal-oriented practice routine banaya jaye.

Ye traps batate hai ki galat practice se hum kaise fail ho jate hai, lekin unka solution yahi hai ki hum apni practice ko ek **Practical Deep Practice System** ke sath structure karen.

Es system mein har session ka clear maksad hoga, mind aur body dono involved honge, slow drills se strong base banayenge, match jaisa pressure simulate karenge, aur har practice ke baad honest feedback lenge.

Ye system aapko galat practice ke traps se nikal kar deep practice ki taraf le jaayega, jisse aapka game real growth karega aur match day pe confident execution hoga.

4. Practical Deep Practice System

Galat practice ke traps samajh lene ke baad, ab waqt hai apni practice ko ek structure dene ka, jo aapko sach mein improve kare. Ye **Practical Deep Practice System** aapke har session ko purpose-driven aur impactful banata hai.

1. Har Session Ka Clear Goal Fix Karna

Practice ground par aane se pehle aapko pata hona chahiye ki aaj aap kis skill ya shot pe kaam karenge.

Clear objective hone se aapka focus sharp hota hai aur aap random practice nahi, targeted improvement karte ho.

Jaise: “Aaj off stump ki bahar ball ko confidently leave karna hai” ya “Front foot drive mein balance sudharna hai. ”

2. Slow Practice Drills — Base Strong Karna

Slow drills se aap har movement ko dhyan se feel karte ho, balance aur technique pe kaam karte ho.

Ye pressure-free environment hota hai jahan aap apne form ki foundation banate ho.

Har shot ko slow motion mein master karna zaroori hai taaki wo match tempo mein natural lage.

3. Match Simulation Drills — Pressure Ka Rehearsal

Real match jaisa pressure practice mein lana zaroori hai taaki match day pe aap panic na kare.

Example drills:

- 10 balls challenge, out hone par session khatam
- Target chase simulation with limited balls
- Field placement ke hisaab se shot selection karna

esse aapki decision-making aur composure strong hoti hai.

4. Self-Feedback Routine — 2-Minute Session Review

Practice ke baad 2 minute nikaal kar apne session ko honestly review karna chahiye.

Sochiye

- Aaj kya achha kiya?
- Kya galtiyaan repeat hui?
- Kal kis specific area pe focus karna hai?

Ye habit aapke growth tracker ki tarah kaam karti hai.

5. Mind + Body Dono Ka Involved Hona

Practice sirf physical movement nahi, balki mental presence bhi honi chahiye.

Har ball par dhyaan dena, har shot ka reason samajhna, aur situation ko feel karna zaroori hai.

esse aap robotic movement se smart aur responsive player bante ho.

6. Short Bursts With High Intent Practice

Lambe boring sessions ke bajaye chhote aur focused bursts mein practice kare.

Jaise 15-20 balls high intensity ke saath khelna, jisme har ball ka matlab ho.

Phir short break lekar mind ko reset kare.

esse mental fatigue nahi hota aur aapka focus bana rehta hai.

es Practical Deep Practice System ko apnane se aapki practice sirf time pass nahi, balki aapke game ko next level tak le jaane wali strong machine ban jaati hai.

Jab aap apni practice ko **Practical Deep Practice System** ke framework mein lekar aate ho, tab aap apne physical skills aur mental focus ko better banate ho. Lekin cricket sirf physical aur technical skills ka game nahi hai—ye ek **emotional game** bhi hai.

Practice mein jitna importance focus, feedback, aur clear goals ka hai, utna hi zaroori hai apne **emotions ko control karna aur stress ko manage karna**, chahe practice session ho ya match day.

Emotional discipline aur stress management ke bina, aap jitni bhi quality practice kare, match ke pressure mein uska faida uthana mushkil hota hai. esliye agla step hai apne emotional state ko stabilize karna, taaki aap apne best game ko consistently perform kar saken.

6. Emotional Discipline & Stress Management

Cricket ka asli test tab shuru hota hai jab pressure badhta hai – chahe wo practice session ka ho ya match day ka. Emotional ups and downs, stress, frustration, aur nervousness har player ke saath aate hai.

Practice aur Match-Day ke Stress aur Frustration se Deal Karna

Practice mein jab galtiyan baar-baar hoti hai, to frustration naturally aati hai. Match day pe jab pressure peak par hota hai, to anxiety badh jati hai. Lekin ye emotional challenges ko samajhna aur effectively manage karna har champion player ki pehchaan hai.

Breathing Exercises, Visualization, Positive Self-Talk

- **Breathing Exercises:** Deep aur slow breathing aapke nervous system ko calm karti hai, stress ko reduce karti hai, aur focus badhati hai. Match ke har pressure moment par aap 3-5 deep breaths le kar apne mind ko reset kar sakte ho.
- **Visualization:** Match se pehle ya practice ke dauran positive scenes mentally imagine karna – jaise perfect shot lagana ya crucial catch lena – confidence aur mental readiness badhata hai.
- **Positive Self-Talk:** Apne aap se encouragement aur supportive baate karna – jaise “Main ready hoon, ” “Main apni best koshish karunga” – nervousness ko kam karta hai aur motivation ko boost karta hai.

Emotional Stability Ka Match Performance Par Impact

Jab aap emotionally stable rehte hain, toh aap apni skills ko match day pe efficiently execute kar pate ho. Panic aur frustration mein aapka decision-making slow hota hai aur galtiyan badhti hai.

Emotional discipline se aap har situation mein present rahte ho, pressure ko calmly face karte ho, aur apne game ko consistent banate ho. Yehi difference banata hai average player aur champion player ke beech.

es tarah emotional discipline aur stress management aapke overall cricket journey ka ek fundamental pillar hai, jo aapko practice se match day tak ek balanced aur focused player banata hai.

Jab aapne apne emotions ko control karna aur stress ko manage karna seekh liya, tab aapki practice aur match-day performance mein consistency aati hai. Lekin ye journey tab tak adhuri hai jab tak aapke paas ek strong support system na ho—jo aapke liye guide, mentor aur honest feedback provider ho.

Ek effective coach aapke emotional discipline ko support karta hai, aapke skills ko polish karta hai, aur aapke practice sessions ko meaningful banata hai. Coach ke bina, aapka growth process adhura reh sakta hai, kyunki feedback system se hi aap apni galtiyan ko samajh pate ho aur unhe sudhar pate ho.

Esliye, agla important step hai **Coach ka role samajhna aur feedback system ko apni practice aur performance mein integrate karna.**

7. Role of Coach & Feedback System

Effective Coaching se Practice Quality aur Confidence Improve Hota Hai

Coach sirf aapke technical flaws nahi dhoondta, balki aapke mindset aur emotional state ko bhi samajhta hai. Wo aapko sahi direction deta hai, aapke goals set karta hai, aur aapki growth ko accelerate karta hai.

Ek achha coach aapke liye ek mentor hota hai jo aapke struggles ko samajhta hai aur aapko motivate karta hai consistent practice ke liye.

Feedback ko Ego-Free Accept Karna aur Implement Karna

Feedback lena sirf sunna nahi hota, balki uspar kaam karna hota hai. Kabhi-kabhi feedback uncomfortable ya challenging hote hai, lekin bina ego ke usse accept karna aapke improvement ka sabse bada source hota hai.

Jo players feedback ko ignore karte hai, wo apni galtiyan ko repeat karte hai aur stuck rahte hai.

Effective feedback acceptance se aap apni weaknesses ko strengths mein badal pate hai.

Coach-Player Trust aur Communication ka Significance

Achhi communication aur trust ke bina coach ka feedback adhura reh jata hai. Jab aap apne coach se open aur honest relation banate ho, tab wo aapke liye personalized guidance de sakta hai.

Trust hone par aap apni asli problems share karte ho, apni limitations ko accept karte ho, aur zyada focused effort lagate ho.

Coach-player ki strong bonding aapke cricket career mein ek stable foundation banati hai.

es tarah, ek effective coach aur feedback system ke bina aapki practice aur emotional discipline adhura rahega. Dono milkar aapko ek balanced, confident aur continuously improving player banate hai.

Jab aapke paas ek effective coach ho jo aapko sahi guidance de raha ho, aur aap feedback ko bina ego ke accept kar ke apni skills improve kar rahe ho, tab agla important step hota hai apne daily routine ko balance karna.

Coach aapko technically aur mentally strong banata hai, lekin consistently high performance ke liye aapko apne **practice, rest, personal life (family, studies)** ke beech ek sustainable balance bhi banana zaroori hota hai.

Kyunki cricket ki journey long-term hoti hai, esmain overtraining aur burnout se bachna bhi utna hi important hai jitna ki hard work karna. Time management se aap apni energy aur focus ko optimize kar sakte ho, jis se aap long run mein consistently apna best de sakte ho.

8. Time Management — Balance Between Cricket and Life

Cricket mein excellence paane ke liye sirf mehnat karna kaafi nahi, balki apne din ko aise organize karna zaroori hai jisme aapka **practice, rest, family aur studies ka balance** bana rahe.

Practice, Rest, Family, Studies Ka Balance

Aapko har din apne practice sessions ko es tarah plan karna chahiye ki aapke paas paryapt rest ho, jisse aapke muscles recover kar saken aur aap mentally fresh rahen.

Saath hi, family ke saath samay bitana bhi emotional stability ke liye zaroori hai, jo aapke performance ko directly impact karta hai.

Agar aap student player ho, to studies ko bhi ignore nahi kar sakte. Har cheez ko time dene ke liye apne din ka ek realistic schedule banaye.

Overtraining Se Bachne Ke Tarike

Zyada practice karna hamesha achha nahi hota. Overtraining se body thak jaati hai, injuries badh sakti hai, aur motivation gir sakta hai.

esliye practice sessions ko quality-based rakhen, short aur focused banayen, aur apne rest days ko seriously le.

Coach aur mentor se apni body ke signals samjhen aur zarurat pade to recovery pe zyada dhyaan de.

Consistency Banaye Rakhna

Time management ka sabse bada faida ye hai ki aap apne routine mein discipline aur consistency la pate ho.

Chahe form achhi ho ya na ho, aap apne schedule ko follow karte rahen, taaki aapka game long-term mein steady aur strong bane.

Consistency hi आपको match day pe confident banati hai aur आपके goals tak pahunchati hai.

Aise time management ke saath, aap apne cricket career ko sustainable aur successful bana sakte ho, jisme hard work ke saath-saath smart work aur balanced lifestyle bhi شامل ho.

Jab aap apna daily routine effectively manage kar lete ho, practice, rest, family, aur studies ke beech balance bana lete ho, tab आपके पास apne cricket development ko aur bhi smart banane का ek bada mauka hota hai — wo hai **technology aur data का istemal**.

Aaj ke modern cricket mein sirf mehnat karna hi काफी nahi, balki apne game का **data analyze karna**, apni performance ko scientifically samajhna, aur match ke liye detailed preparation karna bhi zaroori hai.

Technology ke tools, jaise video analysis aur performance tracking apps, आपको अपनी गलतियों को objectively dikhate hai, आपकी strengths aur weaknesses को pinpoint karte hai, aur आपको match-day की better taiyari mein madad karte hai.

esliye, jab आपने अपना time management sahi kar liya, tab agla step hai in advanced tools का use karke apne game को ek professional player के level tak le jaana.

9. Technology & Data Use in Practice and Match Preparation

Aaj ke daur mein cricket sirf physical game nahi raha, balki **technology aur data-driven game** ban chuka hai. Jo players apne game ko objectively analyze karte hai aur technology ka sahi istemal karte hai, wo aage nikal jate hai.

Video Analysis, Performance Tracking Ka Use

Video recording se aap apne batting, bowling, aur fielding sessions ko baariki se dekh sakte ho. esse aap apni technique, footwork, shot selection, aur execution ke flaws identify kar sakte ho.

Performance tracking apps aapke stats ko record karte hai, jaise runs scored, strike rate, bowling economy, jisse aap apne progress ko monitor kar sakte ho.

Apne Game Ka Data Analyze Karna

Sirf data ikatha karna kaafi nahi, balki us data ka analysis karna zaroori hai.

Apni weaknesses ko pinpoint karke us par focused practice karna aapko jaldi improvement deta hai.

Strengths ko samajhkar aap unhe aur behtar bana sakte ho, taaki wo match day pe effective ho.

Match-Day Ke Liye Pitch Reports Aur Opposition Analysis

Har match ke pehle pitch ki condition, weather aur opposition team ke players ki strengths aur weaknesses ko study karna important hai.

Pitch report batati hai ki ball kaise behave karegi — spin karegi, seam karegi, ya flat hogi.

Opposition analysis se aap unke key players ko target karne ke strategies banate ho aur unke weaknesses ka fayda uthate ho.

Technology aur data ka istemal aapko ek informed, prepared, aur strategic player banata hai, jo har situation mein apna best decision le pata hai. esliye na hi hi aapka time management aur emotional discipline ke baad, ye next logical step hai aapke cricket career ko professional level tak le jane ka.

Jab aap apne practice aur match preparation mein technology aur data ka istemal kar lete ho, tab aap apne game ke technical aur strategic aspects ko behad smart tareeke se samajh lete ho. Lekin match jeetne ke liye sirf technical

taiyari kaafi nahi hoti – aapko apne **mental game ko sabse pehle ready karna padta hai**.

Technology aapko batati hai ki aapko kya karna hai, lekin match ke har pressure moment mein aapka dimaag calm, present, aur focused hona chahiye. esliye, jab aap fully informed aur prepared hote ho, tab aapka agla focus hota hai **match day ka mental mindset**, jisme calmness, emotional control, aur har ball ko present moment mein jeetne ka jazba shamil hota hai.

10. Match Day Preparation – Mental Game Pehle, Physical Baad Mein

Calmness, Presence, Clarity Ki Importance

Match ke din sabse bada challenge hota hai apne dimaag ko shant rakhna. Jab aap calm hote ho, tabhi aap har ball pe clarity se decision le pate ho. Present rehna aur har moment mein fully engaged hona aapke performance ka base hota hai.

Next Ball Ka Soldier Mindset (Present Moment Focus)

Har delivery ek nayi jung hoti hai. Pichli galti ya agle shot ki chinta chhor kar, sirf usi ball pe apna poora dhyaan dena hota hai. Es mindset ko hum “Next Ball Soldier” kehte hai— matlab aap har ball ko ek fresh battle samjho.

Mental Reset Routine: Accept → Breathe → Refocus

Jab match mein koi galti ho jaye ya pressure aaye, to panic karne ke bajaye ek simple 3-step routine follow kare

- **Accept** – Jo ho gaya use accept karo
- **Breathe** – 4-5 gahri saansen le kar apne aap ko calm karo.
- **Refocus** – Apna dhyaan wapas agli ball aur apne plan par le aayein.

Emotional Control: React vs Respond Ka Farq

Match mein jab pressure ho, to reaction emotional aur impulsive hota hai, jo galtiyan ko badhata hai.

Response controlled, thoughtful, aur strategic hota hai, jo decision making ko better banata hai.

Elite players react nahi karte, wo respond karte hai.

Example: MS Dhoni Ka Calm Presence Under Pressure

MS Dhoni apne calm aur composed behavior ke liye mashhoor hai. Wo match ke sabse stressful moments mein bhi apna focus nahi khote.

Unka secret hai apna mental reset routine aur har ball ko ek nayi opportunity samajhna.

es wajah se wo har pressure situation mein apne aur team ke liye best decisions le pate hai.

es tarah, mental game ko sabse pehle ready karna match day pe aapko pressure ke bawajood apna best dene mein madad karta hai. Physical fitness aur skills important hai, lekin mental clarity aur emotional stability se hi match jeetne wale decisions aate hai.

Jab aap apna mental game match ke liye perfectly prepare kar lete ho— matlab calm, present, aur focused ho jaate ho— tab agla step hota hai apne execution ko match ki real conditions ke hisaab se adjust karna.

Match-day par pitch ki condition, bowler ke style, field placements, aur game ke momentum ko samajhna aur uske hisaab se apne game ko adapt karna zaroori hota hai.

Mental readiness aapko pressure handle karne mein madad karti hai, lekin **pitch aur situation ke hisaab se apne shots, bowling, ya fielding decisions ko smartly modify karna** wahi baat hoti hai jo match ko aapke favour mein badalti hai.

esliye, mental preparation ke baad ab hum samjhenge kaise aap **pitch ki condition aur match ke situations ko padh kar apni execution ko perfectly adapt kar sakte ho**.

11. Match Day Execution — Pitch & Situation Adaptation

Pitch ke Types aur Unke Hisaab Se Approach

Har match mein pitch alag hoti hai — kuch flat aur batting-friendly hoti hai, kuch dusty ya spin-friendly, aur kuch unpredictable ya “mystery” wicket hoti hai.

Aapko har pitch ke behaviour ko samajhna hota hai taaki aap apna game uske hisaab se tailor kar saken.

Flat, Dusty, Mystery Wicket ke Challenges

- **Flat Wicket:** Ball seedha aati hai, run banana asaan lagta hai, par ye comfort trap bhi ho sakta hai. Yahan patience rakhna, strike rotation par focus karna aur reckless shots avoid karna zaroori hota hai.
- **Dusty Wicket:** Spin zyada hoti hai, ball unpredictable hoti hai. Soft hands se khelna, footwork pe dhyan dena, aur crease ka smart use karna survival ki key hai.
- **Mystery Wicket:** Har ball alag behave karti hai — kabhi fast, kabhi slow, kabhi bounce zyada kabhi kam. Yahan observation aur quick adaptation zaroori hota hai.

Game Awareness: Momentum, Bowler Fatigue, Field Placements, Opposition Body Language

Match mein sirf apni batting ya bowling pe focus nahi karna, balki poore game ka pulse samajhna hota hai.

- Momentum kiske paas hai? Kya opposition pressure mein hai?
- Kaunsa bowler thak raha hai, jise target karna chahiye?
- Field placements ko padh kar shots select karna ya bowling plan banana.
- Opponent players ki body language se clues lena, jaise frustration ya confidence

es tarah, match day ki real execution tab hoti hai jab aap mentally ready hone ke saath-saath **pitch aur game ki situation ke hisaab se apne actions ko smartly adapt karte ho**. Ye skill aapko match jeetne wale banati hai.

Jab aap pitch aur match ki situation ko samajh kar apne shots, bowling, ya field placements ko adapt kar lete ho, tab agla sabse zaroori kadam hota hai apni **match day ki performance ko practical tips ke zariye aur behtar banana**.

Pitch aur situation samajhna aapko ek strategy deta hai, lekin us strategy ko effectively implement karne ke liye aapko apne mental state ko stable rakhna, tez aur calm decisions lena, emotional ups and downs ko manage karna, mistakes se jaldi recover karna, aur poori tarah present moment mein rehna seekhna zaroori hota hai.

Ye practical tips aapke game ke har phase mein consistent banaye rakhte hai, pressure handle karne mein madad karte hai, aur aapko ek mature, focused cricketer banate hai.

12. Practical Tips for Match Day

Mental Rehearsal Ka Role

Match se pehle aur beech mein mentally apne shots, bowling plans, ya fielding situations ko visualize karna aapke confidence ko boost karta hai.

Ye ek tarah ka mental warm-up hota hai jo aapko match ke har situation ke liye prepare karta hai.

Jab aap mentally ready hote ho, to aapke actions automatic aur smooth hote hai.

Fast Aur Calm Decision Making

Match mein decisions tezi se lena padte hai — 1 run lena hai ya bada shot? run banana hai ya defense?

esliye apne dimaag ko calm rakhna aur situation ke hisaab se jaldi sochna seekhna bohot zaroori hai.

Decision jitna calm hoga, utna behtar hoga, kyunki panic mein liye decisions galat ho sakte hai.

Emotional Ups and Downs Ka Management

Match ke dauran emotions fluctuate karte hai— kabhi confidence badhta hai, kabhi doubt ya frustration aata hai.

Apne emotions ko control karna aur focus banaye rakhna champion player ki pehchan hai.

Emotional highs aur lows dono ko accept karein, par unme atke na rahe.

Recovery From Mistakes

Har player se match mein galtiyan hoti hai simple catch chhutna, shot miss karna, ya run out hona.

Sabse important hai galti ko jaldi bhool kar next ball pe poora dhyaan lagana.

Mistakes ko apni game ka part samjhein, aur unse seekh kar apne aap ko aur majboot banaye.

Present Moment Mein Rehna

Match jeetne ke liye आपको हर ball, हर delivery को एक नये challenge की तरह लेना होता है।

Past के errors या future के pressure को छोड़कर पूरी तरह present moment में रहना होता है।

इससे आपकी concentration और decision-making sharp होती है, और आप अपना best दे पाते हैं।

In practical tips को अपना कर आप match के हर phase में mentally और emotionally strong रहेंगे, जो आपके overall performance को next level तक ले जायेगा।

Jab आप practical tips अपने match day पे implement कर लेते हैं — mental rehearsal, calm decision making, emotional control, mistake recovery, और present moment में रहना — तब आप एक ऐसे phase में पहुँच जाते हैं जहाँ आपका पूरा focus और preparation एक confident, calm, और effective performance में बदल जाता है।

ये सब efforts अभी sustainable और powerful बनेंगे जब आप **practice और match preparation** दोनों को **बारबार महत्व देंगे** और अपने routine को systematically organize करेंगे।

Last line

Practice और match preparation दोनों cricket journey के equally important hisson में से हैं। Sirf मेहनत करना या sirf match के liye ready होना आपको champion नहीं बनाता, बल्कि दोनों का perfect balance आपकी success की कुंजी है।

Deep practice ही वो foundation है जिसे आप confident और calm match-day execution कर पाते हैं। जब आपने अपनी practice को purpose-driven बनाया, अपने goals clear कीये, feedback को sincerely लिया, और अपने mental presence को strong बनाया, तब आप अपने game का asli malik बन जाते हैं।

आपने liye एक ऐसा routine बनायें जिसमें हर session का clear goal हो, आप अपने progress को review करते रहो, और match day के pressure को calmly face करने की practice हो। Cricket को एक battlefield समझें जहाँ हर ball एक नयी challenge है, और आपको अपनी पूरी तैयारी के साथ उस challenge को face करना है।

Aaj se apni practice aur match preparation ko upgrade karna shuru kare, Jab aap apne game ko systematically aur sincerely build karenge, to jeet apne aap aapke kadam choomegi.

Ye journey mushkil zaroor hai, lekin consistent effort, sahi mindset, aur focused preparation se aap apne sapne ko sach kar sakte ho.

Chapter 2

Fielding & Game Awareness (Skills & Game Intelligence)

Introduction

Cricket ek aisa khel hai jisme sirf batting ya bowling kaafi nahi hoti, Har match ke har phase mein aapki team ko fielding aur game intelligence dono ki zarurat hoti hai. Fielding, jo ki ek practical skill hai, match ke momentum ko badalne ki shakti rakhti hai – ek accha catch, ek tez run-out, ya ek impressive boundary save game ke flow turant badal sakti hai.

Lekin sirf fielding skills hone se kaam nahi chalta. Aapko game intelligence, yani situational awareness, samajhni hoti hai – matlab pitch ki halat, opponent ki strategy, aur match ke har phase ka analysis karna. Ye awareness aapko decision lene mein madad karti hai – kab aggressive field lagani hai, kab pressure banana hai, aur kab patience se khelna hai.

Jab fielding aur game intelligence dono milkar kaam karte hai, tabhi ek team apne opponents par har phase mein superiority establish kar pati hai. es chapter mein hum aapko practical skills aur situational awareness dono improve karne ke tarike bataenge, taaki aap match ke har moment mein apna best de sakhe.

Ab jab humne samajh liya ki fielding aur game intelligence dono kitne zaroori hai, chaliye ab un basic skills par dhyan dete hai jo har cricketer ko apni fielding ko improve karne ke liye seekhni chahiye.

es section mein hum catching, ground fielding, throwing accuracy, aur quick reflexes jaise core skills ko samjhenge, saath hi fitness aur agility ka en skills par kya impact hota hai. Hum position-specific drills aur aam galtiyon se bachne ke tarike bhi dekhenge, taaki aap apni fielding ko har angle se majboot kar sake

2. Fielding Fundamentals

Fielding cricket ka wo pehlu hai jo game ke har aspect ko directly affect karta hai. Chahe ek bde movement par catch lena ho , ya ball pakadna ho ,ya accurate throw karna — ye skills match ka flow badal sakti hai. Chaliye, shuru karte hai fielding ke basic skills se:

Catching:

Catch karna fielding ka sabse important skill hai. Aapko ball ko dono haathon se firmly pakadna aana chahiye, chahe wo slip catch ho, short catch ho, ya high catch boundary pe. Concentration aur timing yahan key hote hai.

Ground Fielding:

Jab ball ground par ho, to quick reaction aur proper body positioning se ball ko jaldi pakad kar run-out ya prevent karna hota hai. Low stance, fast movement aur smooth pickup bahut zaroori hote hai.

Throwing Accuracy:

Fielding ka ek aur crucial hissa hai precise aur powerful throw karna. Accurate throws run outs create karte hai aur opposition ke scoring opportunities ko kam karte hai.

Quick Reflexes:

Fielding mein reflexes jitne tez honge, aap utna hi behtar performance de sakte ho. Iske liye drills aur fitness dono zaroori hai.

Fitness aur Agility ka Impact:

Achi fitness aur agility se aap fielding mein zyada effective hote hai. Quick movements, fast sprints, aur sharp turns karne ke liye body ka fit hona essential hai.

Position-Specific Drills:

- ***Slip Fielding:*** Focus on soft hands, quick reflexes, and catching from unexpected angles.
- ***Inner Circle:*** Quick pickups and throws, anticipation of mis-hits.
- ***Boundary:*** Diving catches and long throws, speed to cover ground quickly.

Common Mistakes and How to Avoid Them:

- Lazy footwork causing slow reactions.
- Poor hand positioning during catches.
- Overthrowing or underthrowing due to lack of focus.
- Ignoring warm-up or fitness, leading to injury or slow movement.

“Ab jab aapne fielding ke basic skills jaise catching, ground fielding, throwing accuracy, aur fitness ke importance ko samajh liya hai, to agla kadam hai apni fielding ko ek naye level par le jaana.

Advanced skills jaise diving catches, boundary saves, aur quick pick-ups aapko game ke crucial moments mein fark laane mein madad karte hai. Saath hi anticipation, reaction time, aur teamwork ko improve karna bhi zaroori hai, taaki aap har situation mein apni fielding se team ko advantage de saken.

Chaliye, in advanced techniques aur tactical aspects ko detail mein samajhte hai.

3. Advanced Fielding Skills & Techniques

Diving Catches aur Boundary Saves:

Fielding ka asli heroics tab shuru hota hai jab aap diving catches lete ho, ya boundary pe jaake run-out rok dete ho. Ye skills practice se aati hai, jisme aapko apni body control, timing aur courage develop karni padti hai. Diving ka matlab sirf physically effort nahi, balki sahi judgment aur quick decision bhi hai.

Quick Pick-ups:

Ground par giri ball ko tez aur smooth pick karna aur turant accurate throw karna match ke momentum ko badal sakta hai. Quick pick-ups ke liye

footwork, balance aur sharp reflexes hone chahiye. Ye skills aap drills se develop kar sakte hai.

Anticipation aur Reaction Time Improve Karna:

Har fielder ke liye anticipation bahut zaroori hoti hai – aapko pehle se guess karna hota hai ki ball kaha jayegi. Iske liye aapko opponent ki body language, batsman ke stance, aur game situation ko samajhna zaroori hai. Reaction time tez karne ke liye regular drills aur mental exercises karne chahiye.

Communication aur Teamwork During Fielding:

Fielding akela ka khel nahi hai. Har fielder ko apni team ke saath achha communicate karna hota hai, taaki positioning sahi rahe aur run-out ya catching chances missed na ho. Clear calls aur mutual understanding team ki fielding ko next level par le jaati hai.

Match Scenarios Mein Fielding Ka Tactical Role:

Har fielding position ka apna tactical role hota hai, jo match ke hisaab se badalta hai. Pressure situations mein tight fielding se opposition ko nervous kiya ja sakta hai. Fielding se runs bachane ke saath-saath psychological advantage bhi milta hai. es tactical understanding ko develop karna har serious cricketer ke liye zaroori hai.

Jab aap fielding ke advanced skills, jaise diving catches, quick pick-ups, aur tactical positioning ko confidently perform karne lagte ho, tab aap apne game ke ek bahut hi important pehlu—**game intelligence**—ko samajhne aur develop karne ke liye taiyaar hote ho.

Game intelligence, yaani match ki har situation ko samajhne ki ability, aapko sirf physically nahi balki mentally bhi apni team ko advantage dene mein madad karti hai. Fielding aur game intelligence dono milkar aapke overall performance ko elevate karte hai, kyunki mental sharpness aur sahi decision making ke bina best fielding bhi incomplete reh jaati hai.

Ab chaliye, game intelligence kya hoti hai, eska fielding aur pure game par kya impact hai, aur kaise aap apni mental awareness ko enhance kar sakte hai, espar gaur karte hai. ”

4. Introduction to Game Intelligence

Cricket ek strategic game hai jisme sirf physical skills kaafi nahi hoti, Aapko **game intelligence** develop karni padti hai – yani har phase mein apni field position, opposition ke plans, aur pitch ki halat ko samajhna.

Game intelligence ka matlab hai match ke har element ko observe karna aur use analyse karke sahi decision lena. Ye aapke field awareness, opponent ki playing style samajhne ki capacity, aur pitch ki conditions par nazar rakhne se banta hai. Jab aap game intelligence ke saath khelte ho, to aap sirf react nahi karte, balki predict aur plan karte ho.

Fielding mein game intelligence aapko sahi position lene, batsman ke shot selection ko anticipate karne, aur crucial moments mein apni body aur mind dono ko ready rakhne mein madad karti hai. esse aap run-out chances badhate hai aur catching opportunities ko maximize karte hai.

Mental sharpness aur decision making kaafi had tak aapke game intelligence par depend karti hai. Jo players mentally alert rehte hai, wo pressure mein bhi calm aur focused rahte hai aur jaldi sahi decisions le pate hai— chahe wo field placement adjust karna ho, ya quick single rokna.

es part mein hum game intelligence ko samajhne ke practical tareeke aur exercises discuss karenge, jisse aap apni mental capacity ko next level tak le ja sakein.

Ab jab aapne game intelligence ka basic concept samajh liya hai, to agla step hai es awareness ko match ke real situations mein kaise use karna hai. Game intelligence sirf theoretical knowledge nahi hoti, balki eska asli faayda tab hota hai jab aap opponent ki habits, pitch ki halat, aur match ki situation ko padh kar sahi decisions le sake.

Fielding ya bowling ke dauraan, ye practical skills aapko ek strategic advantage dete hai. Har ball par situation ko samajhna, apna field adjust karna, aur anticipate karna hi game intelligence ki asli pehchaan hai.

Chaliye, ab hum practical tips aur strategies dekhte hai jisse aap apne game ko smarter aur zyada effective bana sakte hai.

5. Reading the Game: Practical Tips

Opponent Batsman Ki Habits Samajhna

Har batsman ka apna ek unique style aur preference hota hai—koi off-side shot zyada khelta hai, to koi leg-side mein aggressive hota hai. Unke footwork, shot selection, aur running patterns ko observe karna aapko predict karne mein madad karta hai ki agli ball kahan ja sakti hai. Ye information aapko field placement aur bowling plan banane mein madad karti hai.

Field Placements Ko Padhna Aur Match Situations Ko Judge Karna

Pitch conditions, match ka score, aur overs ki position jaise factors ko samajhkar aap field ko dynamically adjust kar sakte ho. Agar pitch slow hai, to aggressive fielders rakhna zaroori hota hai; agar score chase kar rahe ho, to tight field placements pressure banate hai. Har situation mein aapko apni fielding strategy ko accordingly modify karna chahiye.

Bowling Plans Ke Saath Apna Field Adjust Karna

Bowling ke har plan ke saath field placement ka coordination hona chahiye. Agar bowler yorker dal raha hai, to slips hatakar fine leg cover rakhna sahi hota hai. Aapko har ball ke plan ke mutabiq apne fielders ko position karna hota hai taaki chances maximize ho sake.

Real-Time Decision Making Aur Anticipation

Match mein har ball ke saath situation badalti rehti hai. Fielders ko apni position se zyada match ki demand ko samajhna hota hai aur turant decision lena hota hai—jaise quick run-out ke liye throw karna, ya catch ke liye jump lena. Ye anticipation aapke mental sharpness aur practice se aati hai

es tarah ki practical understanding aur game reading aapko ek smart player banati hai jo match ke har moment mein apni team ko advantage de sakti hai.

Jab aap opponent ki habits aur match situations ko samajh lete hai, to aapki fielding sirf physical skill nahi, balki ek tactical weapon ban jaati hai. Game awareness ke saath fielding combine karna matlab har situation mein mentally aur physically tayyar rehna, taaki pressure mein sahi decisions le sake.

Saath hi, leadership aur communication bhi zaroori hain taaki poori fielding unit coordinate ho kar game par control bana sake.

Ab dekhte hai kaise aap apni fielding aur game intelligence ko milakar apna impact badha sakte hai.

6. Combining Fielding with Game Awareness

Fielding sirf physical skill nahi, balki ek mental game bhi hai. Jab aap fielding ke dauran match ki situation ko samajh kar apni position aur reactions ko adjust karte ho, tab aap apni team ko match mein ek tactical edge dete ho. esse hum kehte hai **fielding ko game awareness ke saath combine karna**.

Situational Awareness ka Use:

Har ball pe situation alag hoti hai — score, pitch condition, batsman ka mood, aur overs ka hisaab se fielding ka approach badalta hai. Aapko apni positioning aur readiness ko us hisaab se adjust karna hota hai. Jaise pressure situation mein, tight fielding se batsman pe psychological pressure banta hai, jis se galti ki sambhavna badhti hai.

Pressure Situations Mein Fielding Decisions:

Jab match ka pressure high ho, tab har catch, run-out, ya save ki value badh jaati hai. Fielders ko calm rehkar apne instincts aur game intelligence se sahi decisions lene hote hai — jaise throw karna hai ya backup dena, catch lena hai ya release karna.

Leadership Aur Communication:

Fielding unit mein leadership aur communication bahut zaroori hai. Clear calls, timely alerts, aur ek dusre ko support karna team ko coordinated banata hai. Achhe fielders apni team ko organize karte hai, position adjust karte hai, aur sabka confidence banaye rakhte hai.

Examples of Great Fielders With High Game Intelligence:

Jaisae Ravindra Jadeja, who reads the batsman's intentions quickly and adjusts his position instantly. Or AB de Villiers, sharp game awareness helps him anticipate shots and make spectacular catches. Ye players sirf physical skills nahi, balki mental sharpness ka bhi perfect combination dikhate hai.

Fielding aur game awareness ka combination aapko match ke har moment mein impactful banata hai. Ye skill practice aur observation se develop hota hai, jo aapke cricket journey ko ek naye level par le jaata hai.

Jab aap fielding aur game awareness ko ek saath integrate kar lete ho, to ab zaroori ho jaata hai ki aap es skill ko rozana practice mein laayen. Sirf theory aur understanding se kaam nahi chalega – daily drills aur focused practice sessions se hi aap apni fielding skills aur mental sharpness ko ek level upar le ja sakte hai.

Es section mein hum aapko practical drills, practice session ka structure, aur video analysis ke tareeke batayenge, jisse aap apne game ko systematically improve kar sake.

7. Drills and Practice Plans

Daily Drills for Fielding and Game Awareness

Rozana aise drills kare jo sirf physical skills nahi, balki aapki situational awareness ko bhi enhance karen. Jaise rapid catching drills, quick ground fielding with changing directions, aur decision-making drills jisme aapko jaldi se position adjust karna ho.

Practice Session Structure

Ek effective practice session ka structure kuch es tarah hona chahiye:

- *Warm-Up:* 10-15 minutes mobility aur stretching.
- *Skill Drills:* 30-40 minutes catching, throwing, ground fielding drills.
- *Game Scenario Drills:* Realistic match situations simulate karna, jaise pressure mein run-out attempts, boundary saves, aur communication drills.

esse aap mentally aur physically dono ready rehte ho.

Video Analysis and Self-Review Techniques

Apni practice aur matches ki video record karna bahut zaroori hai. Video se aap apni technique, positioning, aur decision-making ko objectively dekh sakte ho. Regular self-review se aap apni weaknesses identify kar sakte ho aur unpe focused improvement kar sakte ho.

Ye systematic approach aapko fielding aur game intelligence dono mein excellence achieve karne mein madad karega. Consistency aur disciplined practice se hi aap apni skills ko next level par le ja sakte ho.

Jab aapne apni fielding skills aur game awareness ko disciplined practice aur drills ke zariye sudhar liya, to agla zaroori pehlu hai — aapka **mindset aur emotional control**. Fielding mein concentration aur focus ko banaye rakhna, pressure ko handle karna, aur apne confidence ko stable rakhna, game ke asli tests hote hai.

Process mindset jo aapne pehle develop kiya, wo esi phase mein aapke liye sabse bada sahara banta hai — jo aapko har pressure situation mein calm aur effective banata hai. Ab hum dekhte hai ki mindset aur emotional control ka fielding aur game awareness par kya impact hota hai.

8. Mindset & Emotional Control

Fielding mein sabse bada challenge hota hai apni **concentration** ko match ke har ball ke liye banaye rakhna. Ek chhoti si galti bhi catch miss karwa sakti hai ya run-out chance miss karwa sakti hai. eske liye mental sharpness aur focus ko rozana practice karna zaroori hai.

Pressure handling bhi fielding ka integral hissa hai. Match ke crucial palon mein jab pressure high hota hai, tab aapka calm rehna aur apne instincts par bharosa karna performance ko define karta hai. Confidence build karne ke liye aapko apne process par bharosa karna hoga — ki aapne jitni mehnat ki hai, wo kabhi bekaar nahi jati.

Process mindset aapko ye sikhata hai ki result se zyada apni routine aur efforts par focus kare. Jab aap es mindset ko apni fielding aur game awareness ke saath jodte ho, tab aap mentally strong aur situation ke hisaab se adaptable bante ho.

Es tarah mindset aur emotional control aapki fielding aur overall game awareness ko ek new level tak le jata hai, jo match jitne mein bohot bada farq dalta hai.

Last line

Cricket mein fielding aur game intelligence dono ek doosre ke bina adhure hai. Sirf physical skills hone se aap match mein farq nahi laa pate, aur sirf mental awareness bina practice ke kaam nahi karti. Jab aap in dono ko balance karte ho, tabhi aap ek complete aur impactful player bante ho.

Fielding ki skills kitni bhi sharp ho, agar aap game ki situational understanding aur decision-making mein weak hai, to aap apni team ko wo edge nahi de pate jo match jeetne ke liye zaroori hota hai. esi tarah, agar aap mentally strong ho lekin apki fielding skills weak hai, to bhi aap apni full potential par perform nahi kar sakte.

Consistent practice aur sharp mind dono milkar hi aapko match-winner banate hai. Rozana drills aur game reading se aap apni skills aur awareness dono ko improve karte hai. esse aap pressure situations mein bhi confident aur focused rahte ho, jo match ke outcome ko badalne mein sabse bada factor hota hai.

Lekin ye safar kabhi khatam nahi hota. Cricket mein continuous learning aur improvement hi asli champion banati hai. Har match ke baad apni galtiyon se seekhna, apne game ko review karna, aur naye challenges ko accept karna hi aapko consistently behtar banata rahega.

Aapko apni practice, mindset, aur game understanding ko hamesha upgrade karte rehna hai. Tabhi aap apne sapno ko poora kar sakte hai aur match-winner ban sakte hai.

Chapter 3

Role clarity and planning

Introduction

Ye chapter un har player ke liye hai jo nets mein apne game ka jalwa dikhate hai

perfect timing, solid technique, fitness top level.

Lekin jaise hi match ka din aata hai, performance bigad jaati hai.

Reason simple hai: ya to match se pehle koi clear planning nahi hoti, ya phir apna role itna unclear hota hai ki ground par har over ke saath confusion badhti chali jaati hai.

Net practice aapko skill deti hai,

lekin skill ka match-winning result tab aata hai jab aapko pata ho –

aap match mein kis moment pe kya karoge,

kab risk loge, kab patience rakho,

aur kis situation mein apna pura game switch karoge.

Bina role clarity ke, aap chahe kitne bhi talented kyon na ho,

match ke beech aapka game kamzor pad jaata hai –

kyunki pressure ke time dimaag planning pe nahi, sirf guessing chal rahi hoti hai.

Kyuki Net practice sirf aapki preparation hoti hai, wahan aap shots sheekhte ho, bowling variations try karte ho,
aur apni fitness aur timing ko sharpen karte ho.
Lekin Match day aapka **delivery time** hota hai –
jahan aapki mehnat ka final exam hota hai,
aur har ball ek result decide kar rahi hoti hai.
Lekin agar aapka beech ka bridge –
planning aur role clarity – missing hai,
to aapki poori mehnat adhoori reh jaayegi.
Nets aapko game ka feel dete hai,
lekin planning aapko direction deti hai.
Aur bina direction ke, chahe aap kitne bhi talented kyon na ho,
match ke beech aap galat decision, galat shot,
aur galat moment chune bina nahi rahoge.
Ground pe jeet skill se nahi,
skill + soch + role clarity se milti hai.
Aap apne nets mein jitna bhi shandaar perform kare,
wo tabhi valuable banega jab uska seedha connection match day ke performance se ho.
Lekin maine dekha hai, bahut players practice mein perfect lagte hai, lekin match ke pressure mein wahi player alag insaan ban jaate hai.
Ye gap sirf skill ka nahi hota
ye gap hota hai **planning** ka, aur apne role ko pehle se samajhne ka. Agar aapki practice ka plan clear nahi hai, aur match day pe aapka role defined nahi hai, to aap apne best game ko bhi result mein convert nahi kar paayenge.
Aur esi baat ko main aapke saamne ek simple lekin powerful line mein rakhna chahta hoon

Role Clarity Kyun Match-Winners Ka Secret Hai

Aapne notice kiya hoga

jo players consistently match main perform karte hai,

wo hamesha headlines banate hai.

Lekin unki jeet sirf unki batting ya bowling skill ka result nahi hoti.

Uske peeche ek chhupa hua factor hota hai — **role clarity**.

Ye players apne role ko leke itne clear hote hai

ki match ke beech unke dimaag mein

confusion ke liye ek inch bhi space nahi hoti.

Unhe exactly pata hota hai

- Mera kaam kab start hoga.
- Main kaise execute karunga.
- Kis situation mein mujhe apna game badalna hai.

Jab ye clarity hoti hai,

to player sirf react nahi karta —I

wo proactively match ka flow control karta hai, Wo jaanta hai kis ball pe risk lena hai,

kab patience dikhana hai,

aur kis over mein match momentum apni taraf kheenchna hai.

Aur wahi control hi usse **match-winner** banata hai.

Bina role clarity ke,

chahe aap kitne bhi talented ho,

match ke beech pressure aapko

galat decision lene par majboor kar dega.

Aksar aap ya to jaldi out ho jaoge,

ya apne spell ka impact khatam kar doge,

ya fielding position pe ready hote hue

opportunity miss kar doge,

sirf Esliye kyunki aapko pehle se pata hi nahi tha, ki us moment me aapka role kya tha.

Lekin jab role crystal clear hota hai,
to pressure aapke liye ek **signal** ban jaata hai

“Ab aapka waqt hai. ”

Aur jab ek player ye moment pehchan leta hai,

to wo sirf match ka hissa nahi rehta —

wo match ki direction set karta hai.

Aapka role tabhi clear hota hai

jab aap match se pehle hi uske liye training plan banate ho.

Sirf random nets karne ya bas ball dalte rehna

aapko match-winner nahi banata.

Match day pe clarity ka base ready hota hai

aapke planning wale dinon mein.

Jitni purposeful aapki practice hogi,

utni hi sharp aapki role execution hogi.

Esliye ye samajhna zaroori hai ki

practice sirf practice nahi hoti —

ye ek blueprint hota hai aapke match ka.

Aur esi baat ko samjhane ke liye

hum shuru karte hai es chapter ka pehla part

3. Section A

Planning – Sirf Practice Nahi, Purposeful Practice

Why Planning Matters

- **Random nets = random results**

Agar aap har net session me bas ball face kar rahe ho ya bowl daal rahe ho bina kisi specific plan ke,

to aap apna time invest nahi, waste kar rahe ho.

Random practice ka result ye hota hai ki match day par aap random performance dete ho – kabhi acha, kabhi bekaar, lekin kabhi consistent nahi.

- **Har session ka goal hona chahiye**

Aap ground pe har din ek target ke saath aayein.

Jaise batting me cover drive ki timing improve karna, ya bowling me yorker ka accuracy 80% se upar le jaana.

Jab session ka ek clear target hota hai, tabhi aap apne skill ko measurable tarike se improve karte ho.

- **Har din ka ek intent hona chahiye**

Sirf “practice karne” ka intent nahi, balki “match jeetne ki preparation” ka intent.

Ye mindset hi aapki practice ko serious banata hai.

Intent ke saath ki gayi practice ka impact double hota hai.

Types of Planning

1. Technical Planning

Esmain aap apni skill ka ek specific aspect choose karte ho jise improve karna hai.

Example:

- Batsman: backfoot punch, sweep shot, ya spin ke against footwork improve karna.
- Bowler: off-stump line maintain karna, ya inswing perfect karna.

Jab target specific hota hai, improvement measurable hota hai.

2. Situational Planning

Match ke scenarios ko nets me create karke practice karna.

Example:

- “Last over, 10 runs chahiye” batting scenario.
- “Powerplay me aggressive field ke saath bowling” scenario.

- “Dot pressure escape” – jab aap 3-4 dot balls khel chuke ho aur single lena zaroori hai.

Ye planning aapko match me surprise hone se bachati hai.

3. Mental Planning

esmain ap pressure ko mind me simulate karte ho.

Example: imagine kare ki nets me aapke saamne match ka best bowler ball dal raha hai, ya crowd pressure create kare.

es tarah aapka mind match ke stress ko tolerate karna seekhta hai.

4. Match Simulation

Nets ko match ki tarah treat karna.

Example:

- Umpire ka role assign karo.
- Fielders set karo.
- Scoreboard maintain karo.
- Overs limit rakho.

Jab nets match jaise lagte hai, to match day familiar lagta hai.

Net Session Structure (Sample Plan)

1. 10 mins warm-up drills

Body ko match condition ke liye ready karo – dynamic stretches, short sprints, reaction catches.

- 15 mins skill-specific

Jo skill aaj target ki hai, us par focused work karo.

- 15 mins situation-based match scenario

Real match ke pressure ko create karke khelo.

- 5 mins cooldown + notes

Practice ke baad muscles relax karo, aur notebook me likho ki aaj ka session kaisa gaya, kya better ho sakta tha.

Aap jitni focused planning ke saath nets me practice karte ho,

wo sirf skill banane ke liye nahi hoti —

wo aapke match-day ke role ko execute karne ke liye hota hai.

Agar aapne apne nets me har din specific situations, technical improvements,

aur mental preparation pe kaam kiya hai,

to match aate hi aapko pata hota hai:

“Mujhe kis waqt kya karna hai. ”

Lekin ye tabhi possible hai jab aapka **role** pehle se clear ho.

Kyuki planning aapke tools ko sharp banati hai,

aur role clarity un tools ko sahi waqt pe use karna sikhati hai.

Esliye, ab hum baat karte hai es chapter ke doosre hisson ki

Role Clarity — jo har match-winner ka hidden advantage hota hai.

4. Section B: Role Clarity – Aakhir aapka Match Mein Role Kya Hai?

Why Role Clarity is Game-Changer

Agar aapko match se pehle ye hi clear nahi hai ki aapka kaam exactly kya hai, to aap ground par ya to overplay karoge, ya phir apne natural game se kam perform karoge.

Overplay ka matlab hai situation ke hisaab se zyada risk lena aur apna wicket ya spell waste kar dena.

Underperform ka matlab hai aisi jagah safe khelna jahan team ko aapse aggressive performance chahiye hoti hai.

Jab aapka role crystal clear hota hai, to aapka dimaag automatically sorted hota hai.

Aap har decision match ke context me lete ho, na ki emotions me aake.

Clarity ka seedha matlab hai — har ball pe pata hona chahiye ki aap kya karne aaye ho.

Common Match Roles – Aur Unka Meaning

Opener

Opener ka kaam sirf crease par khade rehna nahi hota.

Uska role hota hai fast start dena, strike rotate karte rehna, aur new ball ko control me rakhna.

Wo team ke liye momentum set karta hai. Agar opener apna role samajh kar khele, to pooro middle order relaxed hota hai.

Middle Order

Middle order ka kaam innings ko anchor karna hota hai.

Yaani agar wickets gir rahi hai to game ko stable karna, aur strike rotate karke scoreboard chalate rehna.

Ye role patience, smart shot selection, aur game awareness ka test hota hai.

Finisher

Finisher ka kaam last overs ka pressure sambhalna hota hai.

Usse pata hota hai ki match ke aakhri 3-4 overs me kaise accelerate karna hai, kaunse bowler ko target karna hai, aur kis shot ka use karna hai.

Finisher har ball ki value samajh kar khelta hai, kyunki us waqt har run match decide karta hai.

Spinner

Spinner ka kaam sirf ball ghumana nahi hota, balki middle overs me run flow ko control karna hota hai.

Usse pata hota hai ki batsman ko kaise set-up karna hai aur kis ball pe wicket lena hai.

Ek spinner ka role game ka pace decide kar sakta hai.

Pacer

Pacer ka kaam match ke start me nayi ball se aggressive attack karna ya death overs me run bachana hota hai.

Usse pata hota hai ki kis batsman ke against kaunsi length kaam karegi, aur kaunse moment pe yorker ya slower ball dalni hai.

Fielder

Fielder ka role sirf catches lena nahi hota.

Uska kaam hota hai game-turning stops karna, pressure create karna, aur apne zone me ek bhi extra run na jaane dena.

Ek exceptional fielder ek over me match ka momentum badal sakta hai.

Role Clarity Ka Impact

Decision making fast hoti hai

Jab aapko apna kaam pata hota hai, to aapko sochne me time nahi lagta ki ab kya karna hai.

Aap turant react karte ho, jo match ke pressure me sabse bada advantage hota hai.

Mind clear rehta hai: “Mujhe ye karna hai”

Clarity hone ka matlab hai confusion ka khatam ho jaana.

Aap apne game me confident feel karte ho aur apni strength ke according khelte ho.

Overthinking band ho jaati hai

Bina role clarity ke player har ball pe doubt karta hai — risk loon ya safe rahoon.

Clear role es overthinking ko eliminate karti hai, aur aap naturally better decisions lete ho.

Team ka trust badhta hai

Jab aap consistently apna role execute karte ho, to team aap par depend karne lagti hai.

Ye trust aapko zyada responsibility deta hai, jo aapke career growth ka sabse bada step hota hai.

Ab aapne samajh liya ki aapka role clear hona kitna zaroori hai.

Lekin sirf role jaanna kaafi nahi hai —

usse match se pehle hi nets mein practice karna padta hai.

Agar aap match se pehle apne role ko simulate kar lete ho,

to match day pe aapka reaction natural hota hai,

aur pressure ke andar aap galat decision lene ki bajaye

wahi kaam karte ho jo aapne already rehearse kiya hota hai.

Planning aur role clarity ka asli connection yahin banta hai —

aap jis role mein match perform karna chahte ho,
usse pehle nets mein jeetna seekho.

5. Section C: Planning + Role Ka Real-World Link

Match me apne role ko execute karna tabhi possible hai
jab aap us role ko pehle se practice me rehearse kar chuke ho.
Nets sirf random shots ya deliveries ke liye nahi hote —
wo aapke match-day ke rehearsal ground hote hai.

Net Mein Role Practice Kaise Kare

Apna match role pehle samjho

Sabse pehle, apne role ka clear picture banao.
Aap opener ho, finisher ho, spinner ho, pacer ho —
jo bhi role hai, usme aapse kya expectation hai,
aur kaunse moments me aap match pe impact daaloge, ye samajh lo.
Jab aap apna exact kaam jaante ho, tabhi aap uske liye targeted practice kar
paate ho.

Us role ko nets mein situation create karke practice karo

Nets me aise scenarios banwao jo match me aapke role se directly linked ho.
eska matlab hai — aap bas ball face na karo,
balki specific condition set karo jo match me aa sakti hai.
Ye habit aapko match day pe shock hone se bachati hai.

Agar aap finisher ho to nets me 10 ball – 20 run ka scenario banake khelo

Finisher ka kaam hota hai pressure me game khatam karna.
Esliye nets me last-over type scenarios banake khelo,
jahan har ball ki importance high ho.
Ye practice aapke shot selection, power-hitting timing,
aur pressure handling ability ko sharpen karegi.

Agar aap spinner ho to middle overs ka field set karke usi line aur length pe bowling karo jo match me kaam aayegi

Spinner ka main role middle overs me run flow control karna aur wickets lena hota hai.

Nets me field set karwao jaise match me hoti hai,

aur us line-length pe consistently bowl karo jo batsman ko risk lene par majboor kare.

esse aapki accuracy aur game sense dono improve hote hai.

Core Message

Jis role mein aap match jeetoge,

us role ko net mein practice karo.

Ab aapne samajh liya ki apna match role pehle se samajh kar, aur us role ko nets me simulate karke practice karna kitna zaroori hai.

Lekin theory tabhi jaan me aati hai

jab uska result real-life example me dikhe.

Esiye, chaliye do situations dekhte hai

ek jahan role clarity na hone ka nuksaan hua,

aur ek jahan role clarity ne player ka career turn kar diya.

6. Real-Life Style Case Studies

Negative Story

Ek player har net session me opening batting karta tha.

Net practice me wo powerplay ke shots khelta tha,

pace bowlers ke against drive aur cut maar ke confident hota tha .

Lekin match aate hi usse middle-order ka role milta tha .

Wahan uske saamne spin attack hota tha,

field tight hoti thi, singles nikalna mushkil hote the,

aur wo pressure me apna wicket de deta tha .

Reason simple tha

jo practice ki, wo uske match role se match nahi karti thi.

Positive Story

Ek player ne match se pehle apne coach se clear poochha

“Mujhe kis role me khilaya jaayega?”

Coach ne bataya ki aap finisher ho.

Usne apne nets me sirf finisher ke scenarios banaye

last overs ka target chase, pressure me power hitting,

aur yorker/slog ball ke khilaaf shot selection.

Result? Har match me wo clarity ke saath ground pe jaata,

aur consistent performance deta.

Team ka trust badha,

aur wo apne role me expert ban gaya.

Ab aapne dekha ki role clarity na hone par ek talented player ka game kaise gir jata hai,

aur role clarity hone par ek player ki performance kaise stable ho jaati hai.

Lekin sirf samajhna kaafi nahi hai

es baat ko apni daily training ka hissa banana padta hai, Aapko ek aisa simple system chahiye

jo har practice aur har match se pehle aapko remind kare

ki aap sahi track pe ho ya nahi.

Esliye, ye **Planning & Role Checklist** ek practical tool hai

jo aapko har din apne game ka self-audit karne ka mauka dega.

7. Planning & Role Checklist (Practical Tool – Detailed)

Aaj ke net ka clear goal hai?

Net session shuru karne se pehle apne aap se poochiye

Aaj main exactly kis cheez par kaam karne aaya hoon?

Ye goal technical ho sakta hai (jaise off-side ki ball par timing improve karna),

situational ho sakta hai (jaise pressure me singles lena),
ya mental ho sakta hai (jaise dot balls ke baad calm rehna).
Bina goal ke ki gayi practice match me random result deti hai.

Match role defined hai?

Aapka role match se pehle 100% clear hona chahiye.
Aap opener ho, finisher ho, spinner ho ya fielder
match me aapse exactly kya expect kiya jaa raha hai, ye aapko pata hona
chahiye.
Role clarity ka matlab hai match ke shuru hone se pehle hi, apne decisions ka
framework ready kar lena.

Practice us role ke according ho rahi hai?

Aap jis role me match khelenge,
practice bhi usi tarah honi chahiye.
Agar aap middle-order ho, to nets me spin ke against, strike rotation aur sweep
shot pe kaam kare, sirf fast bowlers ke against cover drive practice karke waqt
na zaya kare.
Jo match me karna hai, wahi practice me rehearse karo.

Kya performance ke baad self-review likh rahe ho?

Har match ya net session ke baad apne performance ka honest review likho.
Kaunse decision sahi the, kaunse galat,
aur agli baar kaise better karoge
ye sab note karna aapke growth ka fastest method hai.
Memory pe depend karne ke bajaye likhne ki habit banaiye.

Kya team aur coach ko aapka role clearly pata hai?

Aap apna role jaante ho, lekin agar coach ya captain clear nahi hai,
to confusion create hoti hai.
esliye apne role ke baare me openly discuss kare, aur ensure kare ki sab ek hi
page pe hai.
Team ka trust tabhi banta hai jab communication clear ho.

Agar aapne es checklist me har point ka jawab “Haan” diya hai,
to samajh lijiye ki aap sirf practice nahi kar rahe,
aap apne match-winner version ko build kar rahe ho.
Aur agar kuch jawab “Nahi” aaye hai,
to ye aapke liye signal hai ki aapko apne training aur approach me
instant changes karne ki zarurat hai.
Cricket me talent ke saath clarity ka hona utna hi zaroori hai
jitna ball ya bat ka hona.
Aap kaise prepare hote ho aur apne role ko kaise execute karte ho
yehi aapke jeetne ya haarne ka asli farq banata

Last line

Cricket mein game tab jeeta jaata hai
jab player ko pehle se pata ho ki wo ground par sirf khelne nahi,
balki jeetne ke liye, ladne ke liye jaa raha hai.
Ye clarity ek alag hi energy deti hai —
aapka walk to the crease confident hota hai,
aapka har decision purposeful hota hai,
aur aapki body language opponent ko message deti hai
ki aaj ka din aapka hai.
Random practice kabhi kisi ko professional cricketer nahi banati.
Wo sirf mehnat ka illusion deti hai.
Asli growth tab hoti hai jab aap planned nets karte ho,
apne role ko clear rakhte ho,
aur har practice session ko match-day rehearsal banate ho.
Planned nets + clear role =
match-winner mindset —
aur yahi mindset aapko talent se trophy tak le jaata hai.

Phase 3 part 3 Team + Zindagi Ka Balance

Chapter 1

Leadership & Team spirit,

Introduction

Cricket sirf ek khel nahi, balki ek zindagi jaisa safar hai jahan individual talent ke saath-saath team aur leadership ka bhi ek gehra mahatva hota hai. Aksar hum sirf match ke runs, wickets, ya fielding moments ko dekhte hai, lekin asli khel to un cheezon ke peeche chalta hai jo aapki team ki dressing room mein hoti hai, ye wahi jagah hai jahan leadership ki asli pehchaan banti hai, aur team ka asli jazba janam leta hai.

Captain ka matlab sirf team mein ek position ya badge nahi hota, balki wo zimmedari hai jo har waqt, har pal chalti rahti hai. Captain wo hota hai jo match ke pehle se lekar baad tak team ke har player ke liye ek misaal banata hai, jo pressure mein shaant rahta hai, aur apni team ko jeet ki taraf le jaane ka zimma leta hai.

Aur sabse khaas baat ye hai ki leadership aur team spirit ek doosre ke bina adhoore hai. Jahan leadership team ko direction deti hai, wahi team spirit wo jazba paida karti hai jo har mushkil lamhe mein players ko saath bandh kar rakhti hai. Agar team mein wo spirit na ho, to leadership apne aap adhuri reh jaati hai, aur agar leadership mazboot na ho to team kabhi apne potential tak nahi pahunch pati.

es chapter mein hum ye samjhenge ki kaise leadership aur team spirit milkar ek aise environment ko janam dete hai, jahan har player apni poori taakat aur

jazbe ke saath khel sake, aur jahan ek sachcha captain apne team ke liye sirf ek leader nahi, balki ek misaal aur sahara ban sake.

Leadership aur team spirit ek doosre ke saath milkar hi team ko jeet ki taraf le jaate hai, Par ye samajhna zaruri hai ki leadership ka sabse bada hissa hota hai captain ki silent toughness — wo khamoshi jo har pressure wale pal mein team ko himmat aur direction deti hai.

Jab captain apni presence se shaant, composed aur focused rehta hai, to uski energy poore team ka mood set karti hai. Ye silent control hi hota hai jo kabhi loud speeches se zyada powerful hota hai.

Aaiye ab dekhte hai ki ye silent toughness leadership kaise kaam karti hai, aur kaise captain ka calm rehna har over mein team ke liye game changer ban jaata hai.

2. Silent Toughness — Leader Ka Silent Control

Cricket ek aisa khel hai jahan mental stamina aur focus physical skills se kam nahi balki important hote hai . Ek captain ke liye sabse bada challenge hota hai ki wo match ke har lamhe mein apne emotions ko control mein rakhe aur apni team ko bhi shaant aur focused banaye rakhe.

1. Captain ka calm aur composed rehna team mood ko set karta hai:

Jab pitch slow ho, ya match ka pressure badh raha ho, tab players sabse pehle captain ki body language, aankhon ka focus, aur uske reaction ko dekhte hai. Agar captain panic karega, to team ka hausla tut jayega. Par agar wo shaant, composed aur confident rahega, to team ko bhi wapas jeet ki umeed milegi.

2. Over-by-over leadership: body language, non-verbal signals

Leadership sirf mic lekar bolne ka naam nahi hai. Captain apni har choti choti movements — ek calm nod, ek sharp field change, ek steady walk — ke zariye team ko message bhejta hai ki game abhi hamare control mein hai. Ye silent signals poore team ke energy ko regulate karte hai.

3. Pressure ke time leader ka reaction team ko jeet ya haar deta hai:

Cricket mein collapse aur pressure inevitable hai. Par asli leadership us waqt dikhayi deti hai jab captain pressure ke samne shaant rahta hai, aur apni team ko dubara jeetne ki taraf le jata hai. Jab leader panic karta hai, to poori team

bikhar jaati hai; jab leader grounded aur focused hota hai, tabhi team regroup kar pati hai.

Jab captain apni silent toughness dikhata hai, tab wo sirf apne liye nahi, balki poori team ke liye khada hota hai. Par asli leadership tab shuru hoti hai jab captain apne comfort aur spotlight ko peeche chhod kar, team ke liye sacrifice karta hai.

Leadership ka matlab sirf apni power dikhana nahi, balki ego se upar uthkar apni team ki zaruratein samajhna aur unke liye khud ko dena hota hai. Ye selfless sacrifices hi team mein asli trust aur unity banate hai, jo har challenge mein team ko majbooti dete hai.

3. Selfless Sacrifice — Spotlight Se Door, Team Ke Liye

Leadership wahi hoti hai jo ego se pare uthkar, team ke liye khud ko peeche karne ki himmat rakhti hai. Sacrifice ka matlab sirf bada act nahi, chhoti-chhoti cheezein hoti hai jo team ko jeet ki taraf le jaati hai:

1. Leadership ego se upar uthti hai:

Asli leader apne ego ko control mein rakhta hai, taaki team ki zarurat uske personal comfort se zyada important ho. Wo har decision team ke fayde ke liye leta hai, chahe wo uske liye asaan na ho.

- Sacrifice ke examples:
- Agar aap set ho, par aapke aage ek junior player ko mauka dena team ke liye faida mand ho, to aap apni batting position badal dete ho.
- Practice mein sabse pehle aana, sabse zyada mehnat karna, par match mein juniors ko chance dena.
- Kabhi kabhi apni personal glory ko peeche chhod kar team ke liye chhoti chhoti responsibilities lena.
- Sacrifice se team mein trust aur unity banti hai

Jab players dekhte hai ki unka captain apne comfort zone se bahar nikal kar unke liye khada hai, to unka trust us par badhta hai. Ye trust hi team ki asli taqat hoti hai, jo har mushkil samay mein team ko jeet ki taraf le jaati hai.

Jab leader apne ego ko side rakh kar team ke liye sacrifices karta hai, tabhi team mein asli bharosa aur unity banti hai. Par bharosa sirf leader aur players ke beech hi nahi, balki poore team environment mein failna chahiye.

esi bharose ko aur mazboot karne ke liye, team spirit ka hona zaruri hai — ek aisa environment jahan har player apne ego ko side mein rakh kar, apne teammates pe pura vishwas kare, aur support culture ko apnaye.

Aaiye ab samajhte hai ki team spirit kya hoti hai, aur kaise ego aur trust ka farq team ki jeet ya haar tay karta hai.

4. Team Spirit — Ego Ko Side Mein Rakh, Trust Banaye

Team sirf players ka group nahi, balki ek environment hai jisme sabse bada asset hota hai — **trust**.

- Team ek environment hai, jisme trust sabse bada asset:

Jab team mein trust hota hai, tab har player apni puri taakat se khelta hai, bina kisi dar ya insecurity ke. Trust hi wo foundation hai jiske upar team apni consistency aur success banati hai.

- **Ego vs Trust ka farq:**

Ego kehta hai, “Main sabse best hoon. ”

Trust kehta hai, “Main apne teammates par bharosa karta hoon. ”

Ego se aap apna game jeet sakte ho, par team kabhi nahi jeet sakti. Trust se team banti hai, aur team hi game jeetti hai.

- **Support culture aur blame culture ka effect:**

Jahan blame culture hota hai, wahan fear aur tension hoti hai. Jahan support culture hota hai, wahan clarity, energy, aur growth hoti hai.

Agar koi player galti karta hai, to blame nahi, balki uska hausla badhana zaruri hota hai.

- **Self check: Apni team value ka scorecard:**

Har player ko apne andar ek invisible scorecard chalana chahiye, jisme wo apni team ke liye kiye gaye positive aur negative actions ko judge kare.

Kya main apne teammates ko uplift karta hoon?

Kya main apne ego ko control mein rakhta hoon?

Kya main blame culture se door hoon?

Ye self-awareness hi ek mature team player banati hai, jo team ke liye asli asset sabit hota hai.

Jab team mein trust aur support culture strong hota hai, tabhi players ko apne leader par full bharosa hota hai. Aur ye bharosa hi loyalty ka asli roop hai — jab har player ko pata ho ki uske har haal mein captain uske saath khada hai.

Loyalty sirf ek feeling nahi, balki ek action hai jo captain aur team ke beech ka rishta mazboot karta hai. es loyalty mein criticism dressing room tak simit rahta hai, aur public mein captain apne players ko hamesha support karta hai. Yehi loyalty team ke environment ko strong aur positive banati hai, jisse team har challenge mein jeetti hai.

5. Loyalty — Team Ki Backbone

Team ka har player tabhi apna best de sakta hai jab usse yakeen ho ki uska captain uske har haal mein uska saath dega. Yehi bharosa, yehi vishwas team ka asli backbone hota hai.

- Player ko har haal mein captain ka support feel hona chahiye:

Chahe player form mein ho ya out of form, har condition mein usse apne leader ka full support milna chahiye. Jab player ko pata hota hai ki uske failure par bhi captain uske saath khada hai, tabhi wo confidently apni performance improve karta hai.

- Criticism private, support public:

Jo bhi feedback dena ho, wo sirf dressing room mein hi rahe. Public mein captain ko apne players ka guard banna chahiye, unhe media pressure se bachana chahiye. Ye respect aur protection team mein loyalty ko badhati hai.

- Examples jahan loyalty ne team badli:

Stephen Fleming New Zealand team ka ek aise captain the jinhone apne under-pressure players ko media aur public criticism se bachaya, unka vishwas banaye rakha, aur unki growth mein madad ki. Unke es approach ki wajah se New Zealand team consistently strong bani.

Jab captain apni loyalty se team ka bharosa jeet leta hai, tab asli leadership usi par tikti hai jo roz ke chhote-chhote actions mein dikhti hai. Loyalty sirf jazba nahi, balki discipline ke bina adhoori hoti hai.

Discipline ka matlab hai apna routine, apni aadatein aur apna behaviour aise maintain karna jo team ke liye ek misaal bane. Kyunki jab leader consistent aur disciplined hota hai, tabhi team mein ek positive vibe banti hai, jo har roz ke practice se match ke pressure tak team ko strong rakhti hai.

6. Discipline – Leader Ka Routine, Team Ka Vibe

Ek leader ke liye sabse bada challenge hota hai apne routine aur habits ko itna disciplined banana ki wo poori team ke liye ek standard set kar sake.

- Leader ka daily routine aur habits team environment ko define karte hai.

Aap kitne baje ground par aate ho, kitni mehnat se warm-up karte ho, net practice mein kitna focused hote ho – ye sab silently team ko signal dete hai ki aap game ko kitna seriously lete ho.

- Discipline se respect aur leadership banti hai:

Agar leader apne routines mein consistent nahi hai, to poori trust structure hil jaata hai. Team dekhti hai ki leader wahi karta hai jo bolta hai, tabhi uska discipline respect banata hai.

- Leader ka example hona zaruri hai, warna team ka trust girta hai:

Ek disciplined leader ke bina team ka routine aur vibe inconsistent hota hai. Jo leader har din apne actions se standard fix karta hai, wahi team ko ek steady rhythm deta hai, jisse slow but sure success milti hai.

Discipline se leader apni team ko ek consistent environment deta hai, jahan har player apne role mein focused rahta hai. Lekin jab match mein collapse ya pressure aata hai, tab wo discipline hi leader ko emotional control aur calmness banaye rakhne mein madad karta hai.

Jab leader emotionally strong aur shaant hota hai, tabhi wo apni team ko panic se bachakar usse dubara uthane ka mauka de sakta hai. Discipline ne jab ek stable foundation bana liya, to leader apni emotional holding power dikha sakta hai.

7. Emotional Holding Power – Collapse Mein Team Ko Sambhalna

Cricket ke sabse challenging pal wo hote hai jab poori team tootne wali ho, pressure sky high ho, aur har koi panic kar raha ho. Aise waqt leader ka emotional control hi team ka asli backbone ban jaata hai.

- Emotional control ki importance jab sab toot rahe ho:

Jab pressure badhta hai, tab emotions asaani se hil jaate hai. Par ek leader ko apne emotions ko control mein rakhna padta hai, taaki wo apni team ko grounded rakhe aur unhe sahi raasta dikhaye.

- Calm leader team ko panic se bachata hai:

Jab leader shaant aur composed rehta hai, tab uska calmness team mein bhi spread hota hai. Panic failne ki jagah, team mein focus aur himmat badhti hai. Ye hi wo quality hai jo matches mein turnaround laati hai.

Example: Ben Stokes Ashes mein calm rehna:

Ashes 2019 mein, jab poori team collapse kar gyi thi, par Ben Stokes ka calm aur focused rehna poori team ko inspire kar gaya. Unka emotional control unhe match jeetne mein madadgar sabit hua.

Jab leader apne emotions ko control mein rakhta hai aur team ko collapse se bachata hai, tab wo sirf ek captain nahi, balki team ka **anchor** ban jata hai – wo shakhs jo poore team ko stability aur direction deta hai.

Asli leadership tab dikhai deti hai jab aap har decision mein apni team ke players ko space dete ho, unhe apne aap ko organize karna sikhate ho, aur poore system mein ownership ko spread karte ho.

Anchor leadership ka matlab hai apne aap ko spotlight se thoda peeche rakhkar, team ke har member ko empowered karna taaki wo apne decisions le sakein aur team milkar majboot bane.

8. Anchor Leadership – Captain Mat Bano, Anchor Bano

Ek asli leader har waqt sabse aage hokar sab kuch control nahi karta, balki apni team ko self-organize karna sikhata hai aur har player ko apni zimmedari lene ka mauka deta hai.

- Sab decisions mein players ko space dena:

Jab aap har chhoti baat par command nahi karte, to players ko khud se sochne aur action lene ka confidence milta hai. Ye independence team ko zyada flexible aur mature banati hai.

- Team ko self-organize karna sikhana:

Leadership ka matlab sirf orders dena nahi, balki team ko ek aisa system banana sikhana hai jahan wo apne aap apne roles ko samjhe, problems solve kare, aur pressure mein apni jagah banaye.

- Real leadership ka matlab ownership spread karna:

Jab har player apne role ko apna leta hai, aur team ka har member apni responsibility samajhta hai, tabhi team asli meaning mein ek unit banti hai. Ye ownership team ko har challenge mein jeet ki taraf le jati hai.

Jab leader apni team ko self-organize karna sikhata hai aur har player ko apni zimmedari lene ka mauka deta hai, tab team ek mature aur accountable unit ban jaati hai. Par ye maturity aur accountability tabhi poori tarah effective hoti hai jab har player ke andar ek intense hunger aur positive energy ho.

Hunger aur energy hi wo temperature set karte hai jisse team ka mood aur performance decide hota hai. Agar players physically aur mentally energized hai, to team pressure mein bhi apni best performance de sakti hai.

9. Hunger & Energy – Team Ka Temperature Set Karna

Kisi bhi team ki jeet mein sirf skill ya strategy nahi, balki players ki body language, unka attitude, aur unki energy bhi bahut bada role play karti hai. Ye hi hota hai team ka asli temperature – jo har moment par poore team ke mood ko define karta hai.

- Player ki body language aur energy team mood ko impact karti hai:

Jab ek player confident, focused, aur energetic dikhta hai, to uska effect poori team par padta hai. Agar koi lethargic ya demotivated nazar aaye, to team ka overall mood bhi gir jaata hai.

- Positive attitude aur hunger team ko lift karta hai

Team ka har member jab apne andar jeetne ki bhook rakhta hai, aur har ball, har run, har catch mein apna 100% deta hai, to team ki energy automatically

high hoti hai. Ye positivity pressure situations mein bhi team ko jeet ki taraf le jaati hai.

- Example: Australia 2000s ki team:

Australia ki 2000s wali team ki sabse badi taakat unka relentless hunger aur high energy tha. Har ball par unki intensity, har over ke baad unka group huddle, aur har fielder ki active presence unhe har match mein dominant banati thi. Ye unka team temperature tha jo har opponent ke liye challenge tha.

Jab team ke players ke andar hunger aur energy hoti hai, tabhi wo pressure ke lamhon mein apna best de pate hai. Lekin sirf hunger aur energy ka hona kaafi nahi, balki unka reaction pressure situations mein bhi disciplined aur accountable hona zaruri hai.

Pressure mein asli backbone wo banta hai jo blame game se door rehkar ownership leta hai apni galtiyan ko accept karta hai, aur team ko aage badhata hai. es ownership mindset ke bina, hunger aur energy bhi adhoori reh jaati hai, kyunki pressure ke waqt team ka performance toot sakta hai.

10. Pressure Mein Backbone Bano — Blame Nahi, Ownership

Cricket mein galtiyan hona normal hai, lekin un galtiyan par team ka reaction hi uska future tay karta hai.

- Galtiyan game ka hissa hain, par reaction team future decide karta hai:

Har player se galti hoti hai, par asli leadership dikhai deti hai jab team un galtiyan ko blame karne ke bajaye usse seekh kar aage badhti hai.

- Blame culture ki jagah accountability culture:

Jab team blame game mein phansi rahti hai, to wo mentally weak ho jaati hai. Accountability culture mein har player apni galtiyan ko accept karta hai, aur usse sudharne ki koshish karta hai, jo team ko mazboot banata hai.

- Confidence aur body language ka role:

Pressure ke time body language aur confidence poori team ko inspire karta hai. Agar aapka attitude positive hai, to poori team us energy ko feel karti hai, jo pressure ko jeet mein badal sakti hai.

Leadership Aur Teamwork Mein Ownership Ka Role

Cricket ya koi bhi team sport mein galtiyan hona normal baat hai. Har player se kabhi na kabhi galti hoti hai, chhoti ya badi. Par jo cheez team ko alag banati hai, wo hai **un galtiyan ke baad ka reaction**.

- Agar team blame game mein phas jaati hai, matlab ek doosre ko dosh deti hai, to wo fear, tension aur division ka mahaul ban jaata hai. Aise environment mein players apna best nahi de pate, confidence girta hai, aur team ka performance tootne lagta hai.
- **Ownership culture** mein har player apni galtiyan ko accept karta hai, unhe sudharne ki zimmedari leta hai, aur aage badhta hai. esse ek positive cycle banti hai jahan har koi apne role ko seriously leta hai, aur team collectively grow karti hai.
- Aur es ownership mindset ko sabse zyada boost milta hai jab leader apni body language aur attitude se positive energy failata hai. Jab leader pressure mein bhi confident, composed aur focused rahta hai, to poori team us energy ko mehsoos karti hai, jisse wo panic ke bajaye fight karne lagti hai.

Simple Example:

Sochiye, agar bowler ne no-ball pe six de diya. Agar wicketkeeper ya batsman blame karega, ya unhone us player ko neecha dikhaya, to team ka mood gir jayega. Lekin agar wo player apni galti accept kare, next ball ko ready rahe, aur team usse support kare, to team ka confidence bana rahega aur wo situation manageable ho jayegi.

Esliye, leadership aur teamwork ka asli test yehi hai ki pressure aur galtiyan ke samay team kis tarah react karti hai — kya wo blame karti hai ya ownership leti hai. Jo team ownership leti hai, wo hi consistent aur strong perform karti hai.

Leadership sirf ek position ya title nahi, balki ek aisi presence hai jo har mushkil waqt mein apni team ko sambhalti hai. Ye wo sacrifice hai jo apne comfort ko peeche chhod kar team ke liye khud ko dene ka naam hai. Teamwork ka matlab sirf saath khelna nahi, balki ek aisa environment banana hai jahan trust, loyalty, discipline, aur emotional stability har player ke andar basi ho. Yehi principles wo buniyad hai jo ek aam team ko champion banate

hai, aur ek leader ko asli leader. Jab aap in baaton ko apni zindagi aur khel mein apnate ho, tabhi aap ek aise safar par nikalte ho jahan jeet sirf scoreboard par nahi, balki aapke team ke dilon mein bhi chamakti hai.

Chapter 2

life aur cricket ka Balance and Legacy,

Introduction

Form temporary hoti hai, par mindset permanent.

Aaj aap peak form me ho, sab aapki tareef kar rahe hai,

social media aapke highlights se bhara hua hai.

Lekin form ka ek rule hai — wo hamesha nahi rehti.

Kal ek bad inning, ek injury, ya ek slump aapka graph neeche laa sakta hai.

Us waqt jo cheez aapko wapas utha sakti hai,

wo sirf aapka **mindset** hai.

Aap ek season me hundreds run bana sakte ho,

dozens wickets le sakte ho,

lekin agar us process me aap apna balance, apni izzat,

aur apni asli zindagi kho do,

to ye jeet sirf scorecard tak limited reh jaati hai.

Game jeetna ek achievement hai,

lekin game jeetne ke baad bhi agar life haari ho,

to trophy shelf pe sirf ek dhool jamane wala showpiece reh jaati hai.

Kyuki asal jeet wo hai jo ground ke bahar bhi aapke saath chalti hai —

aapki health, aapki mental peace,

aur aapke aas-paas ke logon ki respect.

Cricket ek career hai, par zindagi usse badi hai.

Aur legacy — wo usse bhi badi cheez hai.

Legacy ka matlab sirf records banana nahi,
balki wo izzat aur inspiration chhod ke jaana
jo log aapke naam ke saath hamesha jodte hai.
Aap kitne runs banate ho ya kitne wickets lete ho,
wo log bhool bhi sakte hai,
par aapne unhe kaise feel karwaya,
aur aap kaise insaan the —
ye yaad rehta hai zindagi bhar.

Aap samajh chuke ho ki cricket sirf ground par chalne wala game nahi,
balki aapki soch, aapke values aur aapki zindagi ka ek bada hissa hai.
Form ka upar-neeche jaana normal hai,
lekin jo cheez permanent rehti hai wo hai aapka mindset
aur aap kis tarah apni zindagi ka balance banaye rakhte ho.
Yahi reason hai ki har professional player ke liye
cricket aur personal life ka connection samajhna zaroori hai.
Kyunki jab aap apni identity sirf runs, wickets
ya selection pe banate ho,
to form girte hi aap apne aap se judna chhod dete ho.

Cricket Sirf Game hai, aur aapki Zindagi Ka ek Part Hai

Bahut players apni puri identity sirf cricket ke aas paas banate hai.
Ground pe unka performance acha ho to unka confidence sky-high hota hai,
lekin jaise hi form girti hai,
ya selection nahi hota ,
unka self-worth neeche gir jaata hai.
Eski sabse badi problem ye hai ki
wo apne aap ko sirf player ke label se dekhte hai, insaan ke roop me nahi.

Result?

Form ke saath unka mood, unki motivation,
aur kabhi-kabhi to unki relationships bhi toot jaati hai.

Cricket ek career hai, ek passion hai,
lekin zindagi ka matlab sirf ye nahi.

Aap ground pe jitne successful ho,
utna hi zaroori hai ki ground ke bahar bhi
aap mentally stable, emotionally healthy
aur apne values ke saath khade raho.

es chapter ka aim hai aapko ye samjhana:

- Kaise aap cricket aur zindagi ke beech ek healthy balance bana sakte ho.
- Kaise aap ek aisi legacy create kar sakte ho
- jo runs aur wickets se zyada durable ho.
- Kaise aap apne aap se regularly self-check le sakte ho
- taaki form chahe upar ho ya neeche,

aap apni value kabhi na bhoolo.

Aap samajh chuke ho ki cricket sirf aapke career ka hissa nahi,
balki aapki puri zindagi ke balance ka ek bada factor hai.

Agar ye balance bigad jaye,

to game ka pressure aapki personal life tak seep kar jaata hai, aur wahan se jo
damage hota hai,

wo kabhi-kabhi ground par milne wale kisi bhi defeat se zyada chubhta hai.

Jab aap sirf cricket ke performance ke basis par apne aap ko judge karte ho,
to ek failure sirf match nahi harta, balki wo aapke self-worth, relationships,
aur kabhi-kabhi mental health ko bhi hara deta hai.

esliye, chaliye ab baat karte hai

ki cricket aur zindagi ka balance kyun zaroori hai,

aur jab ye balance toot jata hai,
to uske nuksan, warning signs,
aur usko wapas banane ke solutions kya ho sakte hai.

Section A – Cricket + Life Ka Balance Kyun Zaroori Hai?

Cricket ek career hai, ek passion hai,
lekin jab wo zindagi ka sirf ek hi focus ban jata hai,
to baaki life ke areas silently suffer karne lagte hai.
Shuru me lagta hai ki bas cricket pe focus karna hi dedication hai,
lekin dheere-dheere ye imbalance aapki performance ko bhi affect karta hai.
Jab personal life disturb hoti hai,
to ground pe clarity, patience aur joy kam ho jaata hai.

Esse hone wali Problems Jab aap Balance Nahi bana pate?

Overthinking

Jab aapka mind 24/7 sirf cricket ke baare me sochta hai,
to aap har chhoti baat ko zyada analyze karne lagte ho.
Match ke baad har ball, har shot, har decision dobara-dobara replay hota rehta hai.
Result: aap apne instincts pe trust kam karte ho,
aur decision-making slow ho jaati hai.
Overthinking ek silent killer hai jo aapka natural game chura leti hai.

Ghar wale upset

Agar aap ka sara focus sirf cricket pe ho

aur aap apne ghar walon ke saath emotionally present na ho,
to dheere-dheere unke saath emotional connection weak hone lagta hai.
Family ka support tabhi strong rehta hai
jab unke saath quality time aur attention dono invest kiye jaate hai.
Agar ye balance toot jaye,
to pressure ke time aapko wo moral support kam milta hai jo har player ko
chahiye hota hai.

Social life zero

Healthy friendships aur social circle ek player ke liye emotional stability ka base
hote hai.
Jab aapki social life khatam ho jati hai,
to har stress ka burden aap akele uthate ho.
Ek chhoti si injury, selection ka miss hona,
ya form ka girna double heavy lagta hai
kyunki cricket ke bahar koi cheer-up system nahi hota.

Emotional breakdown after failure

Jab life me balance nahi hota,
to ek, do match ka failure sirf ek loss nahi hota
wo aapko mentally tod deta hai.
Aap apne aap ko loser samajhne lagte ho
aur motivation wapas lana mushkil ho jaata hai.
Cricket ke bahar agar koi support system, hobby, ya alternate identity ho,
to aap zyada jaldi bounce back karte ho.

Signs Ki Aapka Balance Bigad Chuka Hai?

Har mood performance se linked hai

Agar aapka din sirf es baat pe acha ya bura hota hai ki match me kya hua,
to ye imbalance ka clear sign hai.

Performance par proud hona zaroori hai,
lekin apni khushi uska slave bana dena dangerous hota hai.

Cricket ke alawa koi identity nahi

Agar aapse koi puche “Aap kon ho?”
aur aap sirf “main cricketer hoon” keh paate ho,
to eska matlab hai ki aapne apni identity sirf ek role me lock kar di hai.
Ek din jab ye role temporarily rukega,
to aapko lagega ki aap khud khatam ho gaye ho.

Guilt jab family support kare aur result na aaye

Jab family aapke liye sacrifice karti hai —
paise invest karti hai, apne plans cancel karti hai,
aur aap perform nahi kar pate,
to guilt aapke dimaag par weight ban ke baith jaata hai.
Ye guilt tabhi kam hota hai jab aap life ke dusre areas me bhi apna value add
karte ho.

Solutions

Week mein ek din self-time (non-cricket)

Apne week ka ek din aisa rakho jisme cricket ka naam tak na lo.

Apne hobbies me involve ho, ghumne jao,

family ke saath outing karo,

ya bas relax karo.

Ye mental recharge aapke game ko fresh rakhta hai.

Healthy friendships + family bonding

Apne aas-paas aise log rakho jo sirf cricket ke basis par aapko judge na kare.

Family ke saath time spend karo,

unki life ka hissa bano,

unki problems suno.

Ye aapke emotional foundation ko strong rakhta hai.

Journaling + self-talk

Roz ya week me apne thoughts likho

kya sahi hua, kya galat hua, aur kaise improve kar sakte ho.

Positive self-talk ki habit banao jo failures ke time aapko uplift kare.

Ye habit pressure ke time aapka mind calm rakhti hai.

Zindagi ko game ki tarah mat khelo, usse feel karo

Life ko sirf ek competition mat samjho jahan sirf win ya lose matter karti hai.

Uske chhote moments ko enjoy karo,

kyunki cricket ek phase hai,
lekin zindagi aapke saath hamesha chalti hai.
Ground par jeet important hai,
par ground ke bahar khush rehna usse bhi zyada important hai.
Jab aap apni life aur cricket ka balance bana lete ho,
to aapka focus sirf survive karne se badh kar
impact chhodne par shift ho jata hai.
Yahi se shuru hota hai **legacy mindset** –
jisme aap sirf naam nahi, balki ek asar chhodte ho
jo aapke baad bhi zinda rahta hai.

4. Section B – Legacy Mindset: Naam Nahi, Asar Chhodna Hai

Cricketer Ka Sapna

Aksar players ka sapna hota hai ki bas team me aa jaye,
match khele, naam aaye, log photo maange,
aur apne career ka highlight apni selection ko bana de.
Lekin asal sawal ye hai,
kya aap sirf team me aane tak apne sapne ko limit kar rahe ho?
Ya aap ek aisa naam banna chahte ho
jo logon ke dil me inspire kare,
jo aap physically ground par na hone ke baad bhi
logo ke liye ek example bana rahe?
Team me aana ek **milestone** hai
ek proud moment, ek achievement jo celebrate karne layak hai.
Lekin **legacy** banana ek lifelong journey hai.
Team me aana “destination” lagta hai,
par asal me wo sirf ek “starting point” hai,

jahan se aap apna influence, apna vision,
aur apni kahani aane wali generation ke liye zinda rakhte ho.

Legacy Mindset Kya Hota Hai?

Legacy mindset ka matlab hai aisa jeena aur khelna
jisme aapke actions, aapki soch, aur aapka attitude
dusre logon ke liye example ban jaye.

es mindset me aap sirf apne runs, wickets ya selection ke liye nahi khelte,
balki apne behaviour, discipline, aur professionalism se
ek standard set karte ho jo aapke baad aane wale players ko guide kare.

Dusre players ko inspire karna

Aapki dedication, attitude, aur game approach ko dekh ke
log naturally motivate ho jaaye.

Ek disciplined player ka presence hi dressing room ka level upar kar deta hai.
Bina ek shabd bole bhi, aapka kaam, aapka discipline,
dusre players ke standards badha sakta hai.

Experience share karna

Jo aapne apni journey me seekha hai
chahe wo failures ka dard ho,
selection miss hone ka reality check ho,
ya success ka process ho
ye sab dusre players ke saath openly share karo.
Ho sakta hai aapka ek sentence kisi ka career bachaa de
ya unke struggle ko half kar de.

Impact ke peeche jaana

Sirf apne personal numbers chase na karo.

Socho ki aapka game aur aapki personality
dusron ki growth me kitna contribute kar rahi hai.
Ek real legacy tab banti hai jab aap perform na kar rahe ho,
fir bhi aapki values, aapki habits, aur aapka mindset
dusre logon ko push karta rahe.

Legacy Build Karne Ke Tareeke

Mentoring younger players

Apne se chhote players ko guide karo, unki galtiyen sudharo,
aur unhe wo cheezein samjhao jo aapne apne journey me seekhi hai.
Kabhi-kabhi ek mentor ka ek simple dialogue
ek player ka pura career badal deta hai.
Mentoring ka matlab sirf technique sikhana nahi,
balki unke confidence, discipline, aur decision-making ko shape karna hai.

Off-field discipline

Aap ground ke bahar kaise behave karte ho,
kaise apni fitness maintain karte ho,
aur kaise apni habits banate ho —
ye sab log silently dekhte hai.
Ek player ka off-field conduct uski pehchaan banata hai.
Jitna consistent aap apne training, sleep, diet aur lifestyle me hote ho,
utna hi long-term respect build hoti hai.

Social contribution (teaching, awareness, etc.)

Apne cricket ka use karke society me contribution karo.

Ye ho sakta hai free coaching camps,

talented lekin financially weak players ko training dena,

ya sports awareness programs chalana.

Aapka naam tab sirf ek cricketer ka naam nahi hota, wo ek respect ka symbol ban jata hai.

Mindset sharing on social media / ground

Apne struggles, apni journey, aur apni learning openly share karo.

Ye sharing kisi ke liye survival guide ban sakti hai.

Aap jitna transparent aur real hote ho,

utna hi aapka impact zyada logo tak pahunchta hai.

Ek honest story hazaar motivational quotes se zyada inspire karti hai.

Ek baat yaad rakhe

Log aapke records bhool jaayenge,

lekin unka dil nahi bhoolta aapne unhe kya feel karwaya tha.

Legacy sirf sochne se nahi banti,

uske liye har week apne aap ka scorecard dekhna padta hai.

Ye self-check hi batata hai ki aap sirf game khel rahe ho

ya sach me ek aisa player ban rahe ho

jiska asar match ke baad bhi zinda rahe

Section C – Self-Check: Apna Scorecard Har Hafte Dekho

Self-Check Ka Matlab

Performance se zyada process ka audit

Match ke runs, wickets, ya catches aapke success ka ek part hote hai,

lekin asli growth ka measurement aapke process se hota hai.

Self-check ka matlab hai ye dekhna ki aapne es week

kitni focused practice ki, apni habits kitni consistent rakhi,
aur aapne kaise apne mental aur physical fitness ko maintain kiya.

Khud se ek honest mirror baat

Self-check ek aaina hai jo aapko wahi dikhata hai jo reality hai,
chahe wo aapko pasand aaye ya nahi.

Esmain bahana nahi chalna chahiye.

Jab aap apne aap se honestly baat karte ho,
tabhi aapko pata chalta hai ki aap kis jagah strong ho
aur kahan sudhar ki zarurat hai.

Weekly Self-Check Questions (Detailed)

1. Kya main distraction mein jeeta hoon ya discipline mein?

Har week apne aap se poochho

kya main apni training, diet, aur rest ka plan follow kar raha hoon
ya main mobile, parties, ya laziness me apna time waste kar raha hoon?

Discipline ka matlab boring life nahi,
balki apne priorities pe control rakhna hai.

2. Kya main learning mein hoon ya frustration mein?

Failures aayenge, form gir sakti hai,
lekin aap har setback se seekh rahe ho

ya sirf us par gussa kar rahe ho?

Learning mindset aapko aage badhata hai,
frustration aapko wahi atka deta hai.

3. Kya main sirf game chase kar raha hoon ya growth bhi?

Sirf selection, runs, ya trophies ke peeche bhaagna short-term game hai.

Growth ka matlab hai apne skills, fitness, aur mindset ko

roz thoda-thoda improve karna
chahe wo selection aaye ya na aaye.

4. Kya mera attitude team ko lift karta hai ya pull down?

Aapka behaviour aur body language dressing room ka mood bana ya bigaad sakta hai.

Kya aap doosron ko motivate karte ho,
ya apni negativity se unka confidence tod dete ho?
Team player hona legacy ka ek core part hai.

5. Agar aaj main cricket chhod doon, to main kya hoon?

Yeh sawal aapki identity ka test hai.

Kya aap sirf “cricketer” ho,
ya aap ek aisa insaan ho jo cricket ke bahar bhi value create karta hai?
Jo players es sawal ka clear jawab de sakte hai,
wo mentally zyada strong hote hai.

Self-Worth Ka Real Meaning

Aapki value sirf selection ya performance se nahi hoti

Team me hona ya achha perform karna important hai,
lekin ye aapki poori value define nahi karti.

Ye Aapke character, attitude aur consistency se hota hai

Log aapko aapke runs ya wickets ke liye yaad karenge,
par respect aapke behaviour, honesty, aur hard work se milega.

Jab aap apne game ke saath zindagi ko bhi jeetne lagte ho — tab aap professional bante ho

Professional banna sirf skill ka naam nahi hai.

Ye ek mindset hai jisme aap ground ke andar bhi jeette ho
aur ground ke bahar bhi izzat kamaate ho.
Ye self-check sirf ek habit nahi,
ye aapke poore career ka turning point ban sakta hai.
Aur eska sabse bada proof ek player ki kahani hai
jisne apne self-check se apna game hi nahi,
apni zindagi ka direction badal diya.

6. Real-Life Style Case Study

Player A – Teen saal tak academy ka hissa tha.
Har din nets me mehnat, drills, matches ka wait...
Lekin selection kabhi nahi hua.
Ek time ke baad har trial ek rejection letter ban gaya.
Ghar ka pressure badhne laga
family ka sawal: “Kab tak try karoge?”
Dosti bhi toot gayi, kyunki kuch log uska struggle samajhne ke bajaye
sirf taana dete rahe.
Motivation zero, self-confidence almost khatam.
Lekin ek din usne khud se baithkar honest baat ki.
Apne aap se poocha
“Main sirf wait kar raha hoon ya apna future bana raha hoon?”
Usne ek clear plan banaya

- **Fitness maintain rakhi** – Chahe match mile ya na mile,
- apne body ko top shape me rakha, taaki chance milte hi ready ho.
- **Juniors ko mentorship di** – Apne experience un players ko diya
- jo abhi journey shuru kar rahe the, taaki unki galtiyan kam ho.
- **Side hustle chalu kiya** – Coaching sessions, small business –
- financial pressure kam kiya aur independence banayi.

- **Legacy build pe kaam kiya** – Ground par aur ground ke bahar apni image ek role model ki tarah banayi.

Sirf ek saal me uska attitude badal gaya.

Wo har din productive tha,

aur har chhota kaam uske confidence ko dobara build kar raha tha.

Agla trial aaya usne sirf perform nahi kiya,

balki poore selection camp me sabse zyada **impact player** ban ke nikla.

Uska comeback sirf skill ki wajah se nahi tha uski **self-worth** ne uska career banaya.

Player ka turnaround koi magic nahi tha

wo ek clear system aur disciplined habits ka result tha.

Agar aap apni journey me wahi structure follow karo,

to aapka game sirf short-term comeback nahi,

balki long-term growth me convert ho sakta hai.

7. Long-Term Game Tools (Daily/Weekly Practice)

Weekly Self-Audit Sheet

Har hafte apne game ka structured review karo

sirf performance numbers nahi, balki **fitness, skill aur mindset** ka deep check.

- Fitness: kya aapke stamina, strength, aur agility me improvement hai?
- Skill: ess week aapne konsa shot, bowling variation, ya fielding habit better ki?
- Mindset: pressure situations me aapka reaction kaisa tha?
- es sheet me likho:

1. **ess week ka biggest improvement.**
2. **Kahan struggle hua.**
3. **Agle week ka exact target.**

Yeh habit aapke **progress ka proof** deti hai,

jo self-confidence build karti hai,
aur aapke improvement areas ko crystal clear banati hai.

Family/Coach se Monthly Feedback

Har mahine apne coach aur family se **honest feedback** lo.
Coach aapke technical aur tactical improvements batayega,
jabki family aapka attitude, discipline, aur emotional health ka review karegi.
es feedback ki power:

- aapke **blind spots** clear hote hai (jo aap khud nahi dekh pate).
- aapke improvement ke liye clear direction milti hai.
- aap discipline me accountable rehte ho.

Feedback sunna uncomfortable ho sakta hai,
lekin ye hi aapka **long-term growth ka shortcut** hai.

Weekend diary

Har week note karo ki aapne kis player ko inspire kiya,
kiski help ki, ya kon aapke example se motivated hua.
Ye diary aapko constantly remind karegi
ki aapke game sirf aapke liye nahi,
balki dusron ke liye bhi value create kar raha hai.

Eska fayda:

- aapka focus sirf apni achievement pe nahi, balki **legacy build** pe shift hota hai.
- aapke andar naturally leadership qualities develop hoti hai.

Personal Mission Statement – Main kyu khelta hoon?

Apne ‘why’ ko likh lo

Aap cricket kyun khelte ho, aapka ultimate goal kya hai,
aur aap apne game se kya achieve karna chahte ho.

Mission statement aapka **mental compass** hai:

- Jab motivation kam ho, ye aapko aapka purpose yaad dilata hai.

- Jab distractions aaye, ye aapko track par rakhta hai.

Ye aapka **mental fuel** hai jo aapko short-term failures ke bawajood long-term fight karne ki strength deta hai.

Cricket sirf talent ka game nahi, ye planning, patience, aur purpose ka long-term war hai.

Jo player har week apna scorecard check karta hai, feedback leta hai, apne 'why' ko yaad rakhta hai,

aur game ke saath zindagi ka balance banata hai —

wo sirf game nahi jeetta, wo apni kahani jeetta hai. Trophies time ke saath dhool kha jaati hai,

lekin aapki legacy aur aapka impact

logon ke dilon me hamesha zinda rehta hai. ”

Chapter 3

Professional pathway

Cricketer banne ka path way

Introduction

Dream sab dekhte hai .

par reality sirf wahi face karta hai jo ready hota hai har din tough decision lene ke liye.

Cricket ka sapna lena aasaan hai.cricketer banne ki soch sabke paas hoti hai.

Par professional banna matlab hai, *har subha apne comfort zone ke khilaaf khud se ladna.*

Aap practice ke liye ja rahe ho ya sirf attendance mark kar rahe ho?

Aap match ka intezaar kar rahe ho ya har din ko match bana diya hai?

Yahan sirf shot khelna nahi , yahan har din ka decision aapka career decide karta hai

- Aaj main fast food khaun ya apna goal yaad rakhun?
- Aaj raat 8 baje mobile pe reel scroll karun ya body ko rest du?
- Aaj main net mein bas 10 over maarun ya 1 quality drill pakad ke usko kill karu?

Professional banna talent se nahi hota, ye hota hai apne aap se commitment nibhaane se.

Har din aapke pass ek choice hoti hai.

Aur wahi choice, ya to aapko crowd mein le jaati hai, ya squad mein.

Ye journey glam nahi hai.

Ye journey silent hai, tough hai, thakane wali hai.

Par end main sirf ek reward hai, **Aapka naam, aapka game, aapki pehchaan.**

To fir sawal ye hai

Agar talent sabke paas hai, to selection sirf kuch logon ka hi kyun hota hai?

Reality ye hai

Reality Check – Sirf Talent Se Career Nahi Banta

Har gali mein ek talented player milega.

Har city mein koi hoga jiska cover drive perfect hoga, timing world-class hogi.

Par **sirf** 1% log hi *academy se dressing room tak* ka asli safar pura karte hai.

Kyun?

Kyuki baaki log bas **“game”** khel rahe hote hai

Aur wo 1% log **“career”** bana rahe hote hai.

Game khelne wale ka focus hota hai *“aaj kaisa khela.”*

Career banane wale ka focus hota hai *“aaj kya build kiya.”*

Farq mindset ka hota hai.

Game khelne wale log daily ups and downs mein phase rehte hai

Career wale log har din ko ek **training ground** banate hai.

- Game wale bolte hai, Aaj net mein maza aaya.
- Career wale poochte hai, Aaj maine kis area mein improvement nikala?
- Game wale sirf knock maangte hai.
- Career wale khud ka **performance audit** karte hai.
- Game wale bas shots maarte hai.

- Career wale har ball ko **intent aur learning** ke liye treat karte hai.

Truth Line

Professional banna matlab hai, har choice career ke hisaab se lena.

Practice ka timing, sleep ka time, kis se dosti rakhni hai – har decision matter karta hai.

To ab sachai simple hai

Kya aap har din apne dream ke hisaab se decisions le rahe ho?

Agar nahi, to aap bas cricket *khel rahe ho*.

Career nahi bana rahe.

Jab aap career mindset se jeene lagte ho,

to har decision sirf game ka nahi, **lifestyle ka** ban jaata hai.

Aur tab samajh aata hai

Sab kuch nahi milta.

Kuch cheezein chhodni padti hai, taaki ek hi cheez mil sake: **Dream.**

3. Sacrifice – Har Cheez Nahi Milegi, Pehle Se Decide Karo

Professional banne ka matlab ye nahi ki aapke paas sab kuch hoga.

Matlab ye hai ki aap sirf un cheezon ko choose karoge jo aapko career ke kareeb le jaaye.

Aur eska seedha matlab hai, **kuch cheezon ko sacrifice karna padega.**

Ye journey “balance” nahi, **priority** maangti hai.

Aap har jagah nahi ho sakte.

Agar aap career ke ground pe ho, to doston ke hangouts, shaadi functions, ya late-night chill waha nahi honge.

- Social life khatm hogi, kyunki focus ka price hota hai.
- Late night parties nahi – subah 5:30 AM ka alarm chalega.
- Festival ke din aap family ke saath nahi, match ya training ke commitment ke saath rahenge.

- Kabhi-kabhi emotional breakdown aayega, lekin **give-up option nahi** hoga.

Yahi to asli test hai

Kya aap wo sab chhod sakte ho jo “normal” log enjoy karte hai, taaki aap wo jee sako jo sirf 1% log jeete hai?

Example: Virat Kohli ki transformation

Bread, sweets, junk food, late nights, sab chhod diya.

Sirf ek goal ke liye: *Main duniya ka best player banna chahta hoon.*

Fitness, discipline, nutrition, sab pe obsessive focus.

Aur us discipline ne unhe **legend** banaya.

Yaad rakhe aap bhi

Professional mindset ka matlab hota hai:

Easy cheezein chhod dena, tough cheezein daily karna.

Aapki zindagi **colorful** nahi lagegi

Lekin **laser-focused** zaroor hogi.

Aur wahi mindset hota hai jo आपको अलग बनाता है, **Ek player se professional cricketer.**

Aur yahi sacrifice ek foundation banati है लेकिन bas foundation से building नहीं बंती.

आपको next level पे जाना है तो **system चाहिए.**

Random effort से career नहीं बनता.

आपको हर चीज का structure, direction, aur monitoring चाहिए, tabhi game control mein aata है.

Talent aur mehnat tabhi result deti है जब आपके पास ek **game plan** हो.

4. Strategy – Skill + System = Career

Professional cricketer बanne के liye **passion important है**, लेकिन **passion बिना system के sirf frustration देता है.**

आगर आपका हर move clear plan के बिना हो रहा है,

To aap game nahi khel rahe, gamble kar rahe ho.

Hope se selection nahi hota.

Selection hota hai structure, planning aur daily execution se.

Ab aap apne aap se poochhiye

Kya aapka career structured hai, ya bas chalta jaa raha hai?

Career Strategy Checklist

- Kya aapke paas personal coach ya mentor hai jo aapka game monitor karta hai?
- Kya aapne fitness trainer aur diet plan fix kiya hua hai, ya bas gym jaa rahe ho?
- Kya aap domestic tournaments ka calendar dekh kar season plan karte ho?
- Kya aap apna performance record likhte ho, match-wise improvement track karte ho?
- Kya aap off-season mein growth pe kaam karte ho ya sirf break lete ho?

Ye sab sirf India level ke players nahi karte, **Ye har wo player karta hai jo sach mein professional banna chahta hai.**

Aakhiri baat

Har successful player ka ek invisible strategy system hota hai. Tumhara hai kya?

Talent sabke paas hota hai,

Lekin jo system ke saath chalta hai, wahi sustain karta hai.

Agar aap har decision bas mood aur moment pe le rahe ho, To aapka game short-term hai.

Lekin agar har choice career ke map se match karto hai, to aap real pathway pe ho.

Aapne skill develop kar li, fitness tight hai, aur system bhi ban gaya.

Ab sawaal hai

Kya ye sab efforts selection tak pahunchte hai?

Kya real performance ka impact padta hai, ya politics sab kuch decide karti hai?

Yahin aata hai wo moment jahan maximum players break ho jaate hai.
Kyuki unka focus result pe tha, system pe nahi.

5. Selection Ka Sach – olitics Se Zyada Performance Bolta Hai

Haan, **selection unfair hote hai.**

Player Deserve karke bhi overlook kiya jate hai.

Lekin ye game long-term ka hai. *Consistent numbers ko baar-baar ignore karna mushkil ho jaata hai.*

- **Excuses** short-term sukhon dete hai
- **Performance** long-term **darwaaze kholti** hai.

Example: T. Natarajan

Domestic mein zyada spotlight nahi mili.

Unhone ek kaam kiya, **perform, perform, perform.**

- Line-length accurate
- Yorker world-class
- Discipline elite

Australia tour aaya, injuries/openings bani **record bola, aur darwaaza khul gaya.**

Selectors badal sakte hai, **numbers nahi.**

Jab stats aapke side pe hote hai, **lobby nahi, tab scorecards gatekeeper ban jaate hai.**

Yaad rakhe .

Excuse dena aasaan hai, par result banana legacy deta hai.

Aur jab ek baar chance mil jaaye,

to ye game sirf selection ka nahi rehta, phir responsibility ka hota hai.

Professional cricketer banna sirf ek baar prove karne ka nahi, har match, har season, har level pe bar-bar justify karne ka game hai.

Ab likhte hai Chlo esi par

6. Consistency – Ek Match Nahi, Har Match Pro Banana Hai

Professional cricketer banne ka matlab sirf ek achhi knock, ek achha spell nahi hota.

Real game tab shuru hota hai jab aapko har match, har level, har format mein perform karna padta hai, bina thake, bina hype ke.

Cricket ek unpredictable game hai

pitch badlegi, bowling attack badlega, role badlega,

lekin **aapka standard same rehna chahiye.**

Consistency ka matlab kya hota hai?

- **Har format mein adapt karna padta hai**, T20 mein explosive, Test mein patient, aur One Day mein calculated.
- **Har level par dobara prove karna padta hai** — club, district, state, domestic, India A, national team, har jagah naye log, naye eyes, naye pressure.
- **Aur sabse bada test?**

Ek achha season kisi ka bhi ho sakta hai.

Par 5 saal tak wahi focus, wahi hunger, wahi process maintain karna, **yehi real professionalism hota hai.**

Example: Cheteshwar Pujara

Na glamour. Na hype.

Na aggressive celebration. Na zyada brand endorsements.

Par jab Australia ke against Sydney Test mein 200+ balls khelne ki baat aayi, ya jab England ke swinging conditions mein crease pe fight karni thi

to team ne sirf ek naam dekha: Pujara.

Wo flashy nahi the, lekin unka game **reliable** tha. **Tested** tha. **Repeatable** tha.

Yehi difference hota hai **“moment ke star”** aur **“team ke spine”** banne mein.

Yaad rakhe

Ek baar naam banana mushkil hai,

par us naam ko justify karte rehna aur bhi tough hai.

Consistency boring lag sakti hai

par esi boring routine mein hi career ka base banta hai.

Aap har baar naye logon ko impress nahi kar rahe hote, aap apne naam ko protect kar rahe hote ho.

That's real pro life.

Consistency tabhi possible hai, jab aapke aas-paas ka environment stable ho.

Ek player tab tak high level par perform nahi kar sakta, jab tak uske peeche ek strong system na ho, jo uske low phases mein sambhale, aur high phases mein grounded rakhe.

Aap akela perform karte ho, par akela ban nahi paate, Jo log aapke aas-paas hai, family, coach, doston ka circle, ye sab aapke invisible teammates hote hai.

esliye next game ka backbone hai:

7. Support System – Family, Coach, Circle Matter Karta Hai

Aap kitne bhi talented ho

agar aapka support system weak hai,

to cricket ki journey sirf uphill battle ban jaati hai.

Kya aapke aas-paas wale log aapke dream ko support karte hai, ya distract?

Kya unhe aapki mehnat dikhti hai, ya sirf result chahiye?

Bahut players har din ground pe practice karte hai,

lekin ghar jaake sunte hai, kab selection hoga? kitna paisa aa raha hai?, abhi tak khel hi rahe ho?

Ye pressure game se nahi, environment se aata hai.

Professional banne ka matlab sirf match jitna nahi hota, matlab hota hai har aspect mein professional thinking rakhna, aur usme sabse important hota hai aapka support system.

Questions Aapse

- Jab aapka selection miss hota hai kya koi hai jo sirf shoulder tap nahi, game ka analysis bhi kare?
- Jab form girti hai, kya koi coach hai jo aapka video dekhke bolta hai: es cheez pe kaam kar?
- Jab confidence tootna hai, kya koi aapka past yaad dilata hai: tu pehle bhi fail

Hua tha, aur wapas bhi aaya tha?

Yahi farak hota hai average aur elite mindset mein.

Yaad rakhe

- **Ek acha friend** aapko party mein nahi, *nets mein* kheech ke le jaata hai.
- **Ek great coach** aapko praise nahi, *truth* deta hai.
- **Ek strong family** result se nahi, *progress se khush hoti hai*.

Yehi log aapka asli fuel ban jaate hai jab duniya aapko ignore kar rahi hoti hai.

Kyuki Aap jinke beech jeete ho, wahi aapko ya to build karte hai, ya break.

Har cricketer ko sirf bat-ball nahi chahiye

ek safe, disciplined, aur vision-oriented environment chahiye.

Agar aap galat logon ke beech ho

jo sirf criticism, pressure aur distractions laaye

to *aapka mindset bhi toxic banne lagta hai*.

Lekin agar aap sahi logon ke beech ho

to har setback ek comeback ka launchpad ban jaata hai.

Yaad rakhe

Apne support system ko consciously build karo. Fake friends, timepass circle, aur negative logon ko hatao. Apne aas-paas aise log rakho

jo aapke sapne ko aap se zyada serious le.

Kyunki jab duniya aapko push back karegi,
yehi log aapko push forward karenge.

par us engine ko chalana padta hai aapke andar ke fuel se.

Wo fuel hai *mental toughness*.

Bahar se kitna bhi support mil jaaye,
lekin agar aapka andar ka game weak hai,
to aap har second challenge pe break kar jaoge.

Game ka biggest test hota hai, jab sab kuch opposite jaa raha ho, tab aap kitne steady rehte ho, Wahi asli pro banta hai, jo tikta hai, ladta hai, aur evolve karta hai.

8. Mental Toughness – Career Ussi Ka Hai Jo Tike Rehta Hai

Cricket ek long game hai.

Aur es game mein sab kuch aayega, **form drop, injury, criticism, bench pe baithna, ignore hona.**

Har player ke career mein aise moments aate hai jahan lagta hai , *kya main abhi bhi ess game ka part hoon?*

Wahi moment hota hai jahan aapki **mental strength** test hoti hai.

Agar aap in sab cheezon se tut jaate ho, to aap sirf form se nahi, **game se hi bahar ho jaate ho.**

Mental toughness ka matlab hai, jab duniya aapko side mein kar rahi ho, tab bhi aap khud ko centre mein rakhna jaante ho.

Professional cricketer wahi hota hai

jo pause le sakta hai, **lekin quit kabhi nahi karta.**

Aap har season century nahi maaroge.

Aap har match mein playing XI ka part nahi banoge.

Lekin agar aap mentally tough ho,

to aap **har baar wapas aaoge, aur har baar thoda aur behtar ban kar.**

Mental strength ka matlab hai

- Social media se door rehkar apne process pe kaam karna.
- Drop hone ke baad apne game ki responsibility lena.
- Injury ke time patience ke saath rehab complete karna.
- Jab log aapko bhool gaye ho, tab bhi khud ko yaad rakhna.

Example – KL Rahul

Unka career ek perfect case study hai

- Form gayi, logon ne troll kiya.
- Injury hui, team se bahar gaye.
- World Cup miss kiya, captaincy chhuti

Lekin unhone har phase mein apne game se pyaar banaye rakha. Unhone *short mein reaction nahi diya*, sirf silence mein comeback kiya, calm, focused, aur stronger.

Aaj agar KL Rahul ek “team bank” ban chuke hai, to uska reason sirf talent nahi unki **mental stability** hai.

Unhone game mein rehne ka art samjha.

Kyunki ye game sirf skill ka nahi, **tikne ka khel hai.**

Yaad rakhe

Game mein rehna hi sabse badi jeet hoti hai.

Form wapas aayegi.

Mauka wapas milega.

Log fir se cheer karenge.

Lekin agar aap tut gaye,

to wo sab kuch wapas aane se pehle hi khatam ho jaata hai. Jo player *tika rehta hai*,

wo ek din game ko **dominate** karta hai.

Mentally tough hone ka matlab sirf pressure handle karna nahi hota, Eska agla step hai **Game Awareness**, matlab apne poore career ko ek *pro-level plan* ki tarah sochna.

Jitne bhi players tikte hai, wo sirf emotional strong nahi hote,
wo **smart bhi hote hai**.

Wo game ke har angle ko samajhte hai, kab rest lena hai, kis format mein kaise adapt karna hai,

aur apne role ko har team mein clarity ke saath nibhaana hai.

Aaj ka cricket sirf technique ka nahi awareness ka game hai.

Agar aapka dimaag match ke bahar bhi game pe kaam kar raha hai,
to aapki growth alag level ka hogi.

9. Game Awareness – Cricket Ko Career Ki Tarah Sochna Seekho

Bahut log cricket ko sirf match-by-match dekhte hai, Lekin professional cricketer har cheez ko **career-level planning** se dekhte hai.

Ye game sirf bat aur ball ka nahi,

ye ek full-time system hai, jisme awareness aapka biggest edge ban jaata hai.

Game awareness ka matlab hai

• Calendar Planning

Konse mahine kis format mein matches hai?

Kis phase mein peak performance chahiye?

Kis month mein rest lena chahiye?

Professional player apna workload aur fitness usi hisaab se plan karte hai.

Recovery Time Ka Use:

Match ke baad sirf sone ke liye ya rest lene ke liye nahi milta

us time ko use karo

Apne footage dekhne ke liye

Apni mistakes analyse karne ke liye

Body ko reset karne ke liye

Jitni achhi recovery, utna stable career.

- **Game ke Alag-Alag Roles Ko Samajhna**

Ek match mein opener ho, dusre mein finisher.

Kabhi anchor banna padta hai, kabhi aggressor.

Jis player ko apne role ki clarity hoti hai,

wo team mein bar-bar jagah banata hai, aur perform karta hai.

- **Coach Se Clear Communication**

Confusion career ko khatam karti hai.

Coach ke saath honest, sharp aur timely communication rakhna zaroori hai.

Apne role, expectations, aur improvement areas pe clarity rakho.

Ye sab sirf ek professional karta hai.

Baaki log bas talent ke bharose khelte hai, aur phir confuse ho jaate hai jab selection nahi hota ya role clear nahi hota.

Yaad rakhe

Jo apne career ko calendar, clarity aur communication ke through manage karta hai

wo sirf game nahi, pooro system jeet jaata hai.

Aapne ab tak sab kuch samjha

Skill ke beyond kya chahiye hota hai ek **Professional Cricketer** banne ke liye

Mental toughness, consistency, support system, awareness sab.

Ab sawaal simple hai

Kya aap sach mein es journey ke liye ready ho?

Kyunki ye game sirf bat uthakar match khelne ka nahi hai, Ye game hai har second apni identity ko sharpen karne ka.

Har decision, aapki diet, aapka routine, aapke doston ka circle, sab kuch aapke dream ke favour mein hona chahiye.

Professional banna sirf jersey milne ka naam nahi hai , **ye ek full-time responsibility hai.**

Ab likhte hai last line

10. Cricketer Banna Hai Ya Bas Sochna Hai?

Professional banna ek full-time responsibility hai. Half-hearted log yahan survive nahi karte.

Aap khud decide kariye, kya aap ready ho

- Har din naye level par perform karne ke liye?
- Har cheez ko cricket ke around design karne ke liye?
- Apni identity ko sirf ek run machine nahi, ek standard banane ke liye?

Kyuki ye journey sabke liye nahi hoti.

Sirf unke liye hoti hai jo har roz apne sapne ke hisaab se jeena seekh jaate hai.

Last line

Professional banna matlab sirf khelna nahi,

har second jeena cricket ke liye.

Jo es line ko samajh gaya,

wo sirf selection nahi, apna *asli level* jeet jaata hai.

Chapter 4

Injury

Introduction

Injury sirf body ko nahi rokti

ye aapke confidence, rhythm, aur poori identity ko hila kar rakh deti hai.

Jab aap daily ground pe jaa rahe ho, match khel rahe ho, to ek flow ban jaata hai.

Lagta hai haan, main ek cricketer hoon.

Lekin jaise hi sab ruk jaata hai

Aur aap physio table pe padhe hote ho, tab realisation aata hai, **Game se break lena easy hai, Khud se break lena sabse tough.**

Es phase mein zyada tar players sirf ek cheez ka intezaar karte hai.

Kab comeback hoga?

Lekin jinke paas champion mindset hota hai

wo rehab ko bhi training jaisa treat karte hai.

Unhe pata hota hai

Agar mind strong ho gaya, to body time leke wapas aa jaayegi.

Rehab ka game sirf exercise ka nahi hota

ye hota hai patience ka, clarity ka, aur emotional control ka.

Kyuki champions har phase mein same soch ke saath jeete hai, **Main apne best version ke liye kaam kar raha hoon.**

Aur jab game rukta hai, har player ke dimaag mein ek hi sawaal hota hai

Main wapas kab jaaunga?

Lekin jo real mindset hona chahiye, wo hai

Main wapas kaise jaaunga?

Wahi farak hota hai **ek comeback** aur **ek transformation** mein.

Aur transformation ka pehla kadam hota hai

Pain ko face karna.

Kyuki jab tak aap pain se bhaagte rahoge,

tab tak aap usse jeet nahi sakte.

2. Pain Se Dosti Karo, ladai pain se Hai, Escape Se Nahi

Injury ke baad pain sabse bada dushman lagta hai.

Body ke andar stiffness, muscles ka response slow hona, aur har chhoti cheez ke liye struggle

ye sab itna frustrating hota hai ki player ka mann karta hai bas skip kar le, fast-forward kar de.

Lekin elite cricketers yahi par game change karte hai.

- **Pain avoid karne se aap uske slave ban jaate ho.**

Lekin jab aap usse samajhna shuru karte ho

ki *ye pain signal hai, barrier nahi*, tab aap uske through grow karne lagte ho.

- **Rehab slow hota hai, boring hota hai, lekin ye hi mental strength banata hai.**

Daily wohi repetitive movement, wohi limitations, wohi tight muscles. Aapka patience test hota hai, Aur ess phase mein aapke andar ka **discipline aur self-control** develop hota hai

jo match pressure se bhi zyada valuable hota hai.

- **Best athletes pain se ladte nahi, usko Sunte hai.**

Wo samajhte hai ki pain ke piche message hai

Still not ready. Improve your base. Stay humble.

ess mindset se wo har session mein mindful rehte hai. Aise hi players comeback nahi karte **reinvent hote hai**.

Example

Hardik Pandya

Back surgery ke baad unka poora game ruk gaya. Na bowling, na explosive batting. Sirf ek cheez chali, movement training.

Hardik ne months tak spotlight se door rehkar basics pe kaam kiya, **breathing, mobility, core control**.

Na shortcut liya, na jaldi ki.

Aaj agar wo Team India ke best allrounder hai,

to uss foundation mein wahi patience bhara hua hai jo unhone pain se dosti karke build kiya tha.

Kyuki Jo player pain ke phase mein emotionally stable rehta hai, wahi physically elite ban paata hai.

Jab aap pain ko samajhne lagte ho, rehab ko discipline ke saath treat karte ho, tab aapka andar se confidence build hota hai.

Lekin esi point par ek aur bada trap hota hai **fast comeback ka pressure**.

Jab recovery thodi better lagti hai, body thoda respond karne lagti hai

to player ke andar ek urge aata hai ***Bas ab wapass chalu karta hoon.***

Yahi sabse badi galti hoti hai

3. Fast Comeback Ka Jhoot – Sabse Badi Galti

- Injury ke baad sabse bada trap hota hai, jaldi wapas aane ka pressure.

Bahut players half-fit hote hai, par sirf feel-good pe wapas aa jaate hai.

Result? Phir se injury. Phir se rehab. Confidence har baar thoda aur girta hai.

- "Elite level par, thoda theek lag raha hai" ka koi matlab nahi hota.

Wapas tab aaiye jab aapki body pooraa workload handle kar sake, **match intensity, explosive movements, pressure moments, sab kuch.**

- Fast comeback ka pressure sirf physical nahi hota

ye ego ya fear ka game hota hai

–*Mujhe jaldi prove karna hai.*

–*Team mujhe replace na kar de.*

– *Form chali gayi to?*

Lekin **truth simple hai**

Comeback delay hone se form nahi jaati

lekin premature comeback se career jaa sakta hai.

Mindset Shift

Recovery = preparation.

Sirf rest nahi, body-mind dono ko match-ready banana hota hai.

Jab tak aap **confidently jump, sprint, twist** nahi kar paate

tab tak return = risk hai

Premature comeback talent ka nahi, decision

making ki haar hoti hai.

Physical comeback ruk gaya ho to kya hua

mental comeback chaloo rehna chahiye.

Aap rehab mein ho, lekin training band nahi hui.

Bas ab ground ki jagah, stage aapka mind hai.

4. Rehab Phase = Mental Game Ka Training Camp

- Jab aap field se door ho jaate ho, tab game khatam nahi hota

bas uska format badal jaata hai.

Physical training rukti hai, par mental training shuru hoti hai.

Visualization, patience, emotional control – ab ye aapka new match hai.

- =Har din wohi boring rehab drills. Progress slow.

Na crowd hota hai, na camera.

Yahi phase test karta hai ki aap kitne disciplined ho jab duniya nahi dekh rahi.

Elite cricketers esi phase mein mindset upgrade karte hai.

- Apne past matches ki clips dekhiye.

Un moments ko feel kijiye jahan aap peak par the
footwork Kaisa tha, kaha galti hoti thi, kya body rhythm tha

Aapka brain wahi recreate karega jo aap baar-baar imagine karenge.

Esse aap mentally game ke flow mein bane rahenge.

Example: Yuvraj Singh

Cancer treatment ke dauraan bhi unhone apna focus lose nahi kiya.

Na body fit thi, na energy full, lekin unki training mindset zinda tha.

Wo har din khudko mentally prepare karte rahe, aur comeback kiya, World Cup jeet kar.

Rehab sirf recovery ka time nahi hota

wo ek mental warrior banne ka phase hota hai.

Kyuki Jab rehab complete hone lagta hai, tab ek nayi opportunity shuru hoti hai

sirf wapas aane ki nahi, balki naye version ke saath return karne ki.

Elite players sirf fit nahi hote, wo apna game rebuild karte hai.

Wo dekhta hai, *Ab main kaunsa version ban sakta hoon?*

5. Apna Game Rebuild Karo – Naya Version Banao

- Injury ke baad same game lane ki koshish sabse common galti hai.

Par aap wahi player kyun banoge? Jab aapke paas better banne ka time mila hai.

Socho upgrade. Socho next level.

- Rehab ke time aapke paas space hota hai

apne **movement, technique aur training style ko deeply observe** karne ka.

Jo cheezein pehle unnoticed thi, ab unpe kaam karke aap apne game ka naye version create kar sakte ho.

- Aapka body signals deta hai, use suno.

Blind repetition mat karo. Smart repetition karo.

Jo movement pehle pain deta tha, usse better movement mein convert karo.

Example: Bhuvneshwar Kumar

Injury ke baad unhone sirf recovery nahi ki

apna run-up aur release point refine kiya.

Result? Comeback ke baad unka control aur swing aur lethal ho gaya.

Wo wapas aaye, lekin updated version ke saath.

Yaad rakhe

Comeback ka matlab sirf old self ko recover karna nahi naya self ko unlock karna hota hai.

Jab aap apna game rebuild karte ho, tab ek cheez sabse critical hoti hai, **aapki ego kitne silence mein reh sakti hai.**

Because rehab ka phase body ka test nahi hota sirf **ye patience, humility aur acceptance ka game hota hai.**

Yahin par bahut log crack ho jaate hai.

6. Ego Side Mein Rakho – Time Lagta Hai, Par Worth Hota Hai

- Jab aap practice ground se door hote ho, aur dusre log perform kar rahe hote hai, to aapke andar **comparison, frustration aur jealousy** aane lagti hai.

Lekin wahi moment hota hai jahaan aap **champion mindset ya victim mindset** choose karte ho.

- bahut baar doston ko dekhkar lagta hai

Mera time kab aayega?

“Main bhi to us jagah hota agar injured na hota.

Par sach ye hai — **ye phase aapka sabse real self banata hai.**

Yahan aapko seekhna padta hai **wait karna, accept karna, aur phir quietly grind karna.**

- Ego hamesha push karega

“Wapas ja, jaldi prove kar.

Par aapko apne aap se kehna hota hai

Abhi time lagega, lekin jab jaunga, full ready jaunga.

Yaad rakhe

Champions ‘kyun mere saath’ ye nahi sochte

wo sirf ‘ab kya karna hai?’ pe focus karte hai.

Rehab patience ka test hai, lekin uska result long-term dominance hota hai.

Jab aap ego ko side mein rakh kar quietly apna kaam karte ho,

tab aap andar hi andar ek **naya version** ban rahe hote ho.

Koi spotlight nahi hoti, par transformation chal raha hota hai.

Aur jab comeback hota hai, wo sirf physical presence nahi hoti, **wo ek naya mental level hota hai.**

7. Comeback = Naya Mental Level

- Injury se sirf body recover nahi karti

aapka mindset evolve hota hai.

Jo pehle pressure scary lagta tha,

ab usme calmness aati hai

kyunki aap already ek storm survive kar chuke ho.

- Comeback ke time pe player zyada **self-aware** hota hai.

Usse pata hota hai ki risk kaha lena hai, rest kab lena hai,

aur apne body aur game ko kaise respect deni hai.

Patience, control, aur gratitude, ye sab ek silent weapon ban jaate hai.

- Injury ke baad ka return sirf “khelne wapas aana” nahi hota

ye ek silent domination hota hai.

Aap har ball ko, har movement ko zyada clarity se feel karte ho.

Jitni takleef aapne li hai, utna hi appreciation aata hai har moment ke liye.

Example: Pat Cummins

Bahut time ke injury struggles ke baad unhone sirf fast bowler ki jagah nahi li
wo Australia ke captain ban gaye.

Unhone body ko samjha, patience build kiya

aur jab wapas aaye, unka game aur leadership dono next level par tha.

Jab comeback ka time pass aata hai,

to sabse bada sawaal hota hai

Kya main ready hoon, ya bas ready feel karna chahta hoon?

Physios green signal de sakte hai.

Coaches wait kar sakte hai.

Lekin asli decision aapka hota hai

aur wo decision sirf body nahi, mind bhi lega.

Self-Check: Aap Comeback ke liye Ready Ho Ya Nahi?

- Kya aap rehab ke har step ko commitment se le rahe ho?
- Ya sirf calendar dekh rahe ho ki kab wapas jana hai?
- Kya aap mentally game se connected ho?
- Visualisation, mindset work, aur apne game ko inner level par feel kiya hai?
- Kya aap return ke liye 100% honest ho, ya bas jaldi wapas aana chahte ho?

Jaldi ka pressure = second injury ka invitation.

Sirf tab lautna jab aap *real game ke intensity* ke liye ready ho.

Last line

Injury ne break diya, lekin game nahi chhoda.

Comeback is not return its reinvention.

Jab aap wapas aate ho, to wahi player nahi hote

aap ek upgraded version ban chuke hote ho.

Body ne pause liya tha,
lekin mind ne silently game jeetna shuru kar diya tha.

Chapter 5

Hard Work Ya Smart Work?

Introduction

Mehnat Majdoor Wali Nahi, Cricketer Wali Chahiye

Agar hard work hi success ki guarantee hoti, to duniya ka sabse ameer aadmi mazdoor hota.

Cricket mein bhi bahut players din ke 6-7 ghante net practice karte hai, fitness karte hai, drills karte hai, gym jaate hai.

Fir bhi match mein unka impact zero hota hai.

Kya unki mehnat kam thi? Nahi

Lekin soch, direction aur planning ki kami thi.

Sirf paseena baha dena kaafi nahi hai .

Game ko samajhkar, target banakar, aur us target tak pahuchne ka smart tareeka lagakar mehnat karni padti hai.

Section 1: Majdoor Wali Mehnat vs Cricketer Wali Mehnat

Mazdoor bhi din bhar mehnat karta hai – taakat lagti hai, thakaan hoti hai, time nikalta hai.

Fir bhi result kya milta hai?

Roz ka paisa milta hai, par zindagi wahi ki wahi rehti hai, Growth nahi hoti.

Cricket mein bhi agar aap sirf “roz kaam kar rahe ho”, to aap net ke majdoor ban jaate ho.

Aap net mein 100 shots maar rahe ho ya sirf 10 purposeful shots pe kaam kar rahe ho, ess farq se hi average player aur elite player alag hote hai.

Section 2: Hard Work aur Smart Work Ka Asli Farq – Cricket Ki language main

Bahut saare cricketers sochte hai, ki roz 3–4 ghante net mein rehna hi mehnat hai.

Lekin smart cricketer har session ke objectives pehle se set karta hai, jaise,

Aaj mujhe sirf spin par kaam karna hai, ya

Aaj ke 30 balls sirf pull shot ke liye honi chahiye.

Blind hard work mein aap har bowler pe bas shots khelte ho, Lekin smart player match jaise situation create karte hai, fielders ki sochte hai, scorecard imagine karte hai, aur har shot ke peeche reason hota hai.

Gym mein bhi bas itna farq hai ki hard working player bas weight uthata hai, push karta hai, taqat lagaata hai.

Lekin smart cricketer gym mein cricket-specific movement pe focus karta hai, jaise agility, lateral quickness, core balance — jo ground pe kaam aayegi.

Coach agar koi weakness batata hai, to hard worker sirf sun ke nikal jaata hai.

Lekin smart worker us input ko likhta hai, us par kaam karta hai, aur phir review karta hai ki kitna sudhar hua.

Matches mein hard worker har baar wahi galti karta hai, kyunki usne use consciously fix hi nahi kiya.

Smart player video analysis karta hai, aur specific galtiyan pe work karta hai — technique, mindset, shot selection, ya game awareness — jo bhi ho.

Aur sabse bada farq — hard worker sirf thakaan ko progress samajhta hai.

Jitna zyada paseena baha, utni badi mehnat.

Lekin smart cricketer mehnat ke sath-sath feedback leta hai, improvement track karta hai, aur har week apna goal set karke uske peeche kaam karta hai.

Section 3: Smart Work Cricket Mein Kya Hota Hai? – 5 Clear Points

1. Role-Based Practice Karna

Agar aap opener hai, aur aapki practice death overs ya 360 hitting pe ho rahi hai, to aap galat direction mein ja rahe ho.

Smart work matlab – apne role ke hisaab se kaam karna.

Example:

Middle order batsman ho, to net mein 50 balls maarne se zyada zaroori hai – 15 balls pressure main kaise single rotate karte ho, wo seekhna.

2. Session Ka Har Minute Ka Purpose Hona Chahiye

Net ya gym sirf attendance dene ki jagah nahi.

Har session ke pehle sochna, Aaj kya naya seekhna hai?

Session ke baad likhna, Kya improvement hua?”

3. Feedback Ko Gold Jaisa Treat Karo

Coach ne bola, Aapki backlift late hai

Ab do option hai

- Ignore kar do aur next net session mein fir wahi karo
- Ya us point pe 7-10 din deliberate kaam karo

Smart player doosra route chunta hai – aur wahi aage jaata hai.

4. Match Simulation Practice Karo

Har shot pe clap lena ya dikhawa karna asaan hai.

Par match ke jaise pressure create karke practice karna mushkil hai.

Smart work matlab

- Specific match situations banana
- Last over ka pressure simulate karna

- Field ke according plan banana

5. Recovery, Rest aur Mental Training ko bhi Mehnat ka Part Maano

Smart cricketer jaanta hai, har waqt body thakakar kaam nahi karti.

Usse apne body ka maintenance karna bhi aata hai.

Wo meditation karta hai, visualization karta hai, aur apne rest ka bhi strategic use karta hai.

Real Example:

Player A

Roz 3 ghante net mein shots maar raha hai – koi structure nahi, bas lagataar shots.

Lagta hai “bahut kaam kiya. ”

Player B:

Sirf 90 mins net mein rehta hai –

pehle se likha hai:

- 20 mins spin reading
- 20 mins off-side gaps pe rotation
- 15 mins match tempo
- 10 mins decision making under pressure

3 mahine baad Player A thaka hua, Player B ready aur confident.

Esliye Sirf paseena bahaane se selection nahi hota – soch samajh ke mehnat karne se hota hai.

Net mein thak jaana progress nahi hai,

Har din ek naya level chadhna progress hai.

Game mein ghus kar sabhi mehnat karte hai

lekin sirf wahi upar jaate hai, jo soch ke, plan ke saath, aur direction ke saath kaam karte hai.

Yaad rakhe

Aapka aim sirf hardworking player banna nahi hona chahiye, **Aapka aim hona chahiye – result nikaalne wala player banna.**

Aise player jo kam bolte hai, par game badal dete hai.

Aise player jo smart tareeke se mehnat karte hai, aur apni journey ko design karte hai.

Mazdoor banne se game nahi banta –

Sochne wale cricketer bante hai asli game-changers.

Chapter 6

Pressure

Pressure – Problem Nahi, Test Hai

Pressure koi problem nahi hota – wo ek test hota hai. Us moment mein aapke andar kya hai, sab kuch saamne aa jaata hai.

Cricket kabhi smooth nahi hota. Har match ek aisa moment laata hai, jahaan ya to aap game ko sambhalte ho, ya game aapko tod deta hai.

Ho sakta hai last over ho.

Do run chahiye ho.

Ya crease par aap naye ho aur wicket just gira ho. Wahi pal hota hai – **jahan asli player dikhai deta hai.**

Kuch log uss moment mein **freeze** kar jaate hai.

Unki body tight ho jaati hai, Sochna band kar dete hai.

Wo sirf haar se bachne ka sochne lagte hai.

Aur kuch log?

Wahi moment mein apna **best nikaalte** hai.

Wo pressure se bhaagte nahi – usme perform karna seekh chuke hote hai.

Wahi bante hai clutch players.

Wahi le jaate hai match.

Wahi banate hai legacy.

Par ye samajhna zaroori hai ki har pressure moment ka background hota hai.

Kabhi pressure hota hai match ka.

Kabhi hota hai stress — jo andar hi andar confidence kha jaati hai.

Bahut log en dono ko ek hi samajh lete hai.

Par **pressure aur stress** mein farak hai, aur agar aap es farak ko samajh nahi paaye,

to ya to overthink karenge, ya har match mein underperform.

Esiye — agla step ye samajhna hai:

2. Pressure aur Stress – Farak Samajhna Zaroori Hai

Cricket sirf ground ka game nahi hai.

Ye aapke mind ka bhi game hai.

Aur us mind ke andar do cheezein sabse zyada impact karti hai, **Stress aur Pressure**.

Bahut log en dono ko same samajh lete hai.

Lekin asal mein dono ka nature alag hota hai aur dono ka solution bhi alag.

Stress – Ek Silent Killer

Stress ek long-term aur under-the-surface challenge hota hai.

Ye aapko har din thoda-thoda khaati hai

bina kisi shor ke.

- Jab aap injury se jujh rahe ho aur comeback ka pressure ho.
- Jab selection uncertain ho aur har match career jaisa lage.
- Jab personal life mein distraction ho, par aapko perform karna ho.

Ye stress hoti hai.

Eska pressure moment ke saath koi lena dena nahi hota, ye background mein chalta rehta hai.

Aur agar manage nahi kiya, to ye aapka **focus, energy aur game sense** sab kuch chura leta hai.

Pressure – Moment Ka Real Test

Pressure ek specific, sharp moment hota hai.

Jahan sab kuch chal raha hota hai, aur aapko **turant** decision lena hota hai.

Perform karna hota hai. Deliver karna hota hai.

Jaise

- World Cup ka final over.
- Last ball pe 2 run chahiye.
- Naya ball face karna jab pichhle over mein wicket gir gaya ho.
- Media glare, crowd ka roar, ya sledging ka noise.

Ye pressure hota hai.

Es moment mein ya to aap **game sambhalte ho**, ya phir **freeze kar jaate ho**.

Realisation:

- **Stress se bachna zaroori hai** kyunki wo aapka base weak karta hai.
- **Pressure ko samajhna aur handle karna seekhna aur bhi zaroori hai**, kyunki wahi moment aapki pehchaan banata hai.

Jo player dono ko samajh jaata hai

wo sirf runs nahi banata, wo **match ka control le leta hai**.

Yahi farak hota hai average aur elite player mein.

Lekin ye sirf theory nahi hai.

Cricket ke sabse bade moments ne hume baar-baar dikhaya hai ki **pressure ka real face kaisa hota hai**.

Kya hota hai jab poora stadium aapko dekh raha ho,
jab millions of fans ka bharosa aapke upar ho,
aur jab ek galti aapka pura career define kar sakti hai.

Ess pressure mein kisne kaise react kiya, wahi
decide karta hai ki **kon legend bana aur kon bas ek player raha**.

3. Examples – Pressure Ka Real Face

- Ben Stokes – 2019 World Cup Final:

Super Over.

World Cup ka final.

100, 000 se zyada log stadium mein. Crores screen pe.

Agar koi moment pressure ka real test tha to ye tha.

Par Stokes ne us moment mein na sirf apne nerves control kiye,

balki England ko ek impossible situation se jeet dilayi.

Na overcelebrate kiya, na breakdown hue *just delivered*.

Clutch ka matlab yahi hota hai, jab sab kuch aapke against ho, phir bhi aap collapse nahi karte.

- Mohammad Shami – Jab Poora System Aapke Against Ho

Match se pehle trolling.

Body shaming, religion-based targeting.

Wo pressure jo sirf pitch tak limited nahi hota, wo aapka mental space kha jaata hai.

Lekin Shami ne ek bhi press conference mein jawab nahi diya.

Unhone sirf ek cheez boli – **Ground hi mera jawab hai.**

Aur jab World Cup aaya – Shami ne har ball se prove kiya ki wo pressure se bhaage nahi,

Unhone usse **fuel** banaya.

Har match mein wickets, tight spells, aur presence.

Focus, fitness, aur fire – ye teen cheezon se unhone pressure ka system tod diya.

Pressure ke against perform karna sirf talent ka kaam nahi hota

ye ek **training** hoti hai.

Jo player pressure mein consistent perform karte hai, wo bas lucky nahi hote, wo mentally system bana ke chalte hai.

Ben Stokes aur Mohammad Shami jaise players ne bhi koi shortcut nahi liya.

Unhone pressure ke liye **apna dimaag train kiya.**

Aur science yahi kehta hai, pressure ke moment mein kaam karne ke liye, **aapko apne thought process ka control lena padta hai.**

Esliye liye kuch specific tools aur mindset hacks develop kiye gaye hai, jinhe elite athletes use karte hai, aur jinhe aap bhi apply kar sakte hai

4. Science-Based Tools – Clutch Performance Ke Liye

A. 3Ps Formula – Personalisation, Permeance, Pervasiveness

Jab aap pressure mein perform nahi kar paate to aksar problem pressure nahi hota,

problem hoti hai **aapki interpretation.**

Ye 3Ps technique aapko pressure ko breakdown karne mein help karti hai, taaki aap emotional reaction se nikalkar execution pe wapas aa sako.

1. Personalisation Main hi problem hoon” wali soch se nikalna

Galti sabse hoti hai.

Lekin jab aap har galti ko *apne character se jod lete ho*, to pressure aapke upar chadh jaata hai.

Jaise

- Main pressure mein hi fail hota hoon.
- Main big games ka player nahi hoon.
- Main to choker hoon.

Ye soch pressure se zyada dangerous hai.

Aap performance se nahi, apne khilaaf khud ladne lagte ho.

Solution

Galti hui? Accept karo.

Lekin usse apni identity mat banao.

Aap ek moment mein fail hue ho, **aap fail nahi ho.**

2. Permeance – Har failure permanent nahi hota

Bahut players ek match ki galti ko **future ka fix result** maan lete hai.

- Kal out hua tha, to aaj bhi run nahi banenge .
- Do game se form nahi hai, kya main khatam ho gaya hoon?

Ye pattern aapko **confidence leak** karta hai. Ek phase ya ek inning ka failure, aapke skill set ka final verdict nahi hai.

Aur Jitna zyada aap har performance ko over-define karenge, utna zyada pressure badhega.

Har match ek *fresh start* hota hai

agar aapka dimaag reset karna jaanta ho.

3. Pervasiveness – Ek moment ka result, poore career ka sach nahi hota

Kai players har pressure moment ko **life-or-death** bana dete hai.

- Agar es match mein nahi bana to sab khatam.
- Ye last chance hai.
- Es over mein run nahi aaye to career khatam ho gaya.

Ye thinking dangerous hoti hai, kyunki ye aapke system ko block kar deti hai.

Aap clarity se nahi, panic se khelte ho.

Smart Move

Pressure ko moment tak limited rakho.

Socho

Ek ball hai, ek situation hai, not my whole life.

Jitna aap neutral aur focused rahoge,

utna game naturally flow karega.

Yaad rakhe

Mindset reset karna har cricketer ke liye zaroori hai. Warna pressure ek chhoti si mistake ko **identity** bana deta hai. Aur jab aap khud se ladne lagte ho, tab aap opponent se nahi jeet sakte.

B. Pressure Routine – Visualization, Trigger Words, Breathing Control

Pressure ke moment mein **skill hi sab kuch nahi hoti**, aapka system kitna calm hai, ye decide karta hai ki aap wo skill use kar paoge ya nahi.

Jab dimaag panic kare, body tight ho jaye, aur heartbeat tez ho, tab technique nahi, **training routine** kaam aata hai.

Esliye har elite performer ek **preparation system** follow karta hai, jise aap bhi apne practice aur match routine ka hissa bana sakte ho.

1. Visualization – Pressure Moment Ko Pehle Se Jeetna Seekho

Aankhon band karke pressure moment ko imagine karo

par darr ke saath nahi, calm execution ke saath.

Example

- Imagine karo ki aap 19th over mein bowling kar rahe ho

batsman aggressive hai, lekin aapka focus sharp hai.

Aap plan set karte ho. Field set hoti hai. Aap deep breath lete ho.

Aur for yorker execute karte ho, just like practice.

Why it works?

Dimaag jise baar-baar dekh leta hai, usse real moment mein danger nahi lagta.

Ye **mental rehearsal** aapke nerves ko stable banata hai.

Visualize karo: calm face, slow breathing, and accurate shot/ball

2. Trigger Word – Apne Mind Ko Lock Karne Wala Cue

Jab pressure badhta hai, soch idhar-udhar bhatakne lagti hai.

Esliye har player ko ek **anchor word** chahiye

jo aapke mind ko focus par wapas la sake.

Example Trigger Words:

- Control
- Still
- Game mein hoon
- Ek ball, ek decision

Match ke beech mein sirf itna bolna, aur mind calm ho jaata hai.

Ye small cue aapka mental brake ban jati hai.

3. Breathing Control – Body Ko Pressure Mode Se Nikaalna

Jab pressure peak pe hota hai, to sabse pehle aapki saans chhoti ho jaati hai.

Aur jab saans short hoti hai, aapka movement stiff, timing off, aur decision weak ho jata hai.

Box Breathing Technique:

- 4 second inhale
- 4 second hold
- 4 second exhale
- 4 second pause

→ Repeat 2-3 times before next ball or over.

Result?

Aapka nervous system stable ho jaata hai.

Heart rate control mein aata hai.

Aur clarity wapas milti hai.

Yaad rakhe

Practice sirf shots aur deliveries ki nahi honi chahiye.

Practice honi chahiye pressure moments mein calm rehne ki.

Jab body still hoti hai, tab game slow dikhai deta hai.

Aur jab game slow lagne lage, tabhi aap real-time mein clutch ban paate ho.

Pressure routine aapko ek calm state tak le jaata hai, lekin clutch banne ke liye mindset shift bhi zaroori hota hai.

Bahut players routine follow karte hai, par fir bhi bade moment mein choke kar jaate hai.

Kyun?

Kyuki unka focus sirf skill ya result pe tha **mindset** develop nahi hua tha.

Esliye next step samajhna zaroori hai

5. Choke vs Clutch – Difference Sirf Mindset Ka

Cricket mein pressure sab par aata hai.

Lekin reaction alag hota hai.

Kuch log us moment mein **freeze** ho jaate hai(Choke),

aur kuch log **flow** mein aa jaate hai (Clutch).

Let's break it down:

Choke Player

- Outcome pe obsessed hota hai

Mujhe ye match jeetna hi hai warna sab khatam.

Result ki soch itni heavy ho jaati hai ki execution fail ho jaata hai.

- Nervous energy mein fumble karta hai

Easy throw drop, basic shot miss, ya wide ball under pressure.

Kyuki attention present moment mein nahi hoti, sirf result pe.

- Ya to jeet, ya career khatam” type soch

Har match ko career ki final exam bana deta hai, Aur jab soch extreme ho jaaye, to body tight ho jaati hai.

Clutch Player

- **Process pe focused rehta hai**

Bas ye ball, ye moment.

Result nahi sochta, execution pe full present hota hai.

- **Calm rehearse karta hai**

Match se pehle pressure visualize karta hai.

Jaise already khel chuka ho, Esliye nerves stable rehte hai.

- **One-ball-at-a-time approach rakhta hai**

10-run chahiye, lekin uske dimaag mein sirf next ball hoti hai.

Ye micro-focus usse match ke flow mein rakhta hai.

Note: Match har koi khelta hai, lekin clutch players moment jeette hai.

Example: **Carlos Brathwaite – 2016 T20 WC Final**

West Indies ko 19 off 6 chahiye. World Cup final.

Samne Ben Stokes jaise bowler.

Carlos ne har ball pe sirf ek cheez sochi, *Next ball. Clean contact.*

Result? 4 sixes. World Cup finish.

Na wo panic hue. Na overthink.

Bas calm power, one-ball focus, aur neutral nerves.

That's clutch.

Clutch mindset sirf soch se nahi banta, uske liye har din body aur brain ko pressure face karne ki aadat dalni padti hai.

Jaise koi bowler yorker practice karta hai,

waise hi ek batter ya all-rounder **pressure situation rehearse** karta hai.

Tabhi jaake body ka nervous system uss moment ko calmly handle karta hai.

Ab agla step wahi hai

6. Daily Drill – Pressure-Ready Banaane Wali Practice

Net sirf technical kaam ke liye nahi hota

match pressure ka simulation bhi wahi hoti hai.

Har session mein **ek pressure zone** create karo.

Game ke real scenarios ko net mein zinda karo

Pressure Scenarios

- 5 balls – 6 run chahiye

Aapke paas 5 balls hai. Boundary nahi maar paaye to match gaya. Har ball pe decision clear hona chahiye.

- Top order collapse ho gaya hai – crease sambhalni hai

Game 10/3 par khada hai. Aapko game stabilise karna hai. Koi fancy shot nahi calm, clear intent.

- Last ball – 1 run chahiye

Game on the line. Field tight. Risk kaise manage karte ho? Mind still hai ya panic karta hai?

Reminder: Match ke pressure ka rehearsal net mein hi hota hai.

Zyada log **shots ki practice** to karte hai,

par **nervous system ki training** nahi karte.

Result? Game aate hi haath-kaanpe lagte hai, brain freeze ho jata hai .

Reminder – Aapka Nervous System Train Ho Sakta Hai

- Jab aap baar-baar **pressure simulate** karte ho, aapka brain us moment ko **danger** nahi samajhta.

- Us moment mein **fight-flight response** nahi aata aata hai calm, focused execution.

- Confidence motivational talk se nahi aata **rehearsed action** se aati hai.

Jab aap regular pressure drills karte ho

chahe wo net session ho, ya visualisation

to aapka brain **threat response** se **focus response** mein shift hone lagta hai.

Aur wahi shift, aapko **choke player** se **clutch player** banata hai.

Cricket ke har level par chahe

district ho, state ya international

difference wahi hota hai

Kisi ne pressure se dosti ki hoti hai.

Baaki sirf pressure ka naam sunke darr jaate hai.

Ab yahin se hum seedha le jaate hain last, impactful point par

– Line That Sticks

Pressure usi ko milta hai jise kuch kar dikhana hota hai. Baaki log to sirf safe khelte hai.

Agar aap pressure face kar rahe ho, eska matlab aap game ke important zone mein ho.

Pressure mein kaam kiya to naam banta hai. Nahi kiya, to sirf regret.

Game se bhaago mat. Moment ka saamna karo.

Aakhir mein ya to yaad bachegi – ya afsos.

Chapter 7

Enverment

Introduction

Talent seed hota hai. Par wo kis mitti mein uga wahi tay karta hai kitna bada ped banega.

- Cricketer ki growth ka 50% contribution hota hai us environment ka jismein wo har din jeeta hai.
- Ghar, academy, doston ka circle, mindset surrounding, sab silently aapka belief aur standards bana rahe hote hai.
- Talent to har dusri gali mein milta hai. Par jo player daily toxic ya distracted environment mein palta hai, uska game andar hi andar compromise ho jaata hai.

Esliye ye chapter us mitti ke baare mein hai jismein ek cricketer ka sapna palta hai.

Aapki academy sirf technique nahi banati, aapka environment aapki identity banata hai.

Cricket ke sapne ki sabse pehli jagah hoti hai **ghar**.

Aur ghar ka environment ya to aapke upar wings laga sakta hai, ya aapko weight de sakta hai.

Kya aapke parents process ke sath patience rakhte hai?

Ya sirf scoreboard dekhte hai?

Chlo Ab likhte hai

2. Parental Pressure Ya Push?

Support aur pressure ke beech ek thin line hoti hai.

- Kya aapke parents aapka dream samajhne ki koshish karte hai?
- Ya bas comparison, taana aur “kitne run banaye?” ka pressure dete hai?

Growth environment wo hota hai jahan runs ke sath **grind** bhi samjha jaaye.

- Jab player har roz mehnat kar raha ho, par form low chal rahi ho, tab usse **criticize** karne ke bajaye, uski **mental strength** ko appreciate kiya jaaye.

Example – Virat Kohli

Unke father ne unka cricket dream *emotionally aur practically* back kiya.

Financial struggles ke bawajood unhe training, matches aur coaching ka full support mila.

Esliye Virat ke andar *sacrifice ki respect* aur *hunger ka fuel* bana raha.

Yaad rakhe

Result ke peeche bhaagne se pehle, process ka ecosystem banaiye.

Agar ghar mein pressure ke bajaye trust hoga, to player match mein khulke khel payega.

ab parental support ke baad naturally agla environment aata hai: **coaching aur academy culture.**

Ye wahi jagah hai jahan **player ka raw talent tarashna** shuru hota hai. Par sirf technique sikhana kaafi nahi, *mindset aur maturity bhi wahi develop hoti hai.*

Ye raha uska agla point

3. Coaching Environment – Sirf Skill Nahi, Soch Bhi Banate Hai

Coach sirf cover drive nahi sikhatata

Wo aapko sikhata hai kab patience rakhna hai, kab attack karna hai.

Aur game ke bahar — kaise har loss ko handle karna hai, kaise khud pe vishwas banana hai.

Ab Sawal Uthta Hai

- Kya aapke coach sirf **net ke andar ki performance** dekhte hai,
- ya aapke andar ki **mindset journey** bhi samajhne ki koshish karte hai?
- Kya wo sirf galti pe chillate hai, ya **galti ke peeche ka mental reason** bhi decode karte hai?

Growth Coaches Ki Pehchaan

- Wo tough bolte hai, par aapko safe feel karwate hai.
- Wo praise ke bajaye aapke standard upar le jaane ki soch rakhte hai.
- Wo discipline mein emotional comfort chipka ke rakhte hai.

Rahul Dravid sir ne kaha the

My job is not just to create cricketers,

but strong individuals who can think for themselves.

Aur Dravid sir ka coaching style yehi reflect karta hai, player ko over-instruct nahi karte hai, unhe *independent decision-makers* banate hai.

Last line

Coach wahi nahi jo har cheez bataye,

Coach wo hai jo aapko game aur life dono ke liye ready kare.

coaching environment ke baad **ek aur invisible influence** hota hai jo aapki soch, energy, aur belief system silently design karta hai: **aapka doston ka circle**.

Academy ke baad aap jis environment mein relax karte ho, wahi aapki asli mindset ki soil hoti hai.

Coach training deta hai.

Par uske baad aap din bhar kiske saath baithte ho, kiski baatein sunte ho

wo decide karta hai ki aapka mindset strong ho raha hai ya crack kar raha hai.

4. Dost Ka Circle – Uplift Karte Hai

Ya Pull Down?

Aap kitne talented ho, ye utna matter nahi karta, Jitna ye matter karta hai ki aap kis energy mein jeete ho.

Aap roz practice karte ho, mehnat karte ho, self

doubt se ladte ho, par agar aapke aas paas ke log aapki growth se khush nahi hai,

to wo silent tareeke se aapka confidence kha jaate hai.

Wo kuch directly nahi bolte, par unki body language, unka tone, unka reaction, sab kuch message deta hai

Tu zyada udaan mat bhar.

Self Check

Ye do sawal roz apne aap se poochho

- **Kya aapke dost aapki growth se inspire hote hai, ya andar hi andar insecure?**

Talent se zyada, unka reaction aapke success par sab kuch bata deta hai.

- **Kya wo aapke targets ka respect karte hai, ya hamesha taunt maarte hai?**

Tu India khelega? ye line support ke saath boli gayi thi , ya mazak mein?

Reality Test

- Jab aap **accha perform** karte ho

kya wo **silent ho jaate hai, subject change kar dete hai?**

- Jab aapki form kharab hoti hai

kya wo **indirect joke maarte hai, gossip karte hai?**

Ye chhoti chhoti cheezein daily aapke andar ek doubt inject karti hai

Shayad main overthink kar raha hoon

Par real baat ye hoti hai, *aapke aas paas ke log aapka fuel nahi ban rahe*,
aapko tod rahe hai

Last line

Jealousy disguised as friendship is the most dangerous distraction.

Ye log aapke saath chai pe baithe honge,

par aapke dream ke silent critics ban jaate hai. Na wo openly oppose karte hai,
na openly uplift, bas neutral ban jaate hai.

Aur neutral log hi sabse zyada dangerous hote hai, ek cricketer ke journey ke
liye.

Kyuki Aapka circle ya to **aapko roz uplift karega**, ya **dheere-dheere aapke
standards neeche kheechta rahega**.

Talent ek plant hai.

Lekin agar us plant ke paas sunlight, clean air aur space nahi hoga, to wo grow
nahi karega, chahe jitna bhi fertile ho.

Apne aas paas wahi log rakho

jo aapke liye clap karte hai, jab koi aur nahi kar raha hota.

Lekin sirf log hi nahi,

aapka poor environment ek silent coach hota hai.

Aaj cricket ka sabse bada distractor talent nahi **temptation** hai.

Aap physically academy mein ho sakte ho,

lekin mentally kisi doosri duniya mein

Aur wahi se aata hai agla environment ka truth.

5. Distractions Ka Environment – Game Ya Glamour?

Aaj ka biggest test talent nahi hai, **temptation se bacha rehna hai.**

Self Check

- Kya aapka circle aapki *cricket hunger* ko aur tez karta hai?
- Ya phir wo aapko *reels, parties, social media validation* ke zone mein le jaata hai?

Talent hone ke baad bhi agar aapka mind har doosre din kisi nayi cheez mein bhatak raha hai, to growth stable nahi rahegi.

Aap physically training mein ho sakte ho,

par agar mentally aap *likes aur image* ke chase mein ho, to execution ka focus kabhi deep nahi ho hoga .

Focused Environment = Less Noise, More Clarity

- Simple life = Clear thinking.
- Clear thinking = Sharp execution.

Cricket mein sab kuch fast hota hai Esliye aapka environment calm hona chahiye.

Jahaan zyada noise, wahan game ka feel dhundhna mushkil ho jaata hai.

Example: MS Dhoni

Dhoni ka background ek distraction-free zone tha.

Small town life, limited attention, zero hype bas cricket aur discipline.

Esi environment ne ek *ice-cold finisher* banaya:

- Jo 1 lakh crowd ke saamne bhi blank face ke saath khelta tha.
- Jo apna reaction nahi, result ko priority deta tha.

Distraction-free upbringing ne unka mental noise hi eliminate kar diya tha.

Tabhi wo match mein clarity aur calmness ka symbol ban gaye.

Lesson

Aapka environment ya to aapko *depth* dega,

ya aapko *surface level fame* ke peeche bhagata rahega.

Har cricketer ko ek aisa space chahiye

jahan *game ke alawa koi aur center mein na ho.*

Distraction sirf physical nahi hoti.

Kabhi-kabhi aap practice ke liye ready ho, lekin mind pehle se hi full hota hai, reels, comparisons, ya kisi aur ke glamorous life se.

Aur ye saari cheezein zyada tar **digital world** se aati hai.

Aapka phone, aapka scroll routine, aapka feed

ye sab silently aapke mental environment ko shape karte hai.

Tabhi agla point aur bhi important ho jaata hai

6. Digital Environment – Aapka Feed, Aapka Future

- Aap har din kya dekh rahe ho?

Motivation ya distraction?

- Instagram reels, negative news, toxic comparison, ye sab silently aapka focus kha jaate hai, bina aapke notice kiye.

Drill: Apna Phone Audit Karo

- Aapke phone mein sabse zyada time kis app pe ja raha hai?
- Kya aapke follows aapke dream ke aligned hai?
- Kya aapka feed aapko upar utha raha hai – ya andar hi andar confuse kar raha hai?

Example: Elite Cricketers ka Digital Control

Top-level players jaise Virat Kohli ya Kane Williamson apne phone aur media exposure ko strictly control karte hai, match se pehle aur baad.

Kyun?

Kyunki **digital noise = mental clutter**

Aur cricket mein clarity hi decision-making ka base hoti hai.

Yaad rakhe

Aap kya dekh rahe ho, wahi ban jaate ho.

To har din aap kya consume kar rahe ho

wo sirf entertainment nahi, aapka mindset shape kar raha hai.

Esliye ek serious cricketer ko apna digital environment bhi utna hi carefully choose karna chahiye. jitna apna diet ya fitness plan.

Digital environment fix karne ke baad ek aur baat samajhni zaroori hai, aap chaahe jitna bhi skillful ho, agar aapka daily environment confused, negative ya low standard wala hai

to aapki growth slow hi rahegi.

Cricketer ka asli transformation hota hai **us system mein** jismein wo har din palta hai.

Aur esi thought pe chapter ka final point close hota hai

7. Aap Jisme Jeete Ho, Wahi Ban Jaate Ho

Aapka environment silent coach hota hai

wo ya to aapko train karega, ya drain.

- Right environment = high standards, real talk, focused energy
- Wrong environment = excuses, noise, comfort zone

Aapke aas paas ka environment ya to aapki hunger ko **ignite** karega, ya use **slow poison** ki tarah khatam karta rahega, bina shor ke.

Har cricketer ko ek point pe ye decision lena padta hai:

Main kis circle mein jee raha hoon? Kya ye meri growth ka accelerator hai , ya brake?

Last line

Cricketer banne ka pehla step hota hai, apne aas paas ka environment clean karna.

Kyunki jahan clarity hoti hai, wahi hunger palta hai .

Phase 3 – Closing Summary

es phase ne ek champion ki asli foundation ko shape diya.

Aapne apna **mindset, discipline, aur mental toughness** build ki.

Aapne seekha kaise pressure me focus banaye rakhna hai,

kaise quality practice ko match-winning performance me badalna hai,

aur kaise team ke saath khud ka best version deliver karna hai.

Ye sirf cricket ka syllabus nahi tha

ye aapke character ka architecture tha.

Ab aap ke paas skill bhi hai, soch bhi,

aur wo habits jo champions ko banati hai.

Lekin skill aur soch ka asli test ab shuru hoga

Phase 4 –

Ab waqt hai **Execution** ka.

Ab baat planning, preparation, ya learning ki nahi

ab baat hai *kar ke dikhane* ki.

Phase 4 me har decision, har ball, har moment

aapki mehnat ka verdict dega.

Yahan excuses ka koi kaam nahi,

sirf action kaam aata hai.

Aur jo action nahi leta...

woh excuses ke maze me wapas laut jaata hai.

Phase 4 aapke career ka manual nahi –

ye aapke character ka test hai.

Jo pass karega, wo sirf cricketer nahi... **legacy** banayega.

Phase 4

Chapter 1

Execution – Decision, Discipline aur Imaan:

Aapke andar ess phase ke baad koi confusion nahi bachegi.

Ya to aap full-time cricketer banne nikal jaoge,

Ya excuses ke maze mein laut jaoge.

Ye phase kisi training manual ka part nahi hai.

Ye aapke **character ka test** hai.

Yahan se cricket shuru nahi hota

Yahan se cricket evolve hona shuru hota hai.

Ab aap system se ladna band karte ho,

Aur khud ko real-time upgrade karna shuru karte ho.

Pehle Do Phase Mein Aapne Kya Build Kiya

- **Mindset aur pressure** handle karna seekha
- **Practice aur match execution** ka breakdown samjha
- **Fitness, planning, aur team environment** ka depth mein analysis kiya

Ab sawaal simple hai:

Kya aap apne sapne ke saath imaandaar ho?

Phase ke 3 Real Focus Areas

1. Decision – Ab Sochna Nahi, Final Karna Hai

Aap kiya banna chahte ho, uska seed yahin lagta hai.

Bahut players confuse rehte hai

kabhi selection ka stress, kabhi backup plan, kabhi job ke options

Lekin **elite cricketer** ki life mein confusion ki jagah nahi hoti, Bas ek clear decision hota hai

Main professional banunga. Aur main har sacrifice ke liye ready hoon.

- Ye decision comfort zone ke khilaaf jaata hai.
- Ye decision aapki har subha aur har raat ko direction deta hai.
- Ye decision aapke excuses ka game over karta hai.

Aapke andar clarity nahi hai, to aapka cricket bhi confused dikhega.

Ya to full-time cricketer bano,

Ya khud ko jhooth bolna band karo.

2. Discipline Execution – Har Roz Ka Game Jeetna Hai

Professional cricketer wo nahi jo sirf match ke din ready ho, Wo hota hai jo har din ko match ki tarah treat karta hai.

Execution ka matlab sirf effort nahi, evidence bhi.

- Aapka net session kya prove karta hai?
- Aapki recovery aur routine kitna serious hai?
- Aapka match mindset pressure mein kya decisions leta hai?

Skip karna = Self-betrayal

Lazy training = Identity destroy

Real Discipline Means

- Time pe uthna (chahe body bole 'so ja')
- Recovery seriously lena (physio se pehle prevention)
- Boring drills bhi dedication se karna
- Khud ka self-check, bina kisi coach ke kehne ke

Talent bina discipline = waste

Discipline bina talent = weapon.

Jab aap match mein utroge, clarity ye hogi:

Main es moment ke liye roz marattha hoon. ”

3. Dominating Identity – Fire, Faith aur Full Control

Ab aap sirf player nahi, aap ek standard banne wale ho.

Cricket ab sirf performance ka game nahi

ye **identity ka game** hai.

- Aapka walk, aapki preparation, aapka discipline, sab signal deta hai

Es player ke andar kuch alag hai.

Cricketer banna sirf run banana nahi,

Cricketer banna hota hai: **match ka mood badal dena.**

Aapka inner foundation

- **Attitude:** Main ready hoon.
- **Aggression:** Main har ball ka answer dunga.
- **Imaan:** Main us waqt bhi kaam karta hoon, jab koi nahi dekh raha.

Imaandari ka test match mein nahi hota

Wo tab hota hai jab net mein har shot fail ho raha ho,

Aur aap phir bhi next ball ke liye ready hote ho.

Execution Ka Core Truth

System ki problems ek limit time tak valid hai.

Uske baad sirf ek cheez matter karti hai

Aap apne sapne ke saath kitne imaandaar ho.

Agar aapne es phase ko honestly jee liya

to aap sirf player nahi, **team ke pillar** ban jaoge.

Game talent ka nahi, game truth ka hota hai.

Aur truth hamesha imaandari se jeettahai.

1. Final decision – Cricketer Banna Hai Ya Sirf Dikhawa?

Aapne ab tak 30+ chapters padh liye.

System, mindset, pressure, practice – sab open ho chuka hai.

Excuses ka ab koi face nahi bacha.

Ab sirf ek hi sawaal

Kya aap apne aap se imaandaar ho?

- Aap net chhodte ho, aur bolte ho chance nahi mila.
- Aap match avoid karte ho, aur kehte ho support nahi mila.
- Aap routine todte ho, aur blame karte ho environment ko.
- Lekin jab light band hoti hai,

kya aap apni aankhon mein jhankh paate ho?

Cricket ke saath imaandaar rehna easy hota hai

Par apne aap ke saath imaandari sabse tough hoti hai.

Imaandari = **Zimmedari**

Full-timer banna hai to, Half-hearted mindset chhodo.

Ye chapter motivational nahi

Ye **aapke career ka x-ray** hai.

Main khel raha hoon, ya bas khelne ka natak kar raha hoon?

Es point ke baad sirf do raaste hai

- Ya to real cricketer ki taraf nikal jao.
- Ya apne excuses ke maze mein wapas so jao.

Decision aapka. Game bhi aapka.

Aapne decide to kar liya ki *"Kar Ke Dikhana Hai*.

Par sach bataiye

Kitne din tak wo decision strong raha?

1 din?

1 hafte?

Ya jab tak kisi aur ne poochha, "Practice kaisi chal rahi hai?" tab tak?

Cricket sirf ek din ka motivation ka game nahi hai.

Ye ek **daily war** hai **aapke discipline ke saath**.

Aur har din ye sawaal uthta hai:

Kya aaj maine waise jeeya jaise ek professional cricketer jeeta?

Decision lena easy hai.

Lekin **decision ko jeena har din**, wahi hoti hai asli game.

Esiye aapko chahiye ek **test**.

Jo har din aapko yaad dilaye ki

Tu acting nahi kar raha, tu sach mein banna chahta hai.

Esi test ka naam hai

The 90-Day Test – Imaandari Se Track Karo

2. The 90-Day Test – Imaandari Se Track Karo

Ye test kisi coach, parent, ya selector ke liye nahi hai.

Ye test sirf ek aadmi ke liye hai — jo har din aapki aankhon mein dekhta hai: aap khud.

Bahut log cricket ke sapne dekhte hai.

Bahut log Instagram pe motivational reel lagate hai.

Bahut log gym ke mirror ke saamne form check karte hai.

Lekin asli sawaal ye hai

Kya aap har din sach ke saath jeete ho? Ya ek acting chal rahi hai jo sirf duniya ke liye hai?

Ess test ka purpose ek hi hai

Aapko khud ke saamne khada karna.

Na coach ka feedback.

Na match ka result.

Sirf ek cheez: **aapki apni imaandari.**

The 90-Day Commitment

Agle 90 din — sirf aap aur aapka mission.

No lies. No skip. No shortcut.

Aapko har din ek journal ya diary mein apna score likhna hai , Ek hi cheez judge karni hai

Kya main apne sapne ke laayak jee raha hoon ya nahi?

Har din 3 sawaalon ka imaandari se jawab dena hai

Raat Ka Self-Audit (Daily Check-in)

1. Kya aaj maine full effort diya?

(Training ho ya rest day — kya main intentional ground par tha? Kya maine half-hearted kaam kiya ya poori energy di?)

2. Kya maine koi excuse banaya?

(Mood kharab tha, time nahi mila, motivation nahi aayi — kya maine kisi bahane ko allow kiya?)

3. Kya maine apne cricket ko izzat di?

(Kya maine es game ko serious liya ya sirf ek aur task samajh ke nipta diya?)

Result after 90 Days

Agar aapne 90 din tak ye test *sach mein* follow kiya, Na jhooth bola, na khud ko cheat kiya

To aapko ek cheez crystal clear ho jaayegi

Main ek cricketer hoon jo sach mein banna chahta hai

Ya main ek actor hoon jo sirf cricket ki acting kar raha hai.

Ek Reminder

Ye test har kisi ke bas ka nahi hai.

Ye unhi logon ke liye hai jo apne liye *uncomfortable truth* sunne ko ready hai.

Agar aap es phase se nikal gaye,

to aap bas player nahi, ek mission mode warrior ban jaoge.

90 din ka test pura hua, aapko khud ke bare mein sach samajh aa gaya.

Aap acting kar rahe the ya asli mehnat?

Aapke excuses zyada the ya execution?

Ab agla level start hota hai

Cricket ka character test.

Kya aapka game sirf technique pe tikka hai?

Ya aapke andar ek **killer identity** ban chuki hai

jo har ball, har match, har pressure moment mein dikhayi deti hai?

Bada player banne ke liye sirf skill nahi, ek alag aura chahiye.

Jo dressing room mein ghuste hi dikh jaye *Ye banda ready hai.*

Ab samjho wo teesra step

Jo aapko *consistent, dangerous, aur trusted* player banata hai.

3. Killer Identity – Attitude, Aggression aur Imaan

Killer identity tab banti hai jab aap apni skills ko apni soch, apne attitude, aur apne discipline ke saath fuse karte ho. Ye identity wo hai jo har match mein dikhti hai, jo har moment mein aapke game ko define karti hai. Aap sirf ek player nahi, **game ka standard** ban jaate ho. Ab aap sirf khud ke liye nahi, **team ke liye** khel rahe hote ho.

1. Real Cricketer ka Aggression Gaaliyon Mein Nahi Hota

Aggression ka matlab sirf apne aap ko zyada energy dena nahi hai. **Real aggression** tab hota hai jab aap apne game ko **control, game-awareness, aur discipline ke andar** express karte ho. Ye aggressive mindset tab dikhayi deta hai jab aap pressure mein bhi apne decisions clear rakhte ho, jab aap **stress ko handle karte ho**, aur jab aap apne game ko **sharpen karte ho** har moment ke saath.

- **Gaali dena ya out-of-control hona** aggression nahi hai. Wo **energy** hai jo aap apne body language, shot selection, aur field positioning mein show karte ho.
- Aapka aggression wo hota hai jo **silent aur focused** hota hai, jisme **patience aur strategy** hote hai.
- **Control mein rahna** jab pressure ho, ye asli aggressive mindset hai

Yaad rakhe

Cricket mein aggression gaaliyon ya chhote moment ke anger mein nahi hota.

Ye hota hai aapke game ka mental aur emotional control, jo match ke har phase mein reflect hota hai.

2. Har Net Session Mein Aap Apne Future Se Ya To Door Ja Rahe Hote Ho, Ya Paas

Aap har net session ko **ek opportunity** samajh ke khelte ho ya ek boring task samajh ke? Har ball jo aap khelte ho, wo aapki identity banata hai. Aap kaise practice karte ho, wo aapko batata hai ki aap future mein kis level tak jaa sakte ho.

- **Body language** har ball pe **energy aur intent** ko reflect karti hai. Jab aap har shot mein apna best dene ki koshish karte ho, tab aap apne future ko apne haath mein le rahe hote ho.
- Agar **lazy aur half-hearted practice** karte ho, to aap apne goals se door ja rahe hote ho.
- **Dikhaawa** mat karo — jab aap net mein **game simulation** karte ho, tab aap apne identity ko shape karte ho. Aap har session mein ya apni identity ko strong bana rahe hote ho, ya weak.

Identity banana ka process kabhi easy nahi hota, lekin **har net session mein effort, commitment, aur mindset** sab kuch hota hai.

Yaad rakhe

Agar aap har net session ko apne future ka part samajh kar khelte ho, to match ke pressure mein aapka response natural hoga.

3. Imaan ka Matlab Sirf Spirituality Nahi Imaan Matlab Commitment

Imaan ka asli matlab hai apni **commitment** se waafadari rakhna, apni journey ko **sachai aur dedication ke saath jeena**. Imaan sirf spiritual ya religious nahi hota, ye **aapke daily actions ka result** hota hai.

- Apne sapne **ke saath imaandari** ka matlab hai

Jab koi nahi dekh raha, tab bhi **aap apni practice mein lagatar consistency** laate ho.

Jab aapka net session **fail** ho raha ho, tab bhi aap agle shot ke liye ready hote ho.

Self-responsibility lena ki apne goals ko poora karne ke liye **aap khud accountable** ho.

- Imaan tab dikhta hai jab aap external distractions ko ignore karte ho aur apni game ke liye pure focus mein rehte ho.
- Apne goals ko **honestly track** karna aur unko **achieve** karne ke liye apne aap se commitment karna — **ye imaandari ka test hai**.

Yaad rakhe

Imaan ka test kabhi external pressures se nahi hota.

Wo hota hai jab **aap apne sapno ko dil se follow** karte ho aur apne goals ke liye puri imaandari se kaam karte ho.

4. Attitude Ka Matlab Hai — Jab Challenge Aaye, To Aapka Response Bole Main Ready Hoon

Aapka **attitude** tab dikhta hai jab **aapko challenge** mile. Har pressure moment mein, aapka attitude dikhata hai ki aap **problem ko kaise handle** karte ho.

- Jab **crisis situations** ho, tab aapka response hota hai

Main ready hoon. Main challenge ko apni opportunity banata hoon.

- **Underestimated players** bhi aapko notice karte hai jab aap **calm aur composed** rahte ho.
- **Confidence aur assertiveness** ke saath aap apne team ko lead kar sakte ho.

Har challenge ko **passion aur patience ke saath** handle karte ho.

Attitude ka matlab hai **apni identity ko kabhi compromise mat karo**, aap **game ka leader** banne ja rahe ho. Har moment ko **match-winning mentality** ke saath jeene ka attitude zaroori hai.

Attitude wahi hota hai jo **pressure ke time mein aapke andar se naturally nikalta** hai.

Aapka attitude apni game ko kabhi bhi doubt karne nahi deta.

Last line

**Game kabhi jhooth nahi bolta
Jo imaandaar hota hai, wahi tikta hai.**

Ye line cricket ke asli essence ko samjhaati hai.

Imaan, attitude, aur aggression – ye teen pillars aapke identity ko define karte hai.

Agar aap ye teen cheezein apne game mein genuinely apply karte ho, to koi bhi challenge aapko rok nahi sakta.

Aapne es book mein shuruaat mein entry ki thi ek sapne ke saath.

Par ab agar aapne har section ko absorb kiya hai, *to mindset sirf badla nahi hai, upgrade ho gaya hai.*

Aap ab un players mein se ho jinke liye excuses chhoti baat hai, aur execution asli priority.

Aapne apna 'inner game' dubara likha hai clarity, control aur commitment ke saath.

Final Line –

Cricket sirf skill ka game nahi hai

ye imaandari ka game hai.

Apne sapne ke saath, aur khud ke saath.

Agar aapne sach mein es kitaab ko absorb kiya hai toh” ab game aapka intezaar nahi karega

Game aapka naam repeat karega.

Closing line

Ye koi motivation book nahi hai.

Ye ek inner manual hai, jisko agar aapne imaandari se follow kiya, to aap sirf ek player nahi, ek complete cricketer ban sakte ho .

Har chapter, har line, aapke future ke liye likhi gayi hai.

Agar aapne sochna band karke action lena shuru kiya, to aapko cricketer banne se koi nahi rok sakta

Aur haan es kitaab ko do baar mat padhiye.

Ek baar honestly execute kijiye

aur aapki zindagi kabhi waisi nahi rahegi jaise pehle thi.

Closing Paragraphs – The Champion Shift

Aapne es safar me system ka sach dekha, apni galtiyon ka postmortem kiya, aur phir apne andar ke champion ko shape diya.

Aapne wo seekha jo academies, trials, aur scoreboards kabhi nahi sikhate — kaise apni soch, apna discipline, aur apni energy ko control karke game jeeta jaata hai.

Aapne samjha ki cricket sirf bat aur ball ka khel nahi, yeh decisions, habits, aur mindset ka war hai.

Lekin asli baat ye hai — **champions bante nahi, decide kiye jaate hai.**

Aapne jo padha, wo sirf knowledge nahi, ek permission slip hai apne sapne ko reality me badalne ki.

Ab ball aapke court me hai.

Ya to aap excuses ke maze me wapas laut jaoge

ya phir ek nayi legacy likhoge.

Agar aap player hai, to yaad rakhiye — aapka sapna sirf aapka nahi, un sabka hai jo aap par bharosa karte hai.

Aapke decisions, aapki mehnat, aur aapka character hi tay karega ki aap sirf khelne wale khiladi bante ho... ya ek aisi kahani jo dusre logon ko inspire karti hai.

Aur agar aap parent hai, to samajhiye — aapke ek sahi faisle se ek sapna jeet sakta hai, aur ek galat shabd se wo sapna toot bhi sakta hai.

Aapka samarthan, aapki samajh, aur aapka vishwas hi ek bachche ke liye sabse badi trophy hai.

Cricket ka ye safar sirf ground par nahi jeeta jaata — yeh har din ghar par, training me, aur apne chune hue raaste par jeeta jaata hai.

Jo decide kar le ki wo rukega nahi, wo champion banega — chahe duniya kuch bhi kahe.

Ab kitab band hoti hai... lekin aapka game shuru hota hai.

Aaj decide kijiye ki aap sirf khelne wale player banenge, ya apne naam ke saath ek nayi **legacy** likhne wale champion.

— **sarwar Choudhary**