

QUESTION BANK

A Good Innings

A. Answer in brief.

1. Why did Mithali Raj not see herself playing for long?

Ans: Mithali Raj did not see herself playing for long as, besides the physical injuries, she was also emotionally drained. She had a lot to endure at each and every match that she played.

B. Answer in detail.

1. What made Mithali Raj invest a lot in the game?

Ans: Her physical fitness trainer, Varun Shetty from Bengaluru encouraged her a lot. Even during the lockdown, he trained her online. After a month of training, he stated that she would not retire, because she was not fit. Rather, she would retire only when she did not have the desire to continue. Her trainer gave her so much of confidence that she felt it was her duty to put in her maximum into the game.

C. Choose the correct answer.

How did the National Cricket Academy help cricketers?

- a. It trained cricketers to excel in the game.
- b. It taught players how to deal with injuries.
- c. It advised players that skill and prevention of injuries were equally important.

Ans: c

D. Read the lines and answer the questions.

1. *"I played the 2005 World Cup with a ligament tear."*

- a. Who says this?
- b. What support did she get?
- c. What does it tell the reader about her?

Ans: a. Mithali Raj, the famous cricketer says this.

b. Her coaches and her parents encouraged her to play.

c. She was a determined and a committed player. She endured pain and continued the sport.

E. Answer in brief. (Think and Answer)

1. What value did the Indian jersey have for Mithali Raj?

Ans: Mithali Raj took great pride in playing for her country. She felt that wearing the Indian jersey and playing as best as she could for her country was like serving her country in her own capacity.

2. What, according to Mithali Raj, would give players confidence?

Ans: After the hardship faced during the pandemic, she realised that players had to deal with various emotions. She felt that providing emotional support for each other, like one does in a family, would help cricketers gain confidence.

F. Answer in detail. (Think and Answer)

How did her priorities as a player change over a period of time?

Ans: In 1999, when selected for the first time for the Indian team, Mithali Raj felt compelled to prove to teammates that she was a good player and deserved to belong to the team. Once she achieved this, she became a core member of the team and concentrated on good performance. When she achieved captaincy of her team at a young age, she had to captain players senior to her and players who were ex-captains. Later, she had players junior to her. At this point she felt she had to mentor her team members and identify talent and nurture it. Over the years, with her experience, she became a better player and a better captain.