

2

BATTING



The prime responsibility of every batter is to become a consistent and rapid run-getter for the team. The essence of such consistency is good concentration backed up by a sound technique. By good concentration we mean the ability to

fully focus on every ball in an innings from the bowler's hand onto the bat face. By sound technique, we mean co-ordinating the body and bat to maximise the chances of downward contact with good timing.

KEY POINTS

- **CONCENTRATION:** maintaining a fine focus on every ball from the bowler's hand on to the face of the bat
- **BALANCE:** hitting off a stable base by adjusting body weight to the length of the ball, and positioning the head in line with the ball
- **TECHNIQUE:** aligning body levers; keeping hands in close to the body and allowing the front elbow to push through in the direction of the shots

CONCENTRATION

Concentration when batting means focusing on the ball and ignoring all other distractions. Greg Chappell recognises two levels of concentration.

The first he refers to as **"awareness"**: the state of observation between deliveries where the batter notices such

aspects as the game situation, events occurring in the field or movement outside the boundary.

The second level he refers to is the more intense concentration, or **"fierce concentration"**: here the batter mentally gears up as the bowler moves in. The peak of concentration occurs through the delivery stride and the execution of the shot.

Chappell's focus was like a large television screen that gradually became smaller as the bowler delivered the ball. Players will benefit from Drills which help them to focus on the ball up until the time it hits the bat.

KEY POINTS

- Watch the ball from the bowler's hand
- Consistent mental plan
- Relax, fine focus, NOW technique

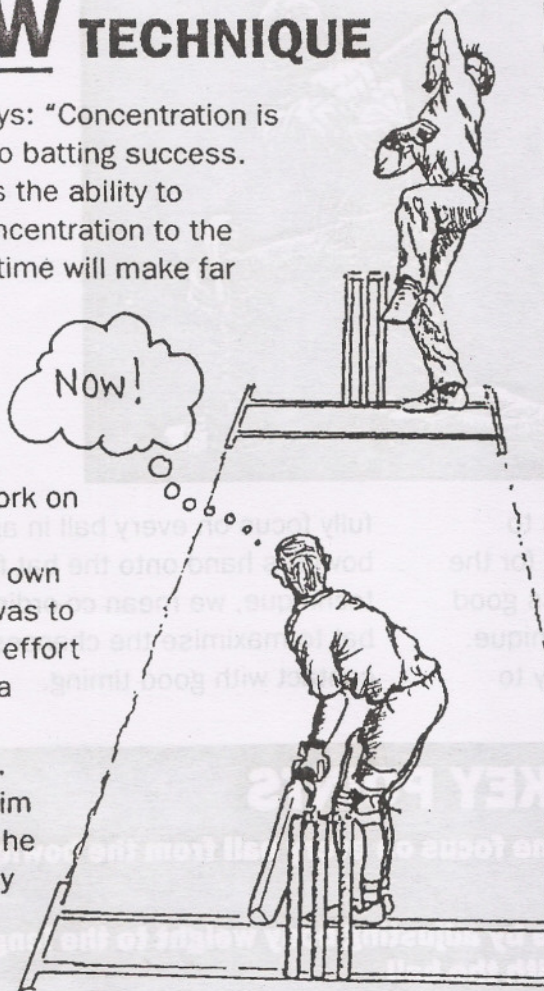
THE NOW TECHNIQUE

• Bob Simpson says: "Concentration is obviously the key to batting success.

The batter who has the ability to maximise peak concentration to the shortest possible time will make far fewer errors.

- "Nets, with their many distractions, provide ideal opportunities to work on building up your concentration. My own favourite method was to make a conscious effort of switching on at a certain point in a bowler's approach.

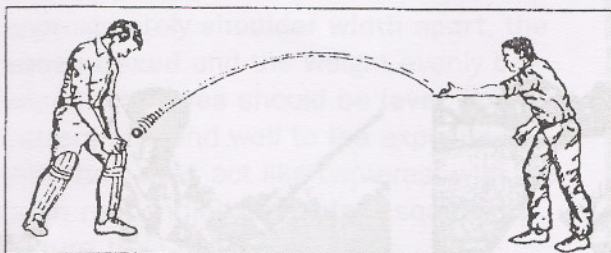
- "I would watch him running in and, as he got into his delivery stride, I would say NOW and concentrate fully."



- Players can use **Visual Cues**, such as observing how the ball increases in size as it comes closer, or noting the position and movement of the seam during flight. They may even try to identify the brand name on the ball, or notice any changes to the ball's appearance e.g. scuff marks, one side more shiny than the other.

- A coach may stand behind a batter during net play and call out timed comments as the bowler runs in, such as **"now"**, **"the ball"**, **"watch the screen"**. Following the shot the coach may quiz the batter about the ball – "what did it do?"... "which side was shiny?"... "did the seam wobble?"... "where were the bowler's fingers on the seam just before delivery?"... "did the bowler's wrist move?"

CONCENTRATION DRILLS

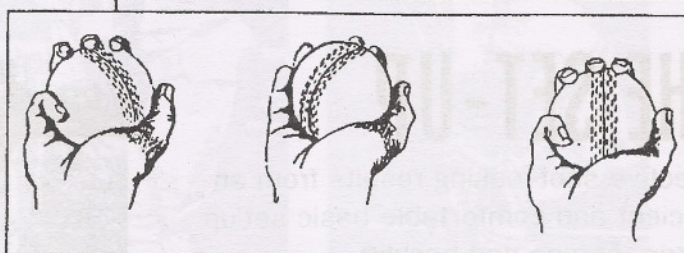


Tracking

- Batter with gloves on, stands 5m from partner.
- Partner underarms marked bean ball from behind the back to batter who catches with head over bag.
- Batter calls marking (X, number, 0 or colour) during flight then checks bag in gloves.

Variations

- Vary marked balls (X, 0, 2 dots, 1 dot).
- Use different types of balls (plastic, composition, leather, tennis).



Seam Observation

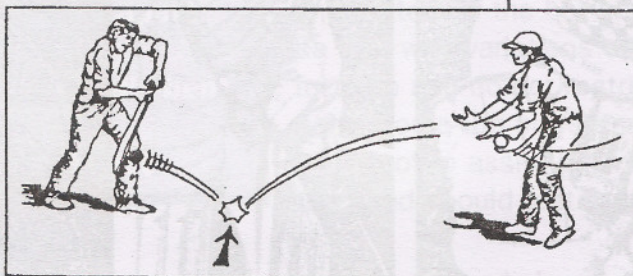
- Batter in stance position with gloves on stands 5m from partner.
- Partner underarms ball for batter to catch with seam in "straight on", "cross", "inswinger" or "outswinger" positions.
- Batter calls seam position during flight then calls position at rest in gloves.

Variations

- Alter spin of ball, batter calls "legspin", "offspin", "topspin".
- Net bowling with painted seams, red and white balls or normal balls. Coach monitors and questions from behind.

Ball Bounce

- Ball thrown to batter who plays appropriate shot.
- Batter then estimates where ball

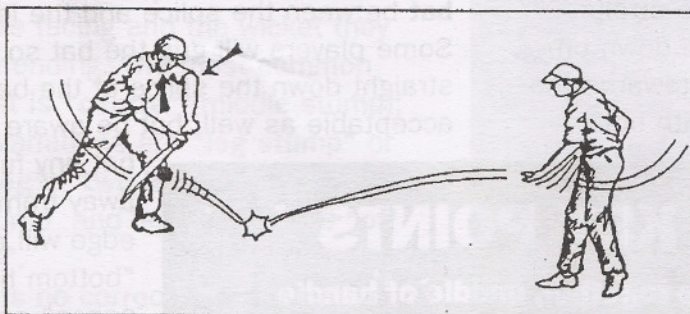


bounced on pitch by moving marker to spot. Marker position compared with partner's observations.

- Progress to bowled ball.

Chin-downs

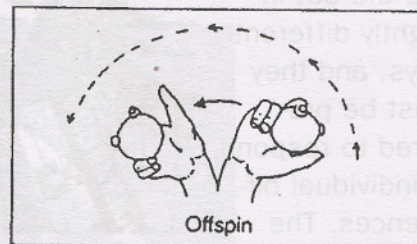
- Partner underarms ball to batter 5m away.
- Batter maintains body position on contact with the bat.



- Partner/coach monitors chin and head positions.

Variations

- Full-volley short/varied throws.
- Progress through overarm throws to bowling situation.



Hand, Arm Motion

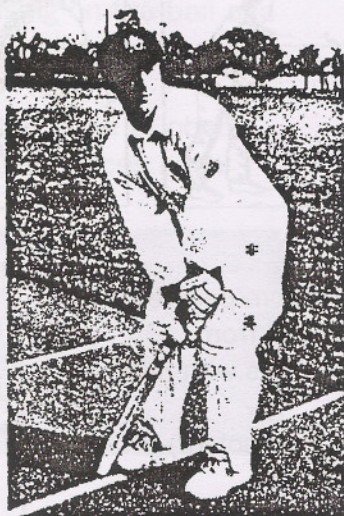
- Coach/proficient partner releases ball with different spinning motions.
- Batter describes hand motion and links it in with ball movement.
- Vary with inswing/outswing, off cutter/ leg cutter arm/hand motions. Batter calls delivery type.

TECHNIQUES

THE SET-UP

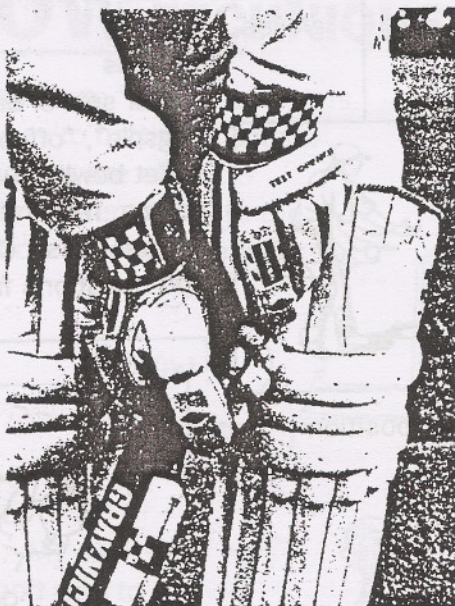
Effective shot-making results from an efficient and comfortable basic set-up of grip, stance and backlift.

The appropriate set-up will vary slightly from player to player depending on their height, weight and overall posture. It would encompass a grip which allows a full range of shots, a stance with all the body levers aligned and a backlift which sets up the bat and hands for a smooth co-ordinated downswing.



THE GRIP

Coaches should understand that all batters will grip the bat in slightly different ways, and they must be prepared to respond to individual differences. The



basic recommended grip for effective stroke-play is achieved by lying the bat face down on the ground with the handle pointing towards the batter. Ask the batter to pick it up with both **hands together** about the **middle of the handle**. The natural position of both hands should now see the **Vs** formed by the thumb and forefinger pointing down the back of the

bat between the splice and the leading edge. Some players will grip the bat so the Vs point straight down the splice at the back. This is acceptable as well, but be aware gripping the

bat any further distance away from the leading edge will encourage "bottom hand dominance" and seriously affect the alignment of arms, shoulders and head in the downswing.

KEY POINTS

- **Hands together, middle of handle**
- **Vs pointing down back of bat between splice and leading edge**

THE STANCE

Young batters should be encouraged to adopt a comfortable stance with **feet** approximately **shoulder width apart**, the **knees flexed** and the weight evenly balanced. The **eyes** should be **level**. Young batters respond well to the explanation that their eyes act like cameras, with the brain responding better to a square-on picture than one on the tilt.

The **chin** should be above the toes from front on and midway between the feet from side on to keep the centre of gravity over the base of support (the feet). If the head is over too far, the body will tend to fall to the offside during shots and balanced play on the legside will be difficult. Flexed knees ensure quick, balanced movement back or forward.

The **toes** and **hips** should be lined up straight at the bowler. This places the body in a side on position which should be maintained when setting up the majority of subsequent shots. A

slightly open front shoulder gives a more complete and comfortable stance and tends to eliminate the blind spot on the leg side.

The bottom of the bat should rest against the back little toe, with variations allowable provided they feel comfortable and do not restrict the backlift or shot execution. Some top players place the bat just inside the back foot to assist balance. Finally, the knuckles of the top hand should rest in against the front thigh.

KEY POINTS

- **Feet shoulder width apart**
- **Side-on**
- **Knees relaxed, slightly bent**
- **Eyes level**
- **Weight on balls of feet**



TAKING GUARD

The reason batsmen "take guard" or "block" is to line their bat and feet up in relation to the particular bowler they are facing and the wicket they are defending. The most common request is "**centre**" (middle stump); other variations are "**leg stump**" or "**one leg**"; "**two legs**" (between middle stump and leg stump) and "**off stump**".

There is no correct guard. Most young batters should be encouraged to take "centre" and only explore the advantages of other guards as they grow older and develop their own game.



THE BACKLIFT

A correct backlift allows free strokeplay by starting body and bat movement and setting up the correct downswing. It should allow all the necessary body levers (hands, arms, shoulders, hips, head) to work and move together in the same direction i.e. the line of the ball.

Variations may occur in the backswing; in particular young players let their hands drift away from their body which forces the toe of the bat to fine leg. This must be avoided. The bat should pivot from the front thigh so the hands do not move away from the body line during the backlift. This will help batters keep their head in line with the ball and also assist their balance. By keeping their head upright they will avoid leaning over towards point.

The wrist will cock naturally as the bat is swung back, opening the face slightly so it is square on to the ball on the downswing.

KEY POINTS

- Head still
- Co-ordinate backlift with bowler's stride
- Keep hands in close to body
- Toe of bat between off stump and second slip

BACKLIFT DRILLS

Height & Line

- Partner stands behind and facing batter with palms down at bail height in a line between off stump and second slip.
- Batter practises backlift to just touch partner's hands.
- Change roles after 10 practices.

Variations

- Video analysis of net/match backlift height and line.
- All the above drills using only one hand.

Once the basic pattern has been developed it is more productive to consider the effectiveness of the backlift as an integral part of the various strokes. Remember the backlift is actually part of the stroke and not a skill in itself.



Timing

- Batter and bowler in net situation.
- Coach calls "up" as bowler gathers to deliver.
- Batter responds, lifting bat on call.

Variations

- Batter calls "up" or "now" out loud rather than the coach.
- Normal net session, observer records position of bat at set times (as bowler delivers/leaps), reports to batter/coach during/after session.
- Video analysis of backlift timing (net/match).

COMMON ERRORS

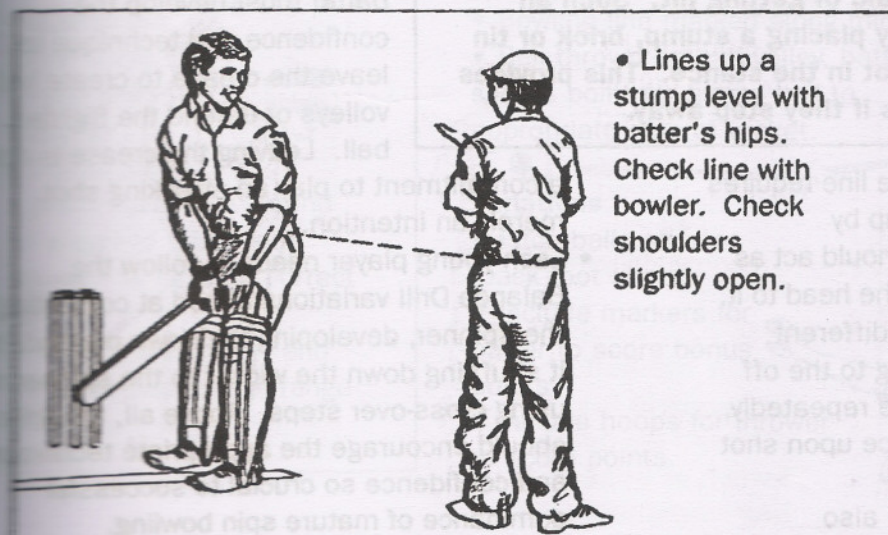
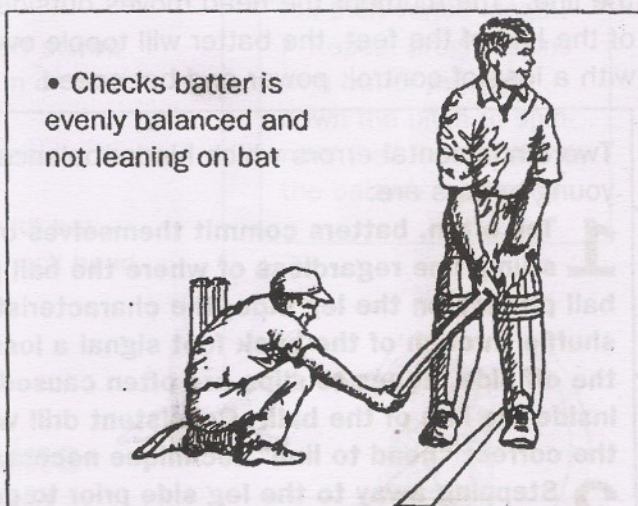
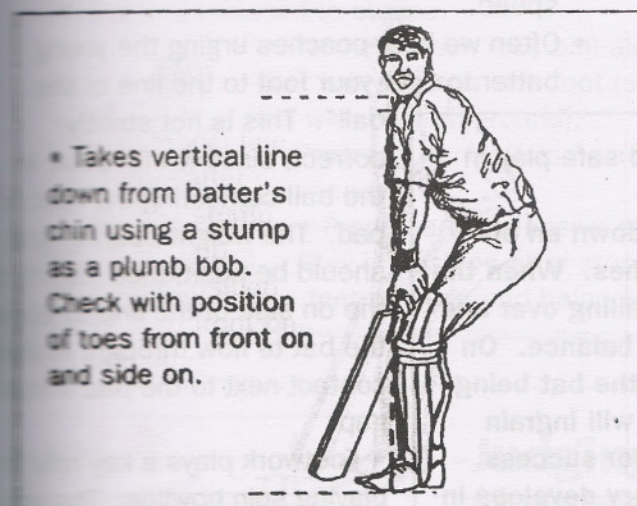
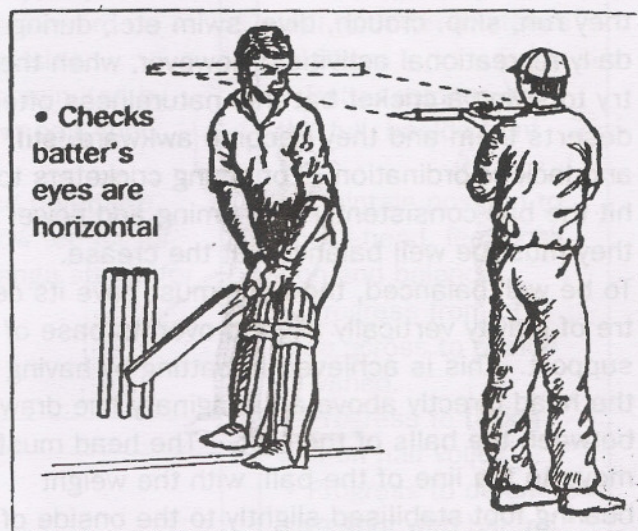
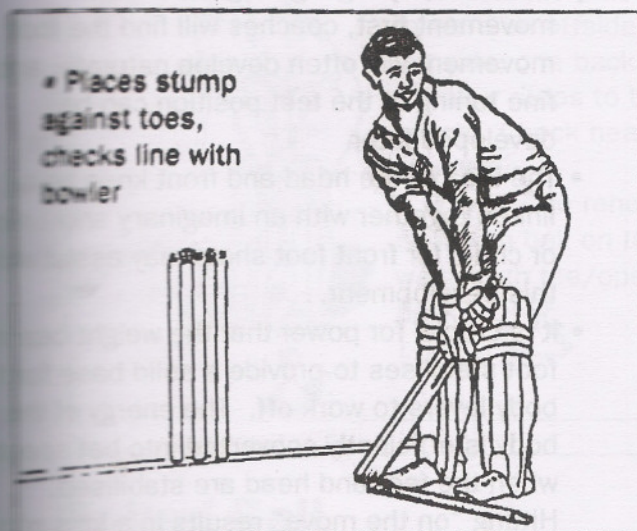
- ✗ Late in initiating the backlift
- ✗ Controlling the bat with the bottom hand
- ✗ Backlift directed towards the point area
- ✗ Backlift looped in a circular motion
- ✗ Arms taken away from the body

CORRECTING ERRORS

- ✓ Repeat the "UP" drills
- ✓ Practise lifting the bat with the top hand only
- ✓ Use stumps or plastic tubing to mark a channel for the backlift direction
- ✓ Stand the batsman close to a wall and practise the backlift

SET-UP DRILLS

The grip, stance and guard are best treated together as they form the preparatory position for all strokeplay. The batter takes up his stance at crease, his partner then:



KEY POINTS

- Wrist cocked at top of backlift
- Towards off stump/straight
- Figure 9
- Hands in close to body
- Head still

Balance

Most young people have natural balance when they run, skip, crouch, dive, swim etc., during daily recreational activities; however, when they try to swing a cricket bat this naturalness often deserts them and they become awkward, stiff and lack co-ordination. For young cricketers to hit the ball consistently with timing and power they must be well balanced at the crease. To be well balanced, the body must have its centre of gravity vertically aligned over its base of support. This is achieved in batting by having the head directly above an imaginary line drawn between the balls of the feet. The head must move to the line of the ball, with the weight bearing foot stabilised slightly to the inside of the line. The moment the head moves outside of the line of the feet, the batter will topple over with a loss of control, power and bat speed.

Two fundamental errors which hinder balance and safe play in young batters are:

1 Too often, batters commit themselves only down an off-stump line regardless of where the ball pitches. When the ball pitches on the leg side, the characteristic falling over and shuffle through of the back foot signal a loss of balance. On the off side, edges to slips are often caused by the bat being inside the line of the ball. Consistent drill work will ingrain the correct "head to line" technique necessary for success.

2 Stepping away to the leg side prior to delivery develops in young players who are afraid of getting hit. Such an approach may be eliminated by placing a stump, brick or tin behind the heel of the back foot in the stance. This provides immediate feedback to batters if they step away.

- Moving the head and eyes to the line requires concentrated focusing backed up by meticulous practice. The ball should act as an imaginary magnet, drawing the head to it.
- Young batters need to develop different feelings associated with moving to the off and on sides and must practise repeatedly, with constant checks for balance upon shot completion.
- While correct foot placement is also

essential, by highlighting the head movement first, coaches will find the foot movement will often develop naturally, and fine tuning of the feet position can be developed later.

- The idea of the head and front knee being linked together with an imaginary short rope or chain for front foot shots may assist with this development.
- It is crucial for power that the weight bearing foot stabilises to provide a solid base for the body levers to work off. The energy of the body is efficiently converted into bat speed when the feet and head are stabilised. Hitting "on the move" results in a loss of bat speed.
- Often we hear coaches urging the young batter to "get your foot to the line of the

ball". This is not strictly correct, since it will result in the ball contacting the foot or pad. The weight bearing foot should be positioned slightly to the on side of the line to allow the bat to flow through, making contact next to the pad with no gap.

- Footwork plays a key role in playing spin bowling. The young batter must develop the confidence and technique to leave the crease to create half-volleys or defend the flighted ball. Leaving the crease is not

a commitment to play an attacking shot, merely an intention.

- Each young player needs to follow the Balance Drill variations aimed at combating the spinner, developing their own method, be it shuffling down the wicket to the spinner or using cross-over steps. Above all, the drills should encourage the appropriate technique and confidence so crucial to successful dominance of mature spin bowling.

BALANCE DRILLS

Stationary Ball

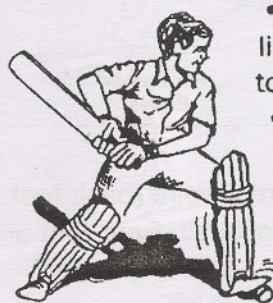


- Three balls placed on pitch, one forward on offside, one forward on leg side, one back on offside.
- Batter steps to ball nominated by coach. Check head over ball, foot alongside.
- Progress to rehearsed defensive shot with ball on tee (low tee for forward, high tee/open Kanga stump for back).

Thrown Ball

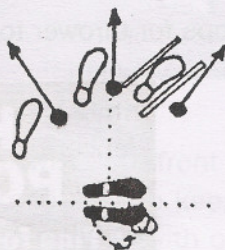
- Partner/coach lobs ball to batter in stance position.
- Batter catches on the full, beside front knee.
- Maintain position to check head, feet position and balance.
- Progress from offside across to onside to varied.
- Progress to taking ball on half volley.
- Progress to defensive shot with bat, on full then varied length.
- Repeat progressions with batter moving down the pitch to spinners (ball lobbed above the batter's eye level).

Rolled Ball



- Batter positioned in stance.
- Partner/coach rolls ball along off stump line, batter stops with foot (side on or under toe with heel on ground).
- Progress from offside across onside, then varied.
- Progress to defensive stop with bat. Stay in position after stop to check head, feet position and balance.

Foot Angles



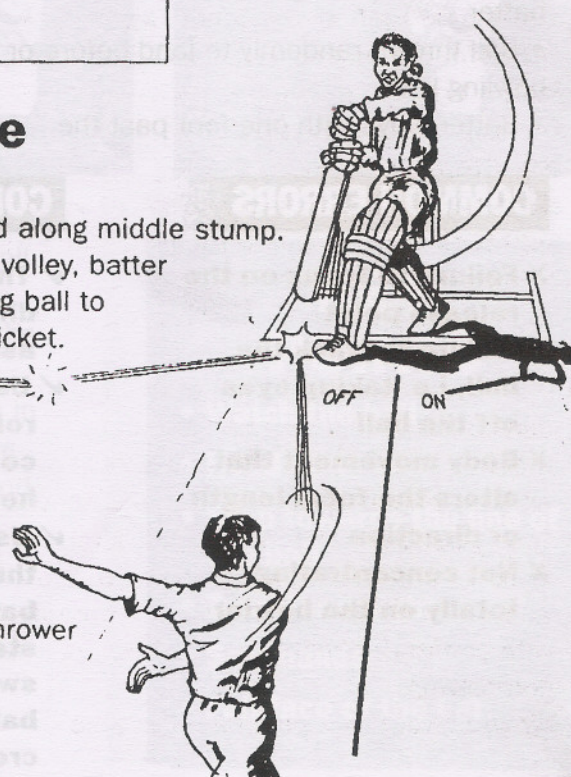
- Ball on tee for off drive, target marker in place
- Pair of loose stumps placed on ground for player to place foot between to develop correct foot angle.
- Change tee, target and stump angles for full range of drives.

Judging Line (Advanced)

- Bowling line marked along middle stump.
- Ball thrown on half volley, batter scores point for hitting ball to appropriate side of wicket.

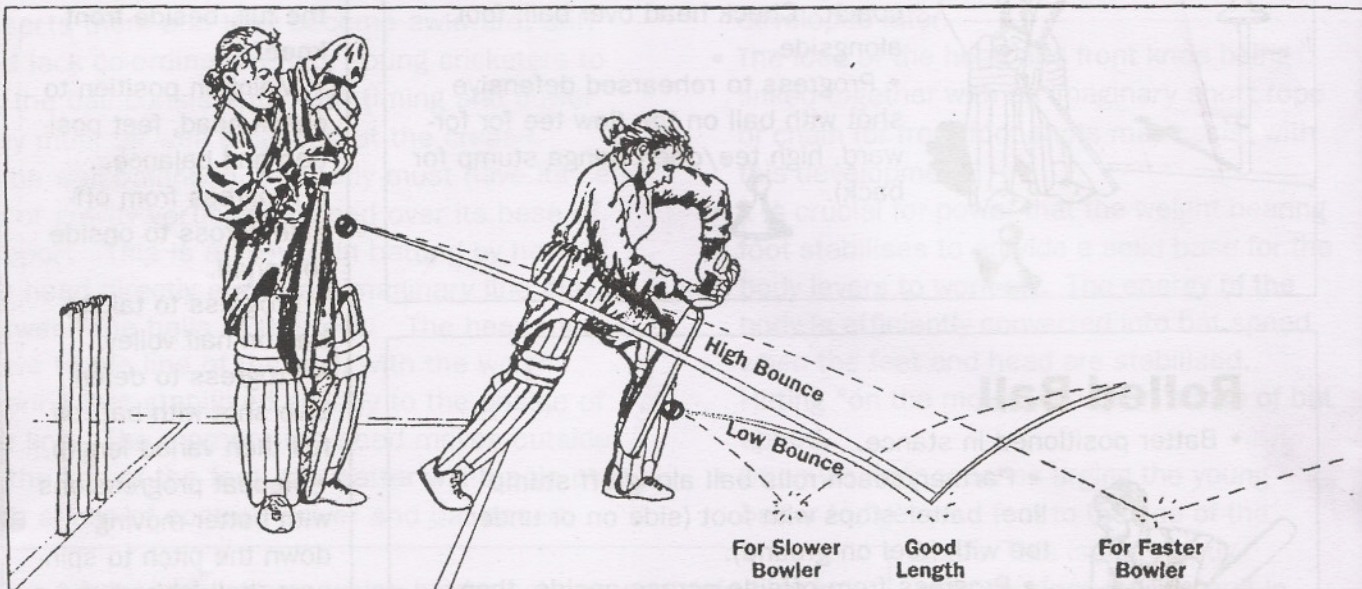
Variations

- Pitch balls shorter (back foot shots).
- Include markers for batter to score bonus points.
- Include hoops for thrower to score points.



Judging Length

LENGTH DRILLS



- Bowling line marked at appropriate length in front of batter.
- Batting lines drawn, a step in front and behind batter.
- Ball thrown randomly to land before or after bowling line.
- Batter plays with one foot past the

appropriate line to score a point (back foot behind back line for short ball, front foot over front line for pitched up ball).

Variations

- Include markers for batter to score bonus points.
- include hoops for thrower to score points.

COMMON ERRORS

- ✗ Failure to focus on the release point
- ✗ Failure to track the ball, i.e. taking eyes off the ball
- ✗ Body movement that alters the focal length or direction
- ✗ Not concentrating totally on the bowler

CORRECTING ERROR

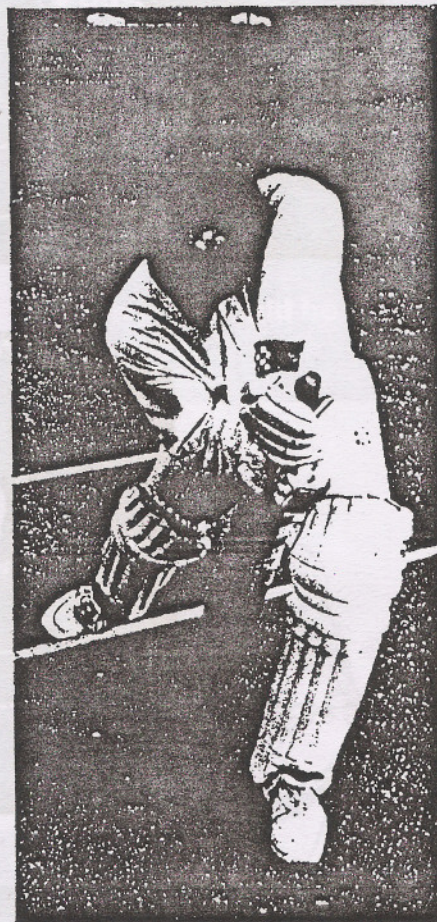
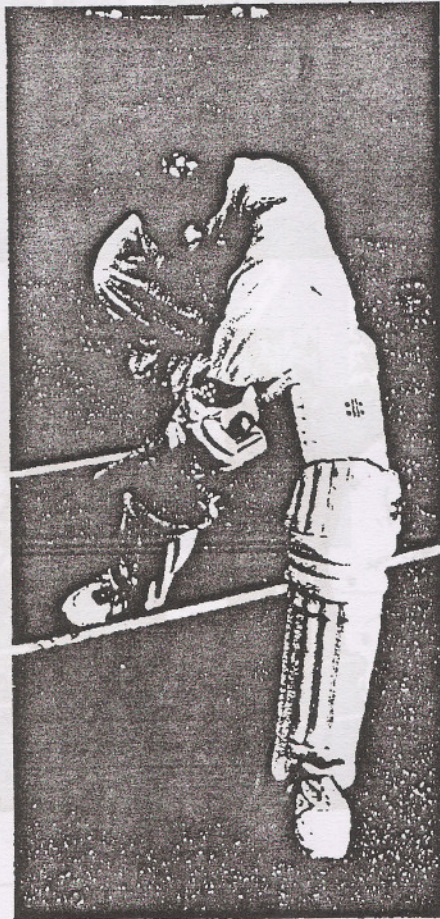
- ✓ Throw balls with different markings to assist concentration
- ✓ Use fielding cradle (or roller) to have balls come at odd angles and heights
- ✓ Use a soft ball [tennis] throw the ball at the batsman in his normal stance. He ducks, sways or evades the ball remaining in the crease area

KEY POINTS

- Fine focus on the hand projecting the ball
- "Tracking" the ball
- Initiating the appropriate movement i.e. forward or back

Front Foot Shots

FRONT FOOT DEFENCE

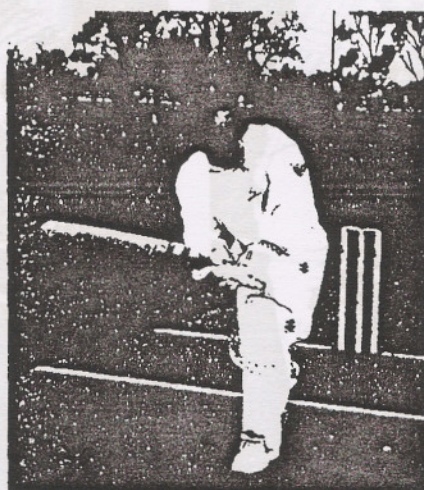
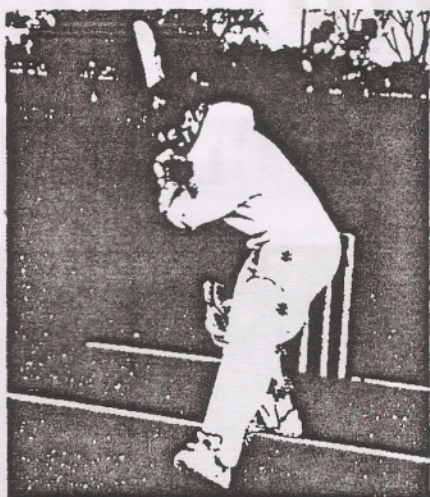


When playing forward the front shoulder leans into the ball, with the front knee bent to keep the body and head down. The back leg straightens with only the toe remaining on the ground (unless moving down the pitch to a spinner). The batter should feel comfortably balanced on the pitch in this position; only move forward as far as natural balance will allow. Don't over-extend or the player will "wobble" and lose control of the bat.

KEY POINTS

- Watch the ball
- Head still
- Step towards the line of the ball
- Transfer weight
- Soft hands
- Full face of the bat

FRONT FOOT LEG GLANCE



KEY POINTS

- Variation of forward defence
- Played in line with front leg
- At the instant before impact, the bat is turned slightly so the ball runs off into the fine leg area

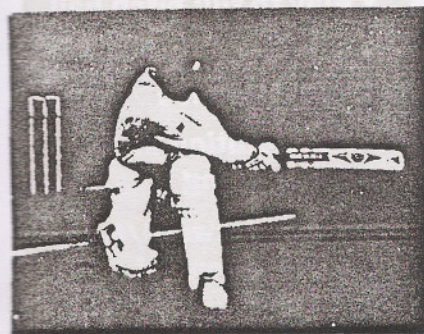
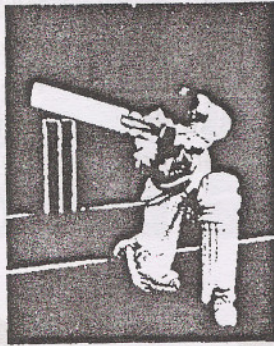
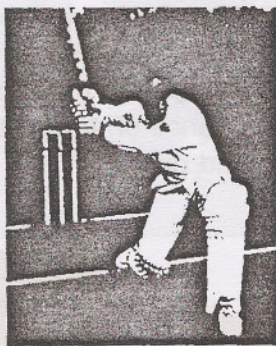


COMMON ERRORS

- X Playing inside the line of the ball
- X Allowing the blade to get in front of the handle
- X Hitting across the line of the delivery
- X Turning the face of the bat prior to contact

SWEEP

Played to a ball of good length that is pitched on a line from middle and off stump to outside leg stump.



KEY POINTS

- Ball should be hit on half-volley
- Cover the line of ball with pads
- Bat in horizontal at contact
- Don't try to hit the ball too hard
- Roll wrists
- Weight should be forward

SWEEP DRILL

- Use a batting tee in an appropriate position
- Use a ball suspended on a string
- Toss a ball from 10m to pitch just outside the leg stump and on a good length
- Vary the line of the toss



COMMON ERRORS

- ✗ Failure to bring the weight forward over the front knee
- ✗ Failure to get the front leg in line with the delivery; usually it is to place the foot inside the line with the ball travelling behind the body, however attempting to play the ball from inside the front foot is often the problem
- ✗ Playing with the bat at an angle
- ✗ Cramped arm positioning causing a scoop-like shot
- ✗ Trying to hit the ball too hard

CORRECTING ERRORS

- ✓ Use markers or footprints to establish the correct position
- ✓ Position the tee to require the batsman to stretch forward
- ✓ Position the body weight over the front knee and play the shot with a restricted backswing

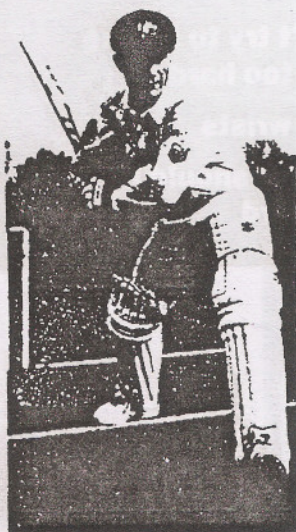
FRONT FOOT DRIVES

The square drive, cover drive, off drive, on drive and straight drive are all strokes played to a ball well pitched up, though not necessarily a half volley.

Coaches should take care to ensure the batter's front foot moves to a point just inside the line of the ball and the eyes are as far across to the line of the ball as possible. Often players are

taught to take their front foot "to the line of flight" but, if this is carried out exactly, the ball will strike the batter on the pad.

What is important is to have the front foot, and therefore the front pad, in such a position that the ball swinging in towards the off stump has a minimal chance of getting through a gap between the bat and pad.



KEY POINTS

- Play to full pitch ball
- Extension of Front Foot Defence
- Acceleration in down swing
- Hands forward/top hand in control
- Full face of bat
- Follow through



FRONT FOOT DRIVING DRILL

- Stationary ball
- Dropped ball
- Lobbed ball

Tee and Marker

(Low Tee Driving)

- Batter steps forward and hits ball through
- Fielder returns ball

Variations

- Vary marker position (off/on/straight drive)
- On drive then off drive (in order)
- On drive, off

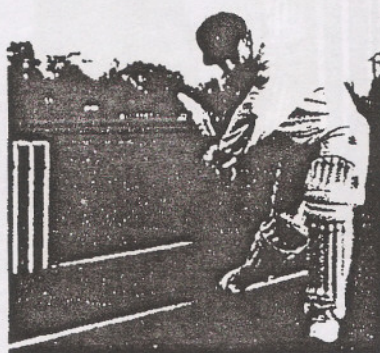
drive, then straight drive (in order)

- Ball dropped from shoulder height by partner
- Ball lobbed from 5m (check safety)
- Ball bounced from 10m (check safety)
- Dribble along the ground then hit (no tee)
- Jump out to tee (playing spinner)
- Rotate after every hit

STRAIGHT DRIVE



COVER DRIVE



MOVING OUT TO DRIVE



KEY POINTS

This is an advanced shot; footwork is the key:

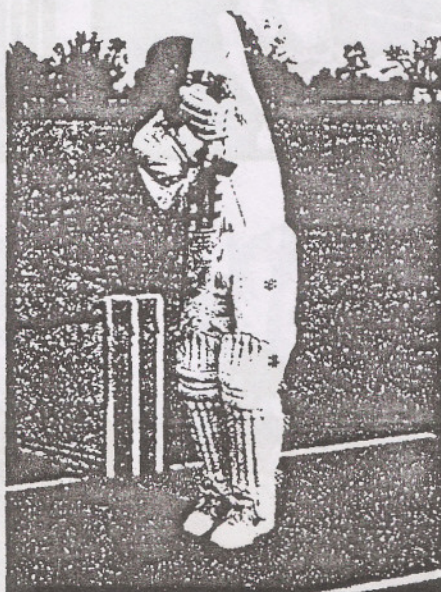
- Front foot forward
- Back foot moves behind front foot
- Front foot extends to pitch of ball

COMMON ERRORS

- X Taking a small initial step
- X Shuffling down the pitch
- X Leaning back on contact with the ball
- X Playing the ball in front of pads

BACK FOOT SHOTS

BACK FOOT DEFENCE

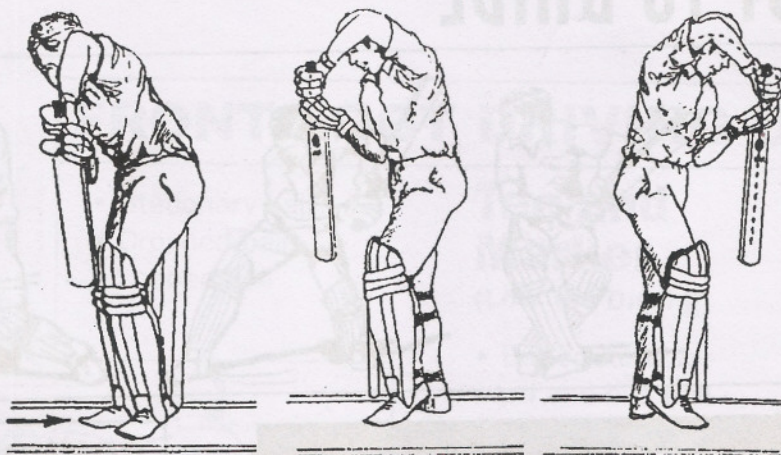


KEY POINTS

- Move back foot back and across to off stump
- Front foot back and in line with body
- Front elbow high
- Top hand firm
- Bottom hand relaxed

BACK FOOT DRILLS

- Back and across
- Weight on ball of back foot
- Figure '9'



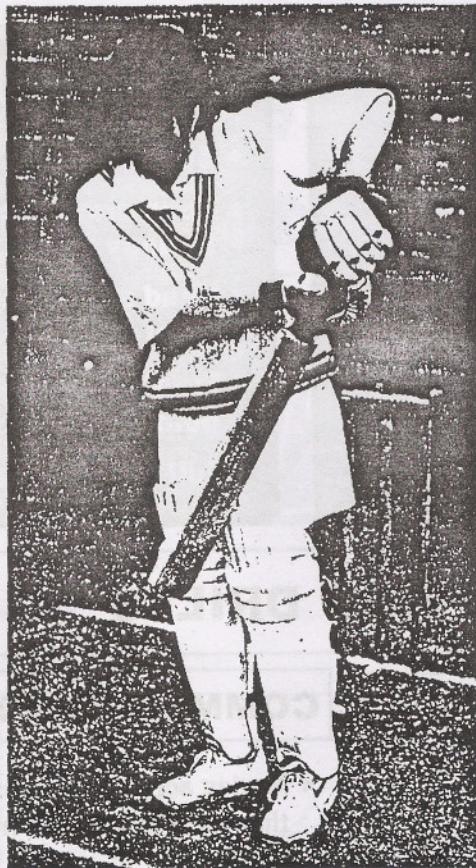
Right Back

- Draw a line 30cms behind batting crease
- Batter rehearses moving back, placing foot in line, keeping side-on
- Progress to hitting ball off high tee through target markers
- Progress to coach throwing ball

Bouncer/Half Volley

- Batter takes up stance
- Coach throws tennis/indoor cricket ball at either bouncer or half volley length
- Continue until batter can judge length confidently and make adjustments

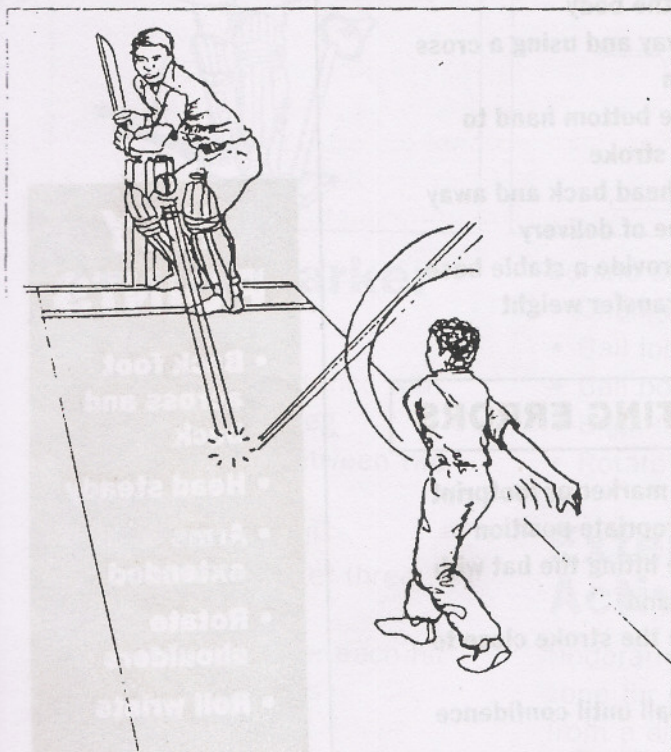
BACK FOOT LEG GLANCE



KEY POINTS

- Assume same position as back defence
- Hit ball with full face of the bat
- Don't steer ball – turn wrists after contact

BACK FOOT LEG GLANCE DRILLS



- Throw balls aimed at, or slightly outside leg stump, to pitch just short of a length to bounce between knee and waist height
- Net practice

COMMON ERRORS

- ✗ Playing the ball outside the line of the body
- ✗ Allowing the blade of the bat to precede the handle
- ✗ Facing square on to the line of the ball
- ✗ Playing across the line of the ball

CORRECTING ERRORS

- ✓ Practise the '9' drill
- ✓ Place the front leg in line with the delivery (use soft ball)
- ✓ Use a batting tee to improve timing of the turning of the wrists

BACK FOOT DRIVE



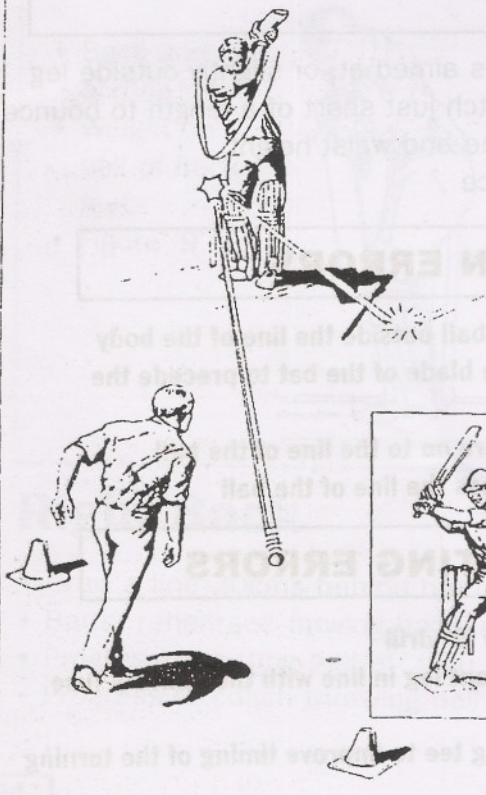
KEY POINTS

- Stabilise back foot
- Keep arms in close to body
- Head steady, eyes level
- Front elbow high at point of contact
- Full swing of bat

BACK FOOT DIVING DRILLS

Beat the Fielder

- Position fielder in target area
- Bounce ball to batter who hits for gap



COMMON ERRORS

- ✗ Moving across the crease rather than back to create a front on position
- ✗ Failing to take the front elbow high
- ✗ Allowing the back elbow to move away from the body
- ✗ Backing away and using a cross bat position
- ✗ Allowing the bottom hand to control the stroke
- ✗ Taking the head back and away from the line of delivery
- ✗ Failure to provide a stable base
- ✗ Failure to transfer weight forward

CORRECTING ERRORS

- ✓ Place a marker or footprint in the appropriate position
- ✓ Practise lifting the bat with the front hand
- ✓ Practise the stroke close to net or wall
- ✓ Use a soft ball until confidence is gained

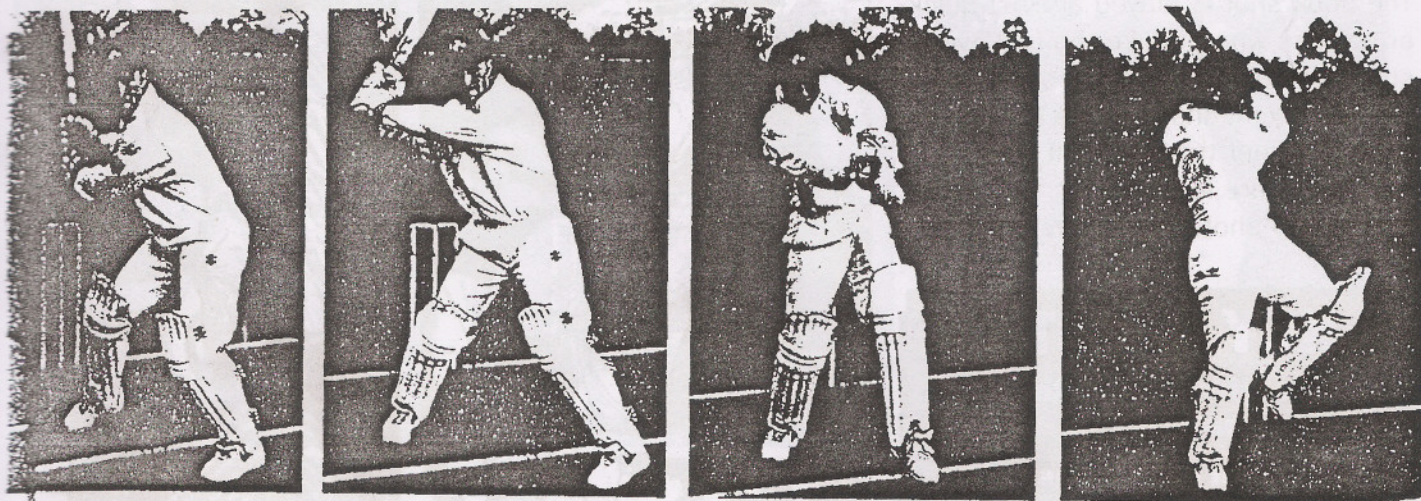
PULL SHOT



The pull shot is played to short length balls from spinners and medium pace bowlers. It is most effective against balls between waist and chest height and is usually hit in front of square leg.

KEY POINTS

- Back foot across and back
- Head steady
- Arms extended
- Rotate shoulders
- Roll wrists



PULL SHOT DRILLS



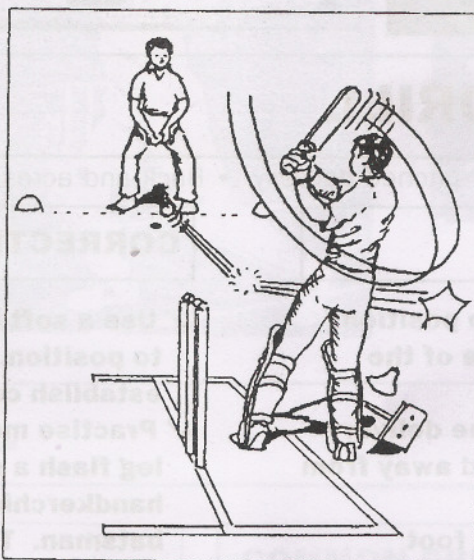
Tee and Marker

(High Tee Pulls)

- Batter takes up stance with markers at square leg
- Batter hits ball between two markers
- Fielder returns ball
- Replace batter after three attempts
- Score one point for each hit between the markers

Variations

- Shot in front of square, then



behind square.

- Change to cut shots
- Ball lobbed from 5m.
- Ball bounced from 10m.
- Back foot off/on drive
- Rotate after every hit

Extension Activity

Underarm ball on full to strike zone for pull, hook and cut shot from a distance of 8m. (Lob from a kneeling position).

COMMON ERRORS

- ✗ Moving back rather than across to the line of the delivery
- ✗ Moving too far across to the ball on leg stump
- ✗ Failure to move the weight to the front foot
- ✗ Arching the back and keeping the centre of gravity behind the hips
- ✗ Failure to roll wrists

CORRECTING ERRORS

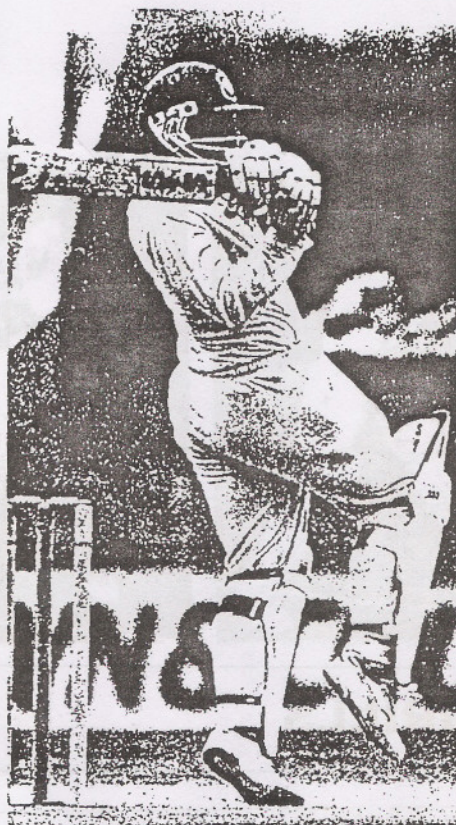
- ✓ Use markers or footprints to improve initial movements
- ✓ Use a place foot/step drill to transfer weight
- ✓ Practise playing the shot from the "back foot across" position so that the initial movement is to push on to the front foot

HOOK SHOT

The hook shot is played against quicker bowlers who bounce the ball over shoulder height. The pace of the delivery usually means that the hook shot is played finer than the pull shot i.e. behind square leg, or finer. Footwork for the two shots is similar, though.

KEY POINTS

- Judge different length and pace of ball
- Same feet position as for pull shot
- Get body inside line of ball
- Hit down on ball where possible



HOOK SHOT DRILL

As per the pull shot, but shorter pitched delivery • Back and across • Hands high • Chop wood

COMMON ERRORS

- ✗ Failure to move quickly into position
- ✗ Failure to get inside the line of the delivery
- ✗ Keeping head in line with the delivery
- ✗ Dropping the head down and away from the ball
- ✗ Failure to pivot on the back foot

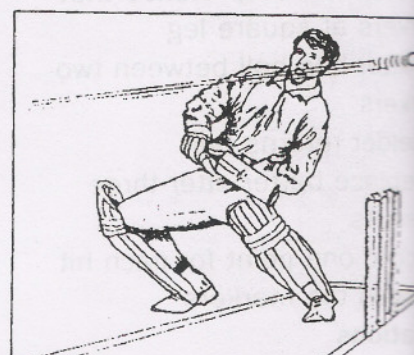
CORRECTING ERRORS

- ✓ Use a soft ball, practise moving quickly to position. Markers or footprints could establish correct positioning
- ✓ Practise moving; have a player at square leg flash a signal (coloured marker/handkerchief) as the ball passes the batsman. The batsman is required to identify the signal

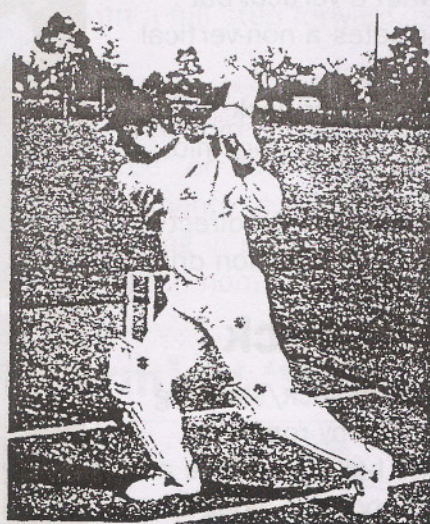
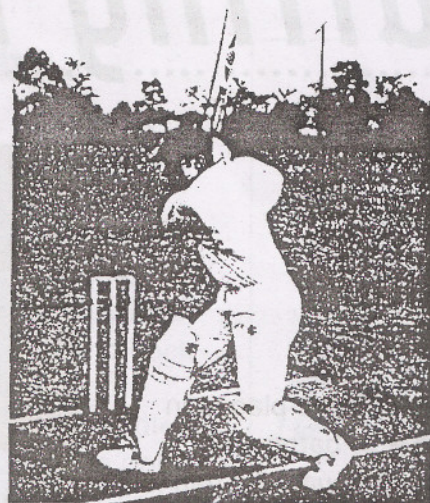
EVADING THE SHORT PITCHED BALL

KEY POINTS

- Keep your eyes on the ball
- Good footwork
- Duck under the rising ball
- Lean back and away from the rising ball



CUT SHOT



KEY POINTS

- Move back foot across to off stump
- Head to line of ball
- Extend arms
- Keep hands high
- Don't lean back

OUT SHOT DRILL



- Bounce throw, or underarm to zone
- As per pull/hook shot



COMMON ERRORS

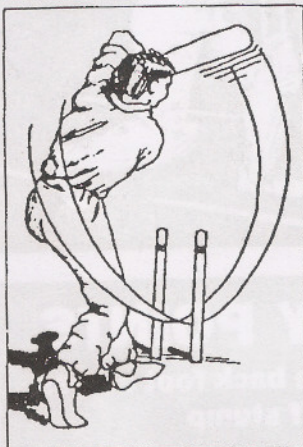
- X Slicing the ball into the air
- X Hitting across the ball with an obliquely aligned bat (causes hitting on to stumps)
- X Moving the body away from the shot rather than into it

CORRECTING ERRORS

- ✓ Place a ball 30cm in front to the bowling crease and 30cm outside the off stump. Player moves back and across, bends knees and places the bat on the ball

Extra Batting Drills

VERTICAL BAT



Stump Gap Hitting

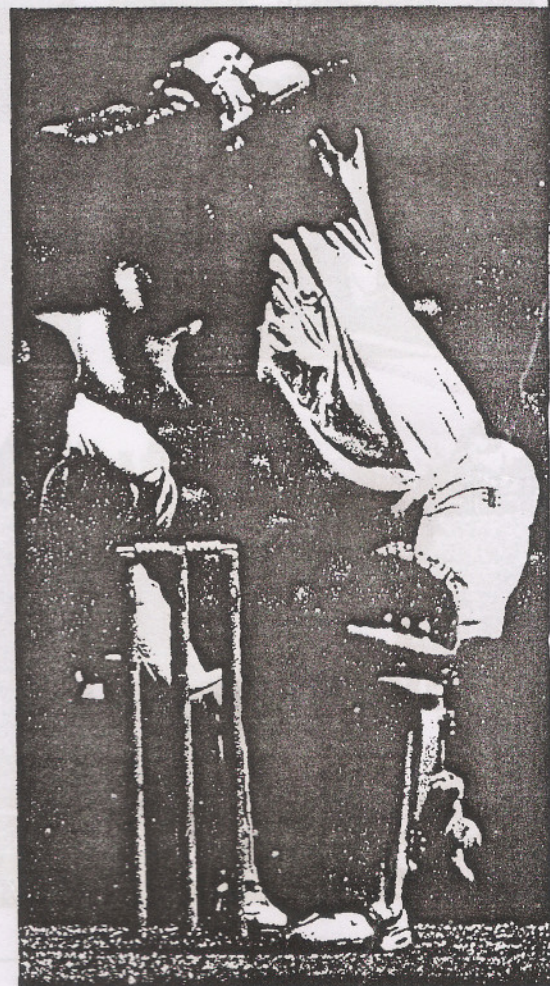
- Off and leg stumps placed in ground in front of batter
- Batter plays through the gap in the stumps with a vertical bat
- Contact indicates a non-vertical bat
- Position stumps for back foot/cover/off/straight/on/mid-wicket drives

- Place extra loose stumps on ground in pairs to direct foot angles for more advanced players (combination drill)



Ball-in-a-Sock

- Ball placed in sock/stocking and suspended by rope
- Batter hits ball to produce a consistent pendulum along a straight line with the imaginary bowler



TOP HAND



Top Hand only

- Batter hits off the tee with paddle, using only top hand
- Markers placed to score points
- Progress to hitting with bat using only top hand for stronger players, thumb and first finger grip with bottom hand for weaker players

Bat Angle

- Ball lobbed to batter from 5m
- Batter maintains position on contact. Partner checks bat angle

Variations

- Tee work which requires the hit ball to pass through close markers along the ground. This ensures correct bat angle

FRONT ELBOW

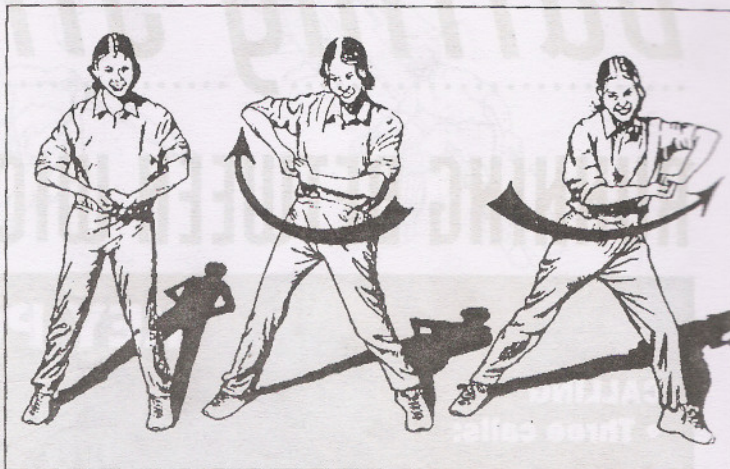
Cradling the Baby

- Batter interlocks the fingers of both hands together; forearms form a horizontal line
- The hands are rocked back and forth, keeping a straight line with the forearms in



rehearsing forward and back shots ("cradle the baby")

- Combine with a full step forward/back then a cradle



Variations

- Coach directs pace of movement by calling "one", "two", "three" or "four". Batter responds with appropriately paced arm movements (e.g. "one" = defend, "three" = faster movement resulting in more power)
- Coach nominates shot direction (e.g. cover drive, on drive)



Forming '9s'



- Players work in pairs forming 9s checked by partner (use stump to check straight line of bat and forearm)
- Ball hit off tee with partner providing feedback on 9 information from side-on
- Ball-in-a-sock with partner providing feedback
- Ball lobbed to batter from 5m. Maintain position on contact check '9'

Visual Cues



- Tie a coloured ribbon around the front elbow
- Rehearse front and back shots, batter monitoring front elbow position
- Progress to tee shots (front and back), lobbed throws, net play

FRONT ELBOW

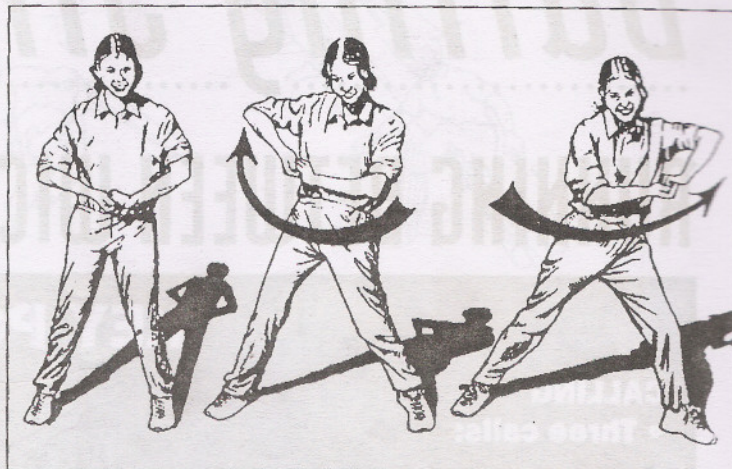
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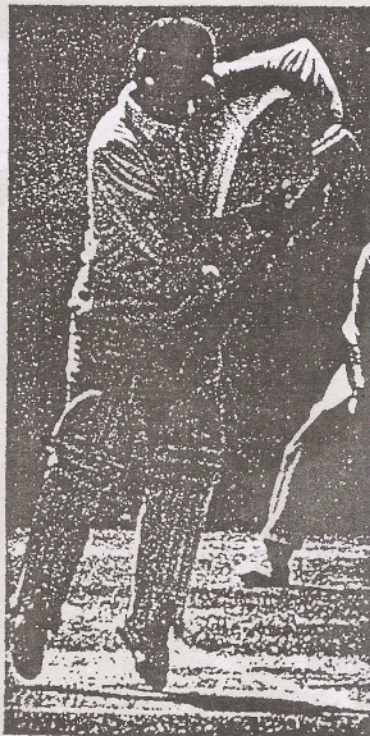
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Batting Strategies

RUNNING BETWEEN WICKETS

KEY POINTS

CALLING

• Three calls:

'YES', 'NO', 'WAIT'.

- Striker to call on most occasions
- Non-striker calls when striker unsighted

BACKING UP

- Moving forward when ball delivered

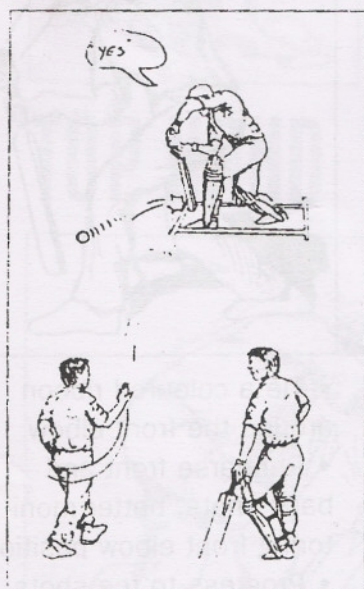
- Short strides for balance and reaction time

- Keep moving; most runners prop when batters hit the ball

TURNING

- Carry bat in appropriate hand for easy turning
- Low into crease
- Quick turning speed
- Acceleration from crease like sprinter

RUNNING BEHIND THE WICKETS DRILL



Judgment

Aims to get players calling and running, making shots in a balanced position and making judgments.

- Bowler lobs easy ball to batter who dabs (no smashes) it to off/on side. Batter says "YES" and runs a single
- As above, fielder one side of wicket

only. Regularly alternate the side the fielder operates on

- Now with a fielder on each side
- As above but using stumps and golf balls (balls must be delivered on the full)

'YES', 'NO', 'WAIT'.

- Striker to call unless unsighted
- Work together

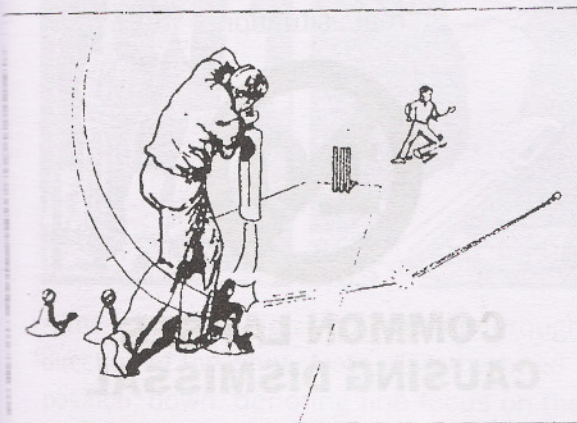
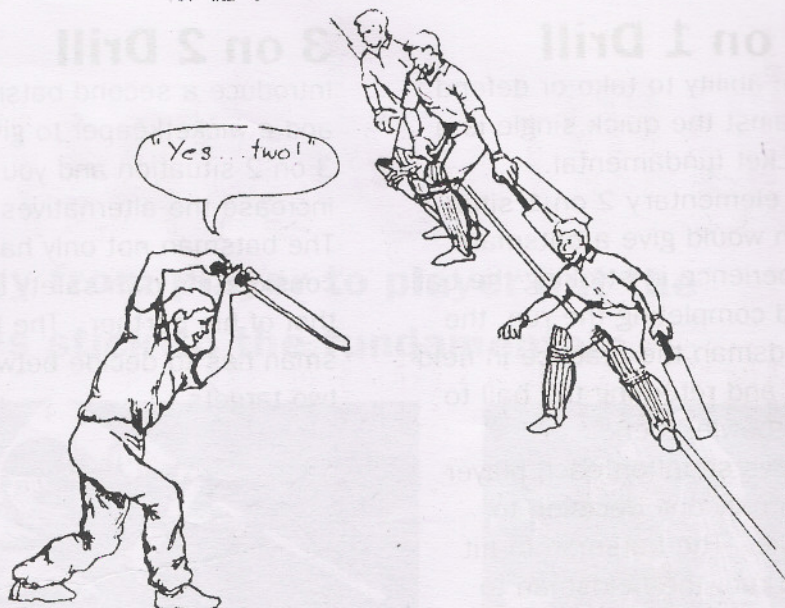


- Back up (bat in hand closest to bowler)
- Low into crease

Backing Up

Aims to get players backing up, responding to calls and turning correctly.

- Coach takes normal batting stance. Take slow, exaggerated backswing (players commence backing up). The coach then simulates a batting stroke and calls **"YES" or "NO"**. Players respond until the coach and the line of players have reversed position
- Players in turn take the coach's role
- Run twos, instead of just singles
- In pairs, run ones and/or twos, but both players call



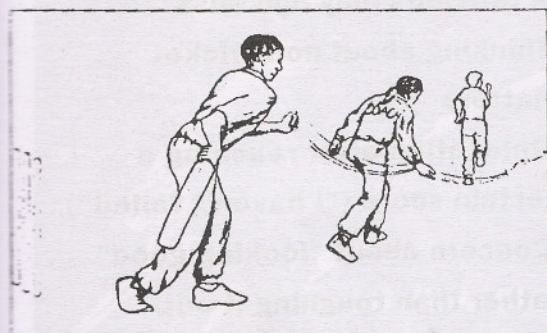
Bat Slide

Aims to get players sliding the bat, turning as quickly as possible for a second run, making decisions on the possibility of an extra run while mobile, and squeezing out an extra run.

- Players in pairs, one batting, one fielding. Three balls

are placed on tees just in front of the batter who can off drive, straight drive, on drive as desired. Batter hits, calls, runs, turns correctly and while mobile, calls **"YES" or "NO"** for a second run. Partner replaces the ball on the tee. After a while the players reverse roles

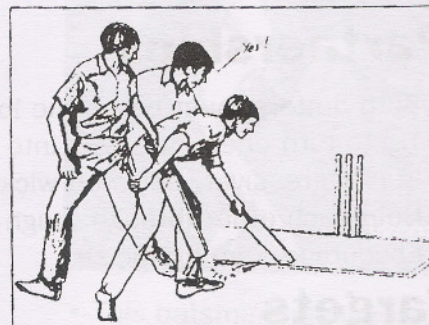
- Same set-up but this time as well as the batter there is a wicketkeeper and three fielders (off drive, straight drive, on drive) who make run outs possible. Set up the distance involved so that the second run is often possible



Making Decisions

Aims to get players simulating real match situations, and improving decision-making skills

- Set up as shown
- The coach throws the



ball away. One fielder purses the ball, then shies at the stumps, the other two backing up 10m behind the stumps. Assess the possibility of a second run (while mobile after turning) and react accordingly. One **"NO"** and the run is not on. Batter with best view makes the decision

- Same activity but five fielders two of whom cover the stumps
- Encourage team communication at all times

2 on 1 Drill

The ability to take or defend against the quick single is a cricket fundamental.

An elementary 2 on 1 situation would give a batsman experience in stroking the ball and completing the run, the fieldsman the practice in fielding and returning the ball to the bowler's end.

In this situation each player has only one decision to make. The batsman to hit and run, the fieldsman to gather and throw.

3 on 2 Drill

Introduce a second batsman and a wicketkeeper to give a 3 on 2 situation and you increase the alternatives.

The batsman not only has to consider his own safety but that of his partner. The fieldsman has to decide between two targets.

4 on 2 Drill

Complexity is increased by adding another fieldsman (4 on 2). The fieldsman now have to co-operate. Who can get into the best position to effect a run out? Who attacks the ball? Who backs up? They will need to consider lines of flight, interception points, transfer of weight, balance etc. Given a further condition of the batsman calling the traditional "Yes", "No", or "Wait", the practice provides all the elements of the quick single play in the "real" situation.

BUILDING AN INNINGS

Placement

- Look at gaps in the field
- Notice fielders – are they left or right-handed?
- Do fielders move in with the bowler?
- Are fielders alert – how fast are they?

Pace Of Shot

- Soft hands are vital; they create angles and determine how hard the ball is hit
- Singles can be scored by dropping ball short of fielders
- Non-striker must back up and be aware of game situation

Partnerships

- Both batters must be on the lookout for singles
- Try to turn ones into twos into threes
- Run aggressively between wickets
- Help each other through tough periods, rotate strike
- Encourage, don't criticise

Targets

- Be realistic; short, rather than long term
- Don't relax when reaching target; set new goals and go on
- Be aware of team needs
- Be patient



COMMON LAPSES CAUSING DISMISSAL

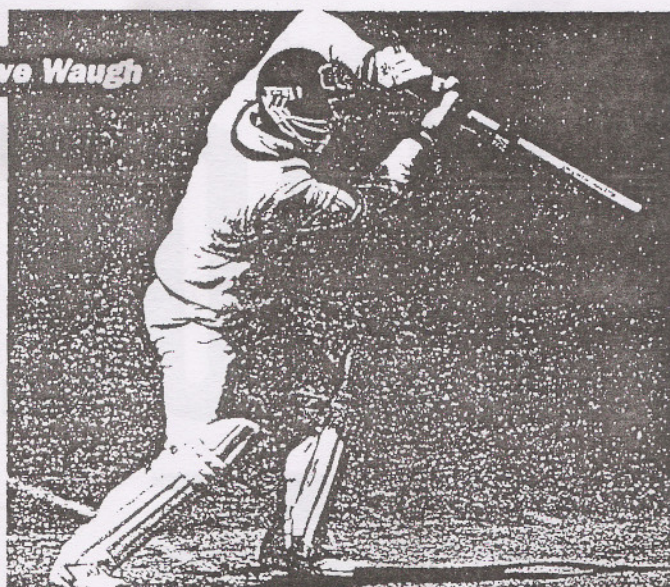
- Concern about run rate – slogging
- Exhilaration over the previous shot
- Pre-deciding a shot or delivery
- A previous play and miss
- Thinking about non-cricket matters
- Relaxation after reaching a certain score ("I haven't failed")
- Concern about "looking good" rather than toughing it out
- Thinking about a lunch break/coming back after a break
- Predicting getting out/rehearsing a dismissal

Images

Batting styles vary from player to player but the successful ones stick to the fundamentals.



Steve Waugh

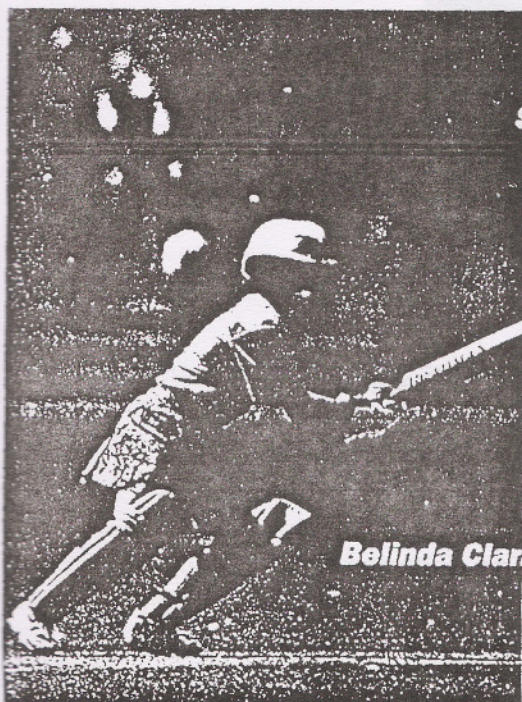


• The left elbow high and pushing through in the direction of the shot. Note also the head position, down, denoting fine focus on the ball.



David Boon

• A perfect "figure nine".



Belinda Clark



Steve Waugh

• The late cut is a more difficult shot than the square cut, and is best left until the batter is more mature.



Wrong!

• This batsman has ignored the basic fundamentals in playing the short ball. He has taken his eye off the ball and as a result his evasive technique is incorrect, and dangerous.