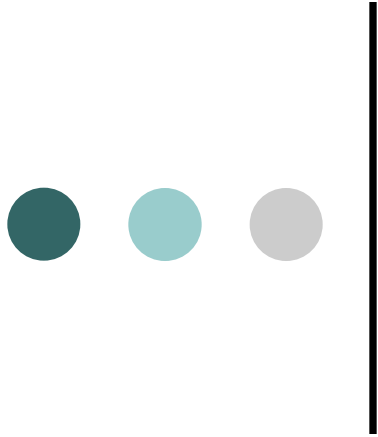


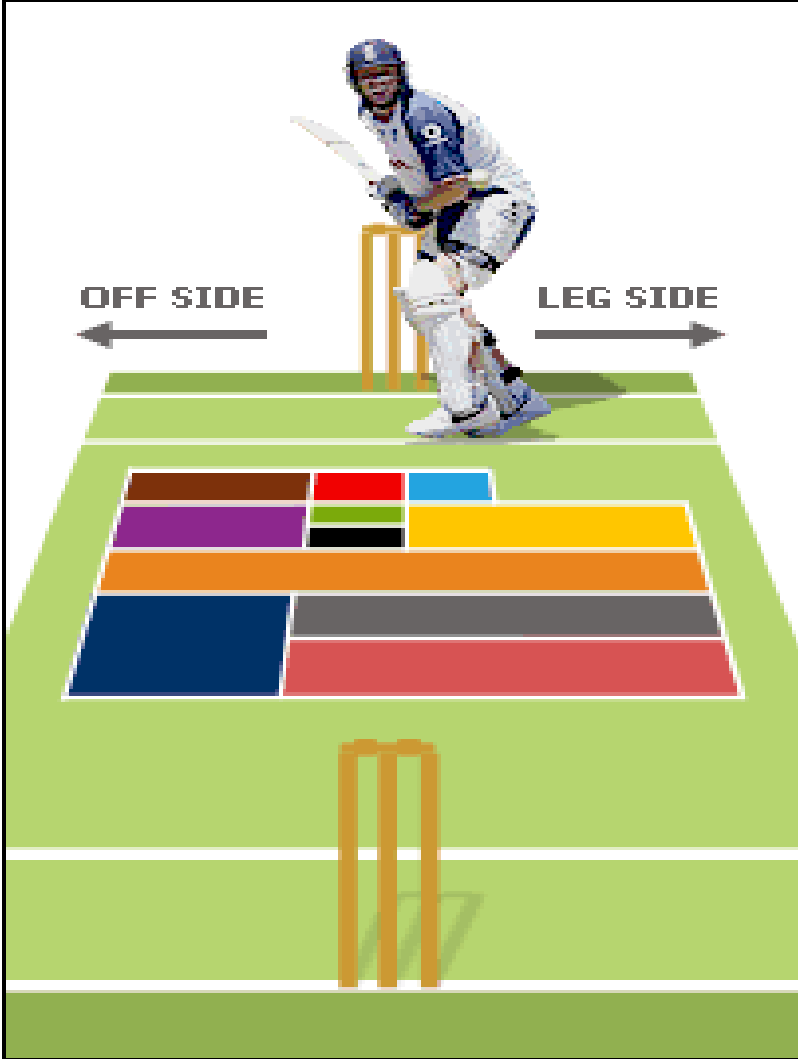
# Activate Coaching Presentation



Back Foot Play



# Batting stroke selection



- |                 |              |
|-----------------|--------------|
| Off drive       | Sweep        |
| Straight drive  | Forcing shot |
| On drive        | Square cut   |
| Leave           | Pull         |
| Forward defence | Hook         |
| Back defence    |              |



# Sequence of Movements

- As soon as you realise the ball is short:
  - Backfoot moves BACK & ACROSS
    - AND
  - Hands go to shoulder height
- Backfoot points towards Point/Coverpoint
  - Keep side on with shoulder to the ball
- Keeps eyes level to judge movement.

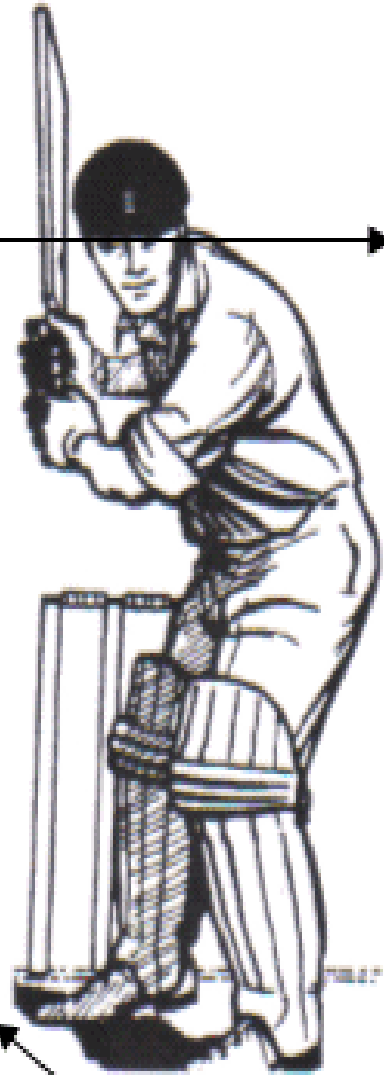
Then it is all about CHOICE!



# Defence

- Move back and across towards off stump.
- Stay side on
  - Toe pointing along the crease
- Take the bat up to the shoulders
- Keep your head in line with the stumps
- Watch the ball on to the bat
- Top elbow pointing up
  - Use as shock absorbers
- Bat angled so ball goes into the ground
- Weight stays on back foot

Keep eyes level to the horizontal.



Move the back foot back and across the wicket.

Head over the bat.



Move the back foot back and across the wicket.





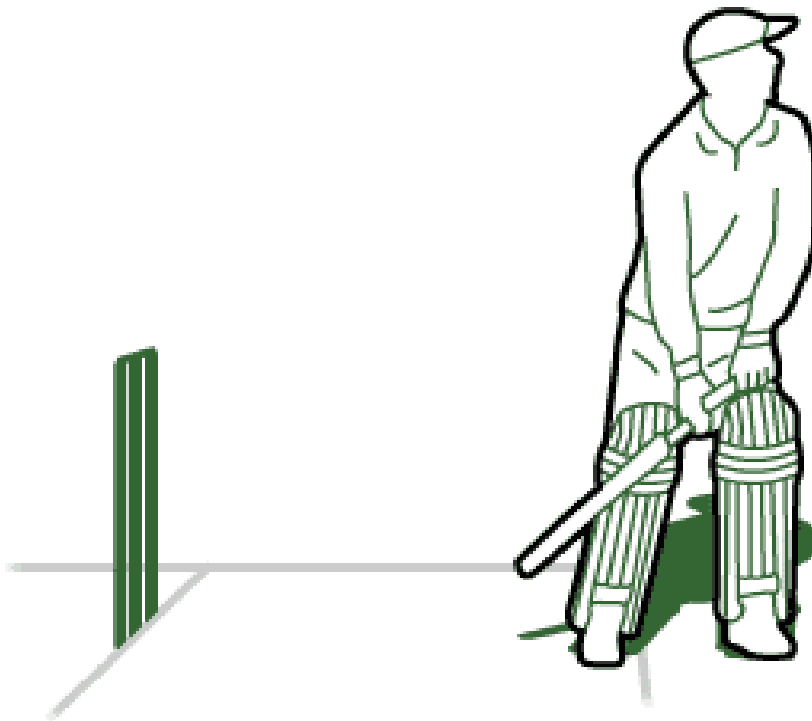
# Attacking Shots

## ○ Drives

- Same as for defence
- Back and Across
  - Head still and over middle and off stump
- High Elbow
- Meet the ball in front
- Extend top hand away from face
- Control the swing of the bat

# The Back Foot Drive

ANIMATING... 1 / 5



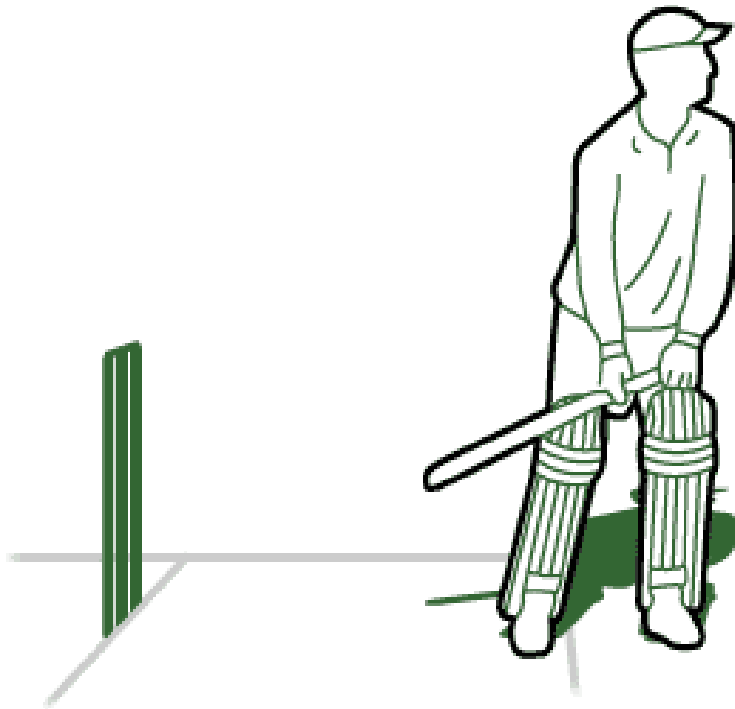
A decorative graphic consisting of three colored circles (dark teal, light teal, grey) and a vertical line to their right.

# Hooks and Pulls

- Back and Across
  - Head still and over middle and off stumps
- Bat up – hands high – shoulder at the ball
- Hit High to low – extend arms for power
- Pivot after contact to face where the ball was hit

# The Hook

ANIMATING... 1/5



# Examples



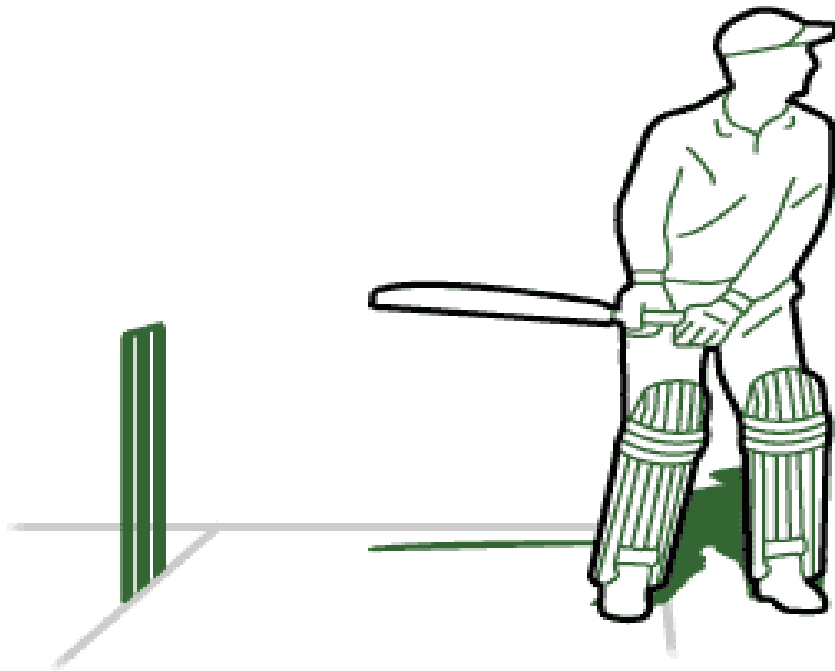
A decorative graphic consisting of three colored circles (dark teal, light teal, grey) and a vertical line to their right.

# The Cut Shot

- Back and Across
- Head still and watching the ball
- Hands high – shoulder at the ball
- Hit high to low
- Transfer weight towards ball at contact
- SNAP wrists and extend arms for power
- Keep head and weight going at the ball

# The Cut Shot

ANIMATING... 1/5



# Examples



A decorative graphic consisting of three colored circles (dark teal, light teal, grey) and a vertical line to their right.

# REMEMBER!

- Backfoot play – just like all batting – is about CHOICES!
- Watch the ball like a hawk!
- Make your decision about the shot you will play once you know where the ball is going.
- Know where the gaps are so you can hit freely and with minimal risk.