

Key Factor Coaching Points

Batting



Batting

- ***Watch the ball!***
- Then move to the ball!
- Then hit the ball!

This means you decide where the ball is going to land
BEFORE you take a step!

Move straight to the ball with the bat still back.

When you get to the ball then play your shot!

Stance and Grip

- Stance
 - Comfortable and alert!
 - Weight evenly distributed on both feet
 - *Ready to move*
 - Front shoulder, chin and nose pointing at the bowler
- Grip
 - Top hand firm with wrist cocked back
 - Bottom hand on top of the handle
 - ***NOT UNDERNEATH!!***

Stance

Alert and Comfortable



Front Foot Play

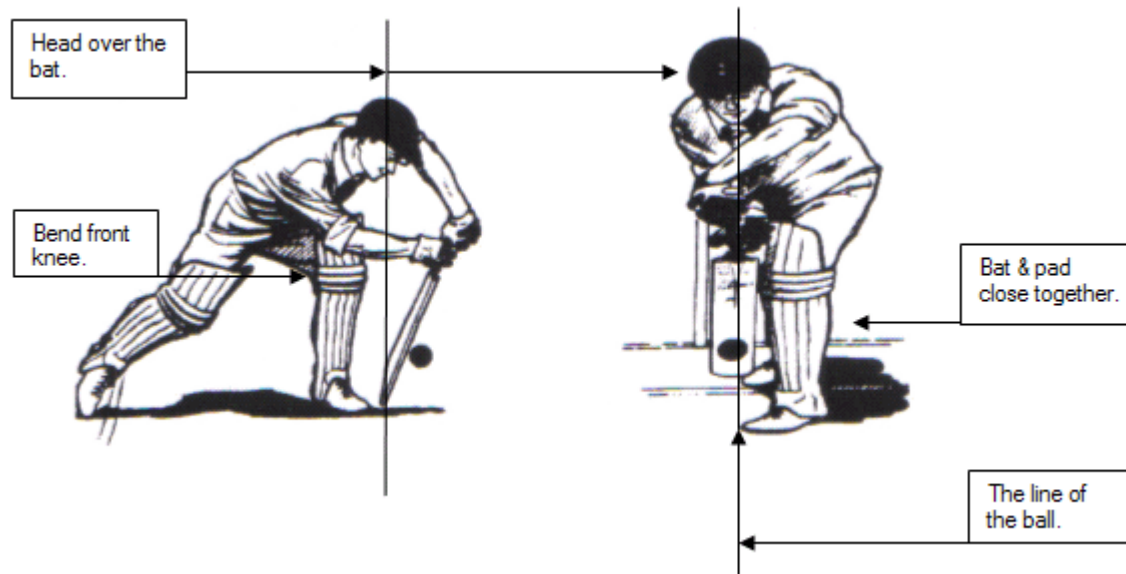
- DEFENCE

- Step to the ball placing your foot next to the spot where the ball will bounce.
- Watch the ball land and bounce
- Bat handle forward of your knee
- Toe of the bat pointing down
- Stay above the ball!

Front Foot Play

- Check these 4 points after every shot!
 - **Front knee bent**
 - **Head over the ball**
 - **High front elbow – pointing up!**
 - **Hands in front of face.**

Front Foot Lines



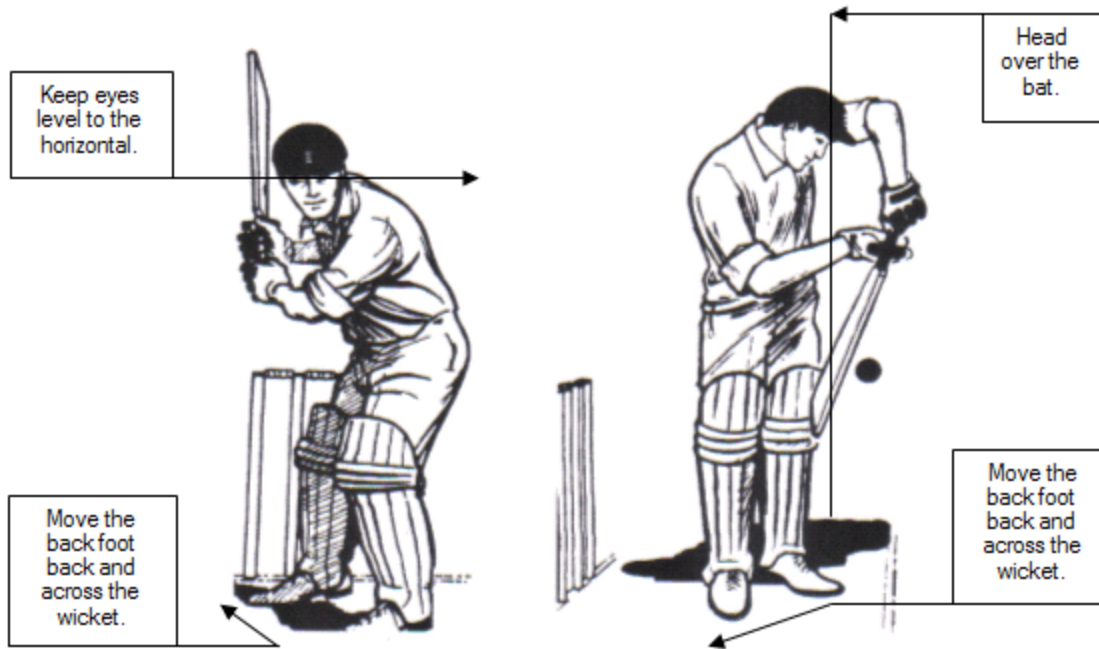
Front Foot Play

- The Drives
- Just an extension of the front foot defensive shot.
- Control the toe of the bat straight through the ball
- Finish with hands in front of face and toe of the bat pointing where you hit the ball.

Back Foot Play

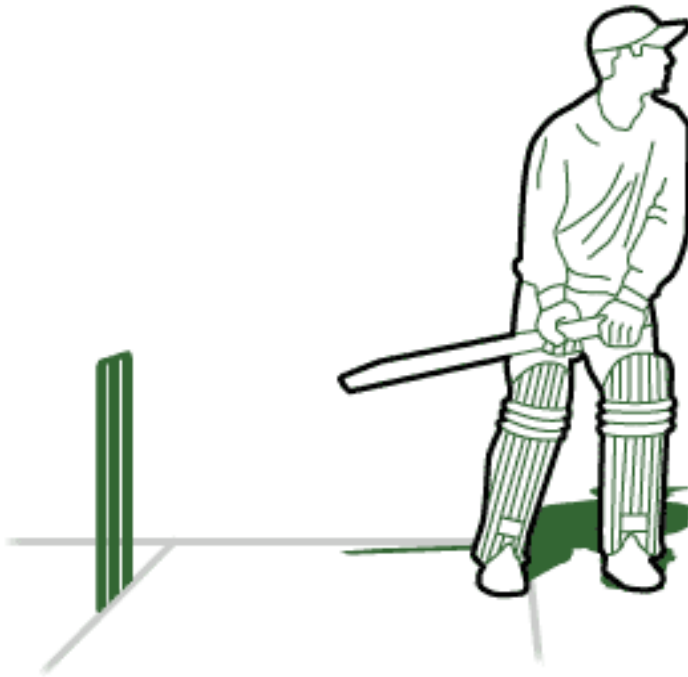
- Defence
 - Move back and across towards off stump.
 - Stay side on
 - **Toe pointing along the crease**
 - Take the bat up to the shoulders
 - Keep your head in line with the stumps
 - Watch the ball on to the bat
 - Top elbow pointing up
 - **Use as shock absorbers**
 - Bat angled so ball goes into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

Back Foot Lines



The Back Foot Defensive Shot

ANIMATING... 1/4



These are the batting basics to work on

And the most important points are:

- Always watch the ball – try to watch it bounce
- Always step to the ball before playing a shot
- Control the bat when you swing

Some Examples



Some More Examples!

