


Title: **Batting basics**

Date: 28/08/2014	Venue: Canyon Gate	Duration: 2.0 hrs	No of Players: 24	Ability / Level: Beginners	Equipment: balls and bats, wicket, cones
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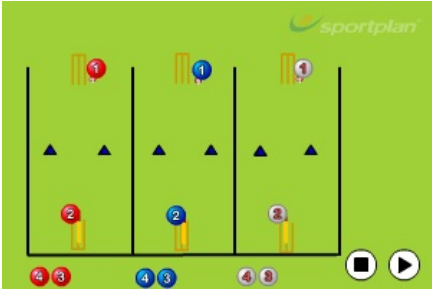
Session Goals:
Basic batting - grip, backlift and introduction to forward defense and batting with a straight bat

Personal Coaching Goals:

Time	Task / Activity / Session Content	Coaching Points
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	<p>Grip - Indication of Vs</p> <p>The bat should be placed directly between two feet. Ask players now to pick their bat up and set up in their stance, facing you.</p>		<p>The two Vs of the grip pointing down the shoulder of the bat. Right handers should have their left hand at the top and vice versa for left handers. Check both hands are fairly close together, near the top end of the bat. The top (lead hand) tight grip on the bat and the bottom hand lightly placed on the bat to guide the bat rather than force. The bottom hand will come into play slightly more when playing cross bat shots (Hook, cut and sweep).</p>
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	<p>Back Lift</p> <p>Bat handle close to body, inline with and underneath shoulders Bat is taken back vertically (and straight back) Hands close to back hip Maintain top hand control at this early stage</p>		
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	<p>Forward Defence</p> <p>For groups of 3-6 people, with one player feeding. Feeder delivers 20 good feeds over arm, or until he gets a player out. Each Batter has 3-4 deliveries then they run to back of que and rotate around.</p> <p>Competition: The batter can choose to leave the ball or defend it through cones. If the ball goes into the air the batter is out. If you defend and hit the ball back through the cones you can call "YES" and run. If the ball doesn't go through the cones then you stay in batting until out of goes. (Target of 30 runs per group)</p>		
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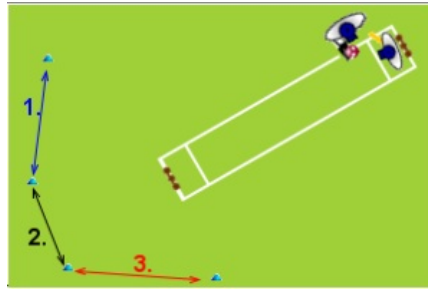
Drop feed drive

Can be done in pairs/ groups of three. Feeder drops ball in front of batter (with arm out horizontally, standing on the off side of the batsman for safety purposes). Batter steps towards the ball, and aims to drive the ball on the second bounce/ half volley, driving the ball on the ground through the target zones.

Each group needs 6 tennis balls and each batter gets 6 feeds.

Drill is best done in nets (2 grounds per net in opposite directions).

Encourage players to wear at least batting gloves when doing this practice.



Focus needs to be on getting ball between cones along the ground. This is achieved by a strong top hand on the bat, shoulder dipping into the ball, playing the ball late, and getting a big stride towards the ball, encouraging player's weight to be over the ball on contact.

Progression:

Player can hit ball by already being in the finished drive position, just moving hands upon impact.

This helps if struggling with stepping into shot.

Increase speed of drops to make player work harder, with less recovery between shots.

Make target zones smaller, and/or alternate sequence/ introduce points system or get players to react to the feeder's call, so as they drop the ball they should call a specific zone for the batter to aim for.

Other Comments:

use kids who are idling to be fielder or wicket keeping

Evaluation:

