

BATTING BASICS

TCCL
FUTURE OF AMERICAN CRICKET

Batting Grip









- A **proper grip** is essential for power and control on both sides of the wicket. The simplest way to discover the correct grip is to lay the bat on the ground with the handle pointing towards the feet, then pick it up with both hands.
- The **Vs formed** by the thumb and forefinger on each hand should be aligned towards the outside edge of the slice of the bat. The knuckle of the index finger of the top hand will be aligned with the outside edge of the bat and the back of the hand will face extra cover.
- The hands should be close together in the **middle of the handle** so they act as a single pivot point.

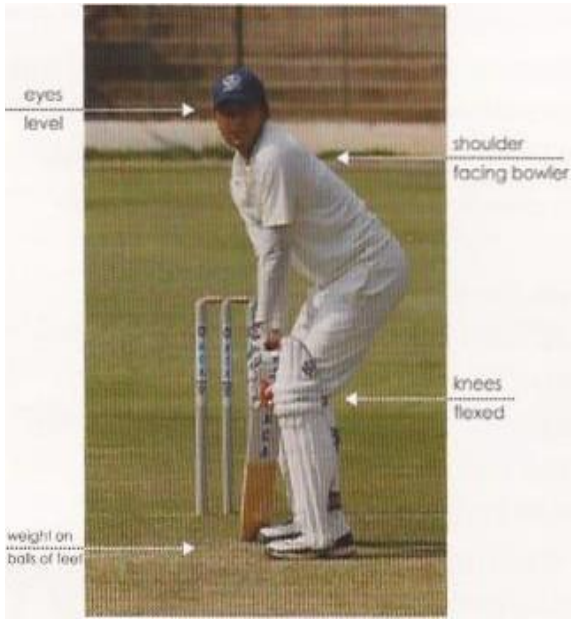
Batting Guard

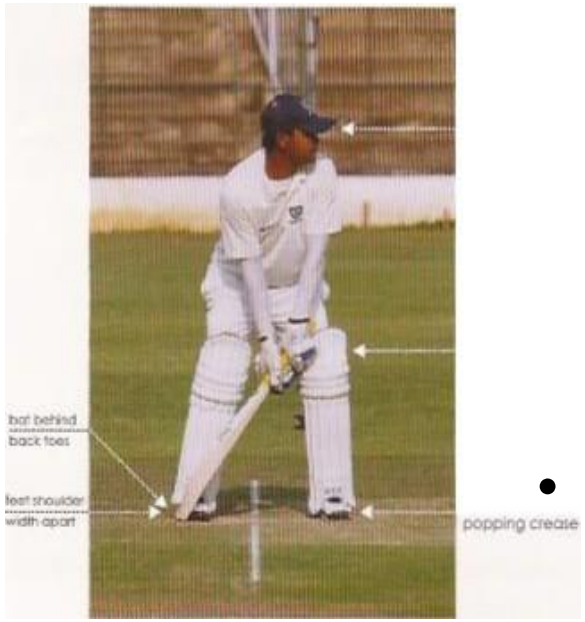




- A batsman **takes guard** when he arrives at the crease so that he will know where the stumps are and can protect them while batting. Most players take **center guard**.
- The batsman should place his bat vertically on the popping crease side-on with the face pointing away from him. The umpire will direct him to shift the bat until it is aligned between the middle stumps at both ends. The batsman will then mark the spot with his spikes or chalk in the case of an artificial pitch.
- Two other popular guards are **leg stump** (the line between the umpire's middle stump and the batsman's leg stump) and **two legs** (the line from the umpire's middle stump to between the batsman's middle and leg stumps).Some batsmen are more comfortable with these guards as they know that ball hitting their pads in their normal stance will miss leg stump.

Batting Stance

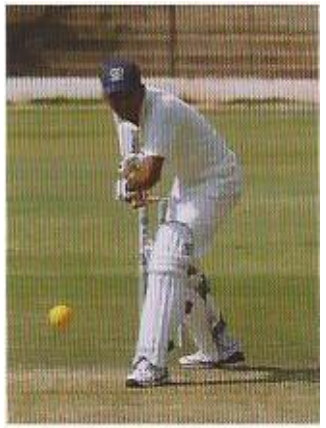


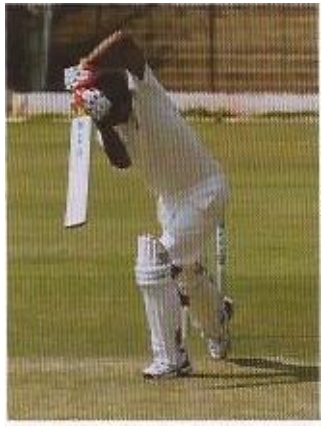


- Some players prefer to be "pre-loaded". with the **bat raised** into the back lift as it helps them to keep their eyes level.

- The batsman must start in the best position to play his strokes efficiently with minimal movement. He should stand **side-on** in a comfortable upright position with his head and front shoulder facing the bowler for optimal vision. His feet should be **shoulder-width** apart and parallel to either side of the popping crease.
- His knees should be slightly flexed with the weight evenly balanced on his feet.
- His head should be still and eyes level in a line **vertically above** the toes. His top hand will rest comfortably against the inside of his front thigh and the bottom of the bat behind the little toe of his back foot.

Phases



Back lift

- As the bowler delivers the ball, the bat is taken back **above the height** of the stumps in direction between wicketkeeper and second slip. The wrists are locked with the top hand gripping the handle firmly . The last three fingers and palm of the bottom hand come off the handle by the top of the **back swing**.
- The front shoulder is dipped during the back lift in such a way that both shoulders and the bat handle are inline with the anticipated contact point for **maximum control, force and stability**. Foot, shoulders, arms and bat move simultaneously as a unit.

Downswing

- Whether playing forward to a full delivery or back to a short ball, the step must be completed before the **downswing starts**. This establishes a stable base for efficient transfer of weight facilitating greater control and power.

Phases..






- The body parts move from largest (hips, shoulders) to smallest (arms, hands) in the direction of the target. The shoulders **rotate**, then **stabilize**, and the **wrists un-lock**. Bat speed increases just prior to impact for an attacking shot and decreases for a defensive shot.

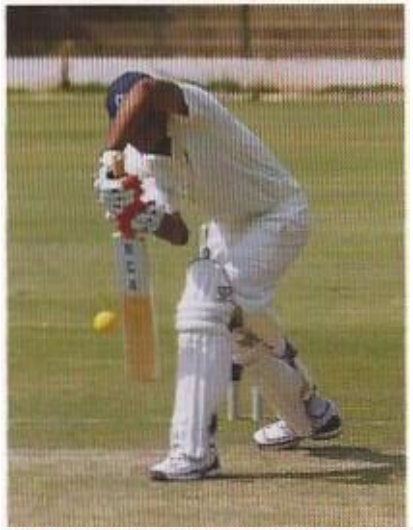
Impact

- Feet remain stable and bat makes contact at an angle of **90 degrees to the target**, swinging in that direction for as long as possible. The ball should be struck with the full face of the bat

Follow-through

- After impact, the hands release and the bat continues along the line of the target, sometimes finishing over the shoulder for an attacking shot. The feet should remain **grounded to stabilize** the body through the stroke.

Front Foot Shots & Defense





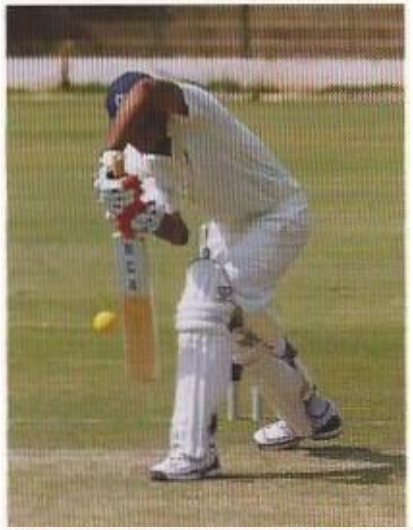
Forward Shots

- Front-foot shots are played to deliveries that arrive on the full, the half-volley or on a good length. By **moving forward** the batsman is able to negotiate unpredictable bounce and lateral movement . All shots **bar the sweep** are played with a vertical bat. This ensures that the batsman gives himself every chance of being able to make contact with the ball that either keeps low or bounces higher than expected. This is particularly important when the ball is on the stumps.

Forward Defense

- This shot is generally played to a good-length delivery on the stumps. particularly **early into batsman's innings** or on unpredictable pitch.
- The phases of batting described previously are observed and the batsman moves his front foot forward to a position **slightly inside** the line of the ball.

Front Foot Shots & Defense..



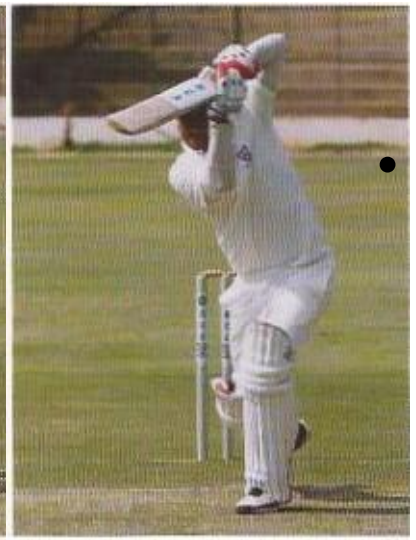


- The body weight is **transferred** into the front foot through a bent front knee which also brings the head down over the ball.
- At the top of the backswing the shoulders rotate vertically and the bat accelerates before **decelerating** just prior to contact under the eyes. The head should be still, eyes on the ball. The ball makes contact with the **full face** of on angled bat which is kept close to and in front of the pad.
- While the hands are forward of the pad. It is important to let the ball come to you, **not push to it**. The heel of the back foot will lift to allow the body weight to move forward but the back foot itself should not move as the back leg **straightens**.

Drives







Drives

- These shots are extension of front-foot defense and are played to full-length deliveries between mid-on and cover depending on their line. A batsman is advised to play in the **Vee** between mid-on and mid-off early in his innings.
- For the drive, the bat **accelerates** through the point of contact and the player follows through in the intended direction of the ball. The arms are fully extended and the front elbow, hands and bat usually finish high, although a "check" **follow-through** is often employed.
- The step towards the line of the ball is crucial and there is a subtle difference where the on-drive is concerned. This is played to a full-length delivery on or around leg stump, and the stride is shorter. The toes **point to mid-off** and the front foot remains in line with leg stump. As with all drives, it is important that the batsman **"stands tall“** and that the back leg does not collapse.

Step-out and Drive

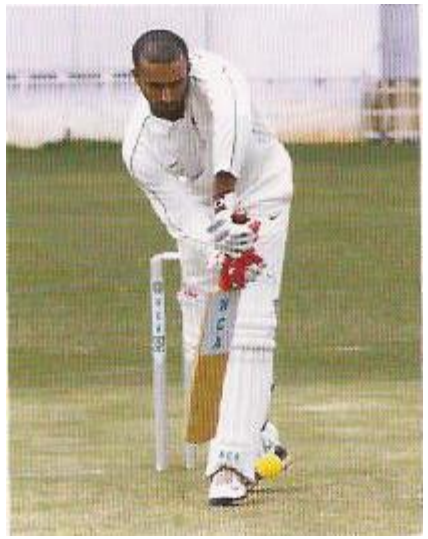




Step-out Drives

- Using either a crossover step (back foot behind the front foot) or "click" (where the two feet meet in the same plane) the batsman makes two **quick long strides** towards the delivery. It is vital that the head remain steady and the eyes level throughout, as the batsman advances towards the appropriate line.
- He should also be **prepared to defend** (even get back in his crease) should the bowler see him coming and make effective adjustments to the delivery.

Leg Glance





*****This shot is on extension of the on-drive, played in line with the front leg to a similar delivery.**

Leg Glance

- By turning the **face of the bat** at point of impact, the batsman uses the pace of the ball to run it behind square leg.
- By memorizing the gaps in the field and turning the wrists appropriately, the batsman is able to open up more scoring opportunities from this mis-directed, full delivery. But It is vital he remain **upright**, head steady and eyes level, and not fall inside the line of the ball. It is also important to meet the delivery with the full face of the bat and not turn the **wrists** prematurely.

Sweep





Sweep

- The sweep shot is played most safely and effectively to off-spin bowling and opens up scoring opportunities from a good-length delivery. The front foot will move in line with **middle and leg stumps** with the bat coming from high to low and horizontal of impact.
- The wrists are rolled and the ball is played into **gap behind square leg**. The sweep is a risky shot when played against the spin and/or on a wearing pitch with variable bounce.

Back foot shots and defense





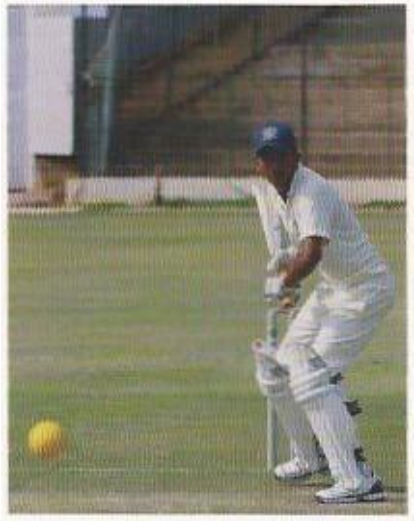
BACK -FOOT

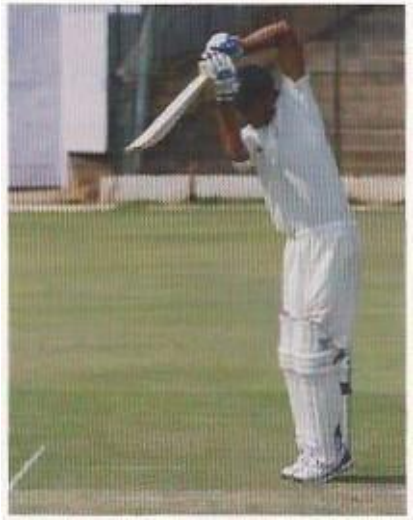
- Back-foot shots are played to deliveries that are short of good length. They are played with either a **vertical or horizontal** bat depending on the line. There is only one movement for all back-foot shots “back and across” towards off stump, although the direction in which the toes point will vary according to the shot.

Defense

- Played to good length ball bouncing usually above the **knee and below the chest** and inline with the stumps. The back foot is usually parallel with the crease to allow the body to remain side-on. When the back foot is stable the body weight is transferred onto the balls of the foot, the head **remains steady**, slightly in front of the back leg, eyes level and fixed on the ball.
- The bat decelerates in the **downswing** beside the rear hip just before the ball arrives and contact the full face of on angled bat.

Back Foot Drive





Back Foot Drive

- This is the attacking version of back-foot defense played to a short delivery **pitched on the stumps** (or just outside off-stump) and bouncing between knee and waist-high. This time the bat accelerates through the point of contact and stays online with the shot finishing high.
- The shot can be played anywhere in an **arc between mid-on and cover**.

Leg Glance





Leg Glance

- Shot will be played to a delivery short of a good length pitched on middle and/ or leg stump with the **body chest-on**. Instead or being parallel to the crease, the back foot points down the pitch and the front foot rather than sliding back actually withdraws to "access" the shot.
- The wrists are turned as the ball meets the **full face of the bat**. and the back foot pivots slightly as the ball is directed in to a gap behind square leg.

Square Cut







***Horizontal stroke played to a short delivery bouncing between knee and chest height outside the off-stump

Square Cut

- A large step is taken and the back leg flexed, the back foot stabilizes parallel to the crease and the body weight transferred onto it. The **hands and front elbow are high** and kept close to the body. The wrists are cocked and the front shoulder turned towards point. As the ball draws level with the back leg, the shoulders are rotated powerfully away from the ball. The bat **accelerates down horizontally** and contact is mode with the arms fully extended. The wrists are rolled as balance is maintained over the back foot and the ball is struck towards point. The hands and bat follow through to finish above the front shoulder.

Pull & Hook





Pull

- Attacking horizontal stroke played to a full toss or short delivery pitched on or around leg stump and reaching the batsman between **knee and chest** height. Again a decisive step is taken back and across towards the off stump but the back foot points straight down the pitch. The front leg withdraws to the leg side as the back foot pivots and the head remains slightly forward of the base and in line with the ball.
- The bat has been taken back above the anticipated height of the bounce, the hands in close to the body and the wrists cocked. The shoulders are now rotated and the bat **accelerated horizontally** down and across.

Hook

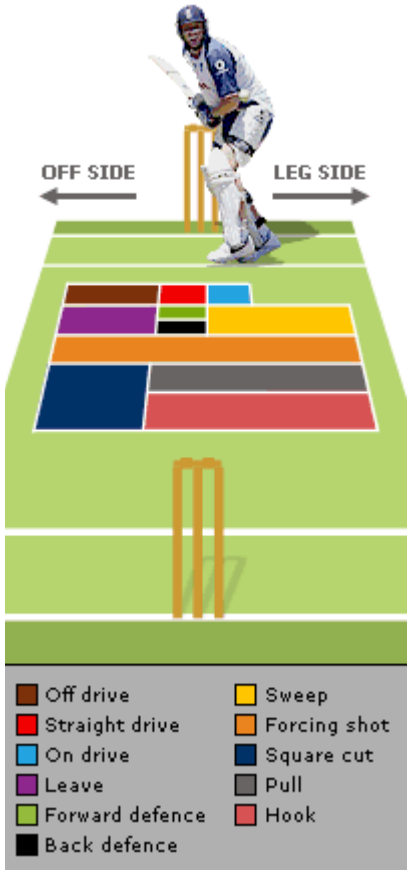
Hook

- This shot is similar to the pull but is played to a delivery bouncing **between chest and head**. It involves striking the ball close to its apex and is therefore harder to control.
- The hook is played with the body **inside the line** of the ball which is usually struck towards fine leg.



Stoke Zones





Thank you

Visit us @
http://www.triggerscolts.org