



In this coaching manual the fundamental skills in each of the different aspects of the game - batting, bowling and fielding [including wicketkeeping] - are covered separately and a series of appropriate drills has been included to assist players to progressively develop these skills. Such skill drills allow players to improve their proficiency in the skill and in so doing refine their cricket techniques.

As a coach in determining your coaching plan for the season incorporate several skills and a selection of drills into each practice session. The drills for each skill covered in this coaching manual are arranged so they increase in their level of difficulty.

'Remind players to wear appropriate cricket clothing, footwear and caps, to put on sunscreen, and to bring their gear and own drink bottle to every practice.'

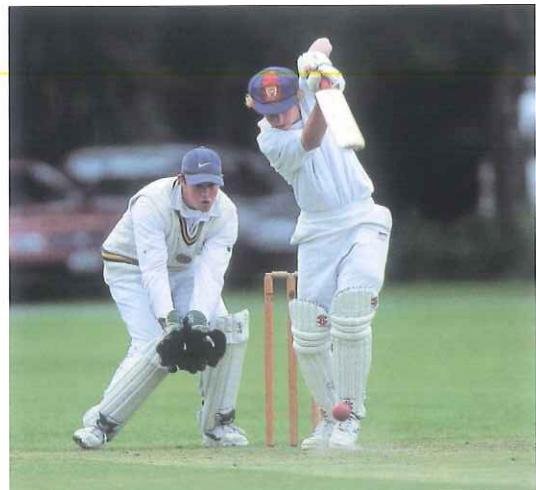


Batting Skills and Drills

The main aim of every batsman is to score runs consistently. To do this he/she must develop a sound technique, learn to concentrate by watching closely every ball in an innings from the bowler's hand on to the face of the bat, and be able to think and play according to a simple game plan.

The main responsibility of every batsman is to become an effective and consistent run scorer for the team. As a coach you can help your players achieve this by teaching them the appropriate technical, mental and tactical skills which form the foundation of batting. These include:

- 1 A sound **TECHNIQUE** or ensuring each batsman has an efficient basic set up with a grip which allows a full range of strokes to be played, a comfortable stance in which the head, hands and toes are aligned, and a backswing which sets up the shoulders, hands and bat to allow a smooth efficient downswing. This preparatory set up enables the batsman to easily step forward or back and coordinate the eyes, body and bat by adjusting the body weight to the length of the ball [the point at which the ball pitches] and positioning the head in line with the ball [the direction in which the ball goes]. This creates a stable base from which to rotate the shoulders and strike the ball with good timing on either side of the wicket [see inset 'Batting Stroke Sequence'].
- 2 Good **CONCENTRATION** or developing each batsman's ability to focus on one ball at a time during an innings by watching it closely from the bowler's hand on to the face of the bat and to ignore all other distractions [see 'Concentration'].
- 3 A simple **GAME PLAN** or encouraging each batsman to think about what he/she is going to do and to adopt a positive batting plan or approach which initially involves deciding whether to stop or block the ball [defensive stroke] or hit the ball [attacking stroke]. By learning to defend only the straight deliveries that will hit the stumps and to leave wide deliveries reduces the chances of getting out. As each batsman's concentration and technique improve so will the tactical options they can incorporate into their expanded game plan [see 'Batting Tactics' and inset on 'Building An Innings'].





BATTING STROKE SEQUENCE

As a coach it is important to realise that there are only two broad categories of batting strokes - **VERTICAL** and **HORIZONTAL** - and that in playing any of these the same sequence or set of steps is followed:

- 1 STANCE
- 2 STEP
- 3 STOP
- 4 SHOULDERS STRAIGHT
- 5 STRIKE

The main variation between vertical and horizontal batting strokes occurs in the pattern of movement from step 4 onwards when the shoulders are prepared and rotated differently so that the ball can be hit with either a straight bat or a cross bat.

VERTICAL BATTING STROKES	SEQUENCE or STEPS	HORIZONTAL BATTING STROKES
Stand side-on in a comfortable, upright position, weight evenly balanced on the balls of the feet for easy movement either forward or back.	STANCE	Stand side-on in a comfortable, upright position, weight evenly balanced on the balls of the feet for easy movement back.
As the bowler delivers the ball swing the bat back straight, and at the same time dip the front shoulder and step forward, or back, to the line of the ball. The step and backswing should happen in unison.	STEP	As the bowler delivers the ball swing the bat back straight, and at the same time dip the front shoulder and step back to the line of the ball. The step and backswing should happen in unison.
Stop the feet in order to create a stable base.	STOP	Stop the back foot in order to create a stable base. Slide or snap the front foot back towards the back foot.
Rotate the shoulders vertically.	SHOULDERS STRAIGHT	Rotate the shoulders horizontally.
Swing the bat down straight to hit the ball. Remain stable while following through after impact.	STRIKE	Swing the bat horizontally down and across to hit the ball. Remain stable while following through after impact.



BUILDING AN INNINGS

ATTITUDE

- Adopt a positive, confidence approach.
- Be mentally prepared and focused on the task.
- Create a presence at the wicket.

APPROACH - TECHNIQUE and TACTICS

- Value your wicket.
- Occupy the crease for as long as you can.
- Be patient, work hard, play yourself in.
- Watch the ball closely.
- Get the feet moving.
- Play with soft hands.
- Know and play to your strengths.
- Look at the gaps in the field.
- Identify the strong and weak fielders. Note their qualities - Are they right or left handed? Do they walk in with the bowler? Are they alert? How quick are they to the ball? How strong and accurate is their throwing?

TARGETS

- Have your own batting plan.
- Be aware of the team's goals and targets.
- Set yourself realistic goals, both short term and long term.
- Don't relax when targets are reached or at critical times such as a break in the innings [e.g. drinks] or the introduction of a new bowler, set new goals and targets.

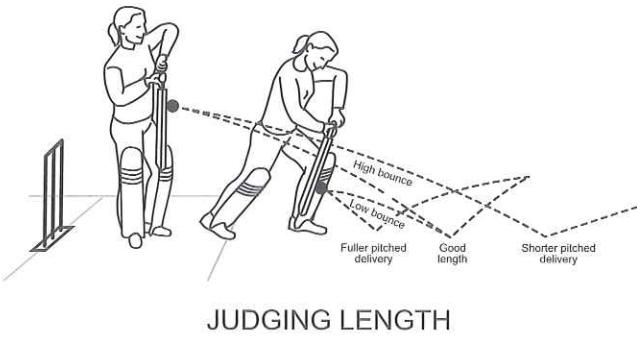
PARTNERSHIPS

- Look at building partnerships.
- Create a rapport with your batting partner.
- Determine your targets and how each of you intends to approach the game. Is one going to attack while the other supports? Make sure you are both aware of the intentions.
- Be alert and look for singles by dropping the ball short of the fielders or playing it in to the gaps to rotate the strike.
- Call early and clearly, back up and run aggressively between the wickets.
- Try to turn ones into twos into threes.
- Put the fielders under pressure to create errors.
- Help each other through difficult patches - decide how and where to play different bowlers and who might be best facing them.
- Talk to each other at the end of every over - offer encouragement and constructive advice.
- Provide positive support for good strokes and solid defence.



4 Quality DECISION-MAKING or getting each batsman to learn to correctly judge the length and line of each delivery, and depending on the match circumstances and their game plan to determine the appropriate stroke to play. Successful batting is not only knowing how to play strokes but also when to play them. As a coach you can assist your batsmen to improve their decision-making by teaching them what strokes should be played to different deliveries and the strike zone not only for each batting stroke, but more importantly for different types of bowlers and their various deliveries [see diagram 'Batting Strike Zones'].

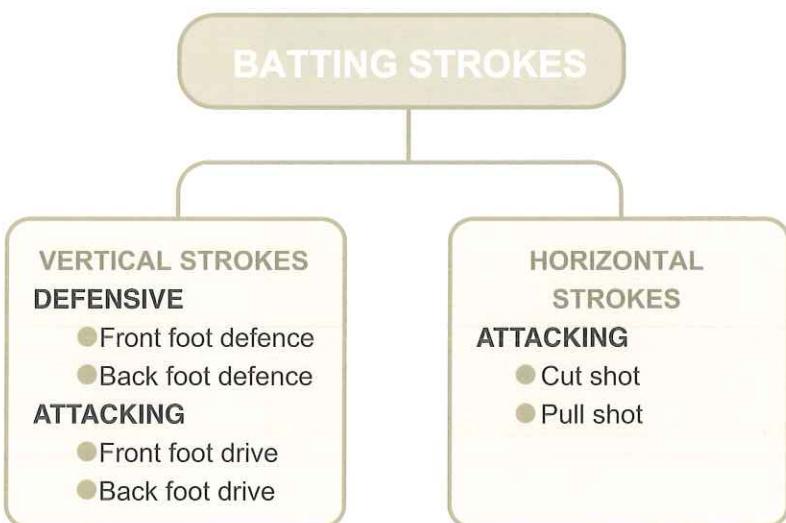
Skills and Drills - Batting



There are two main categories of strokes - **VERTICAL** or straight bat strokes and **HORIZONTAL** or cross bat strokes. Vertical bat strokes should be used to play straight deliveries on or close to the line of the stumps. Batsmen should look to play forward if the ball is full length or the bounce is low, and to play back if the ball is pitched short or the bounce is high. Horizontal bat strokes can be used to hit full tosses and to attack high bouncing wide deliveries.



This section on batting covers the skills and drills necessary to master four vertical strokes and two horizontal strokes. The diagram over the page illustrates the hitting zones for each batting stroke.

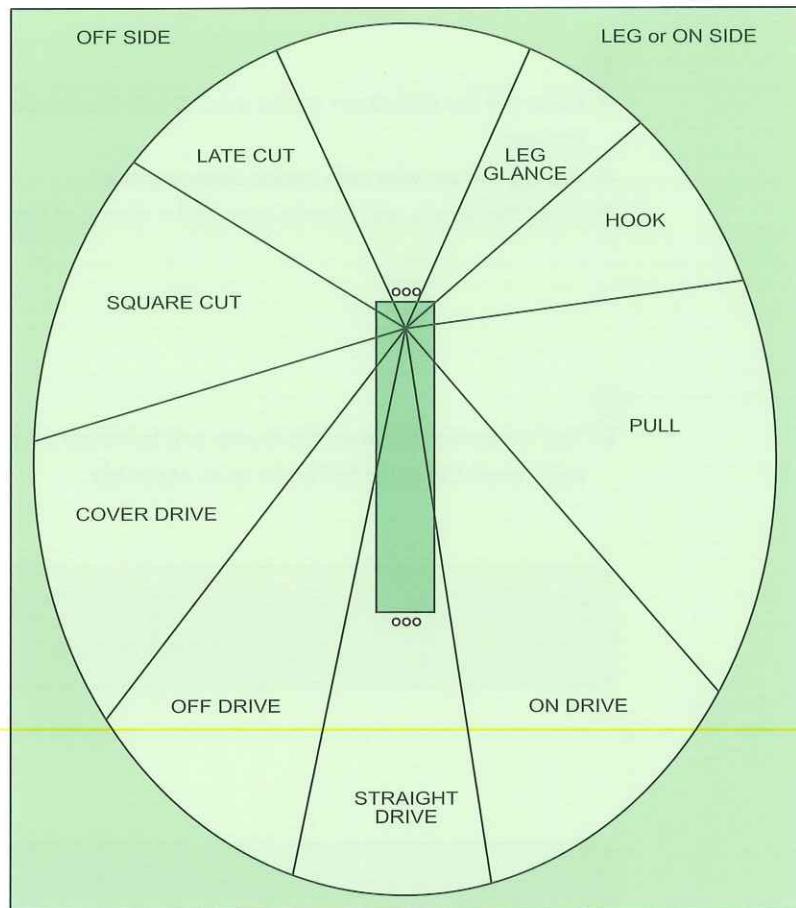




Skills and Drills - Batting

Cricket Coaching

BATTING STROKE ZONES



SAFETY

If the batting drills are practised with tennis balls or incrediballs the batsmen will only need their bats and batting gloves. If cricket balls are used batsmen must wear proper protective equipment e.g. batting pads, protectors, and where appropriate, helmets.

Skills and Drills - Batting



SKILLS - The Grip and Taking Guard

THE GRIP



1

- Place the bat face down on the ground with the handle pointing towards the feet.
- Pick up the bat with both hands close together.
- Wrap the fingers and thumbs around the middle of the handle.



2

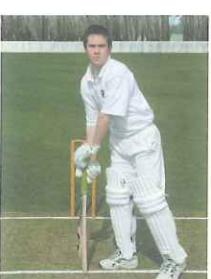
- The V's formed between the thumb and forefinger of each hand should point down the outer half of the back of the bat.

Encourage young players to gradually adopt a first finger and thumb grip with the bottom hand.



Players take guard so they know where their stumps are when they are batting and can best protect them.

TAKING GUARD

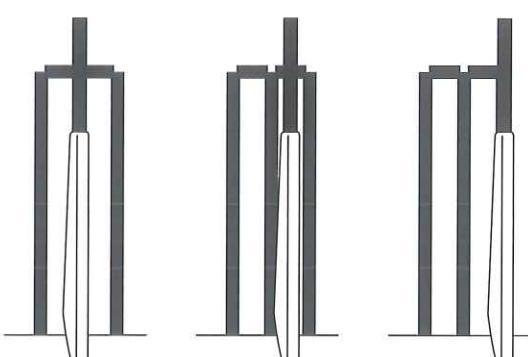


1

- Take guard before facing the first ball by holding the bat upright in front of the stumps so that its front edge is facing the umpire.
- Ask the umpire for 'centre' or middle stump and mark the position on the batting crease.

2

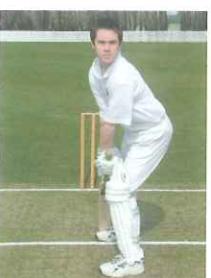
- Stand with the toes up to this mark so you know where you are standing in relation to the stumps.



CENTRE
(sometimes called
middle stump)

**MIDDLE &
LEG**
(two legs)

LEG STUMP
(one leg)



As players progress they may ask the umpire for different guards such as 'leg stump' or 'one leg', 'middle and leg' or 'two legs', or in some cases 'off stump'.

DRILLS: The Grip and Taking Guard

DRILL DESCRIPTION

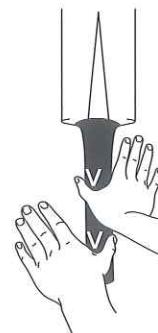
1 THE GRIP

EQUIPMENT: 1 bat, 1 pair of batting gloves per pair, roll of tape.

DRILLS:

- Divide the players into pairs.
- Player A to place the bat on the ground with the handle pointing towards his/her feet, then to pick the bat up with the correct grip and take up a normal batting stance.
- Player B to check to see that the following are correct - **the hands are close together around the middle of the handle and the V's are pointed down the outer half of the bat.**
- Players then to change over and repeat the check.
- **Variation:**
Wind two strips of tape around the handle of the bat above and below the middle and stick another strip down the top of outer half of the back of the bat.
● Use these are a guide for player A to pick up the bat correctly and for player B to check his/her grip.

DRILL LAYOUT



2 BAT AWARENESS - BAT HOCKEY

EQUIPMENT: 1 bat and 1 pair of batting gloves per player, and 2 stumps, 5 cones, 1 ball per group of 4-6 players.

DRILLS:

- Set up the stumps 20 metres apart and use the cones to create a number of even intervals between them.
- Players to line up with their bats behind one of the stumps.
- Player A to grip his/her bat correctly and to zigzag between the cones using his/her bat to dribble the ball down around the other stump and then back.
- Once player A has passed the starting stump, player B to continue the sequence.
- Repeat the activity until all the players have had a turn.
- **Variations:**

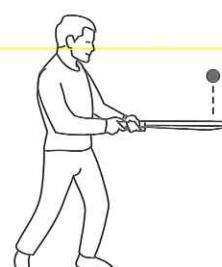
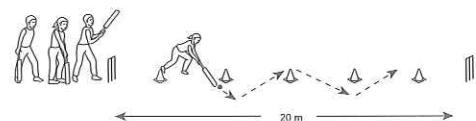
Each player to repeat the activity several times.

Divide the group so that there are players at both ends. Each player to zigzag between the cones dribbling the ball from one stump to the other before changing over. Increase the distance between the stumps and use more cones to increase the number of intervals.

Compete against one or more other groups.

Players instead of dribbling the ball between the cones:

- To zigzag around the cones tapping the ball on the bat. If the ball is dropped the player must go back to the start and begin again.
- To jog in pairs, one on each side of the cones, and pass the ball to each other by hitting it between each set of cones.



NB: See 'Homework Skills Drills' for more bat awareness drills

3 THE GUARD

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone per pair.

DRILL:

- Divide the players into pairs.
- Set up the stumps and the cone 5 metres apart.
- Player A with the bat to stand in front of the stumps facing player B who is behind the cone.
- Player A to ask player B for 'centre', to mark the guard, then to take up a normal batting stance.
- Player B to check to see that the following are correct - **the bat is held upright in front of the stumps so its front edge faces player B, the guard asked for is marked, and player A stands with the toes up to the mark.**
- Players then to change over and repeat the check.





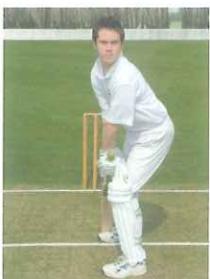
SKILLS - The Stance and Backswing

THE STANCE



1

- Stand side-on in a comfortable, upright position with the head and front shoulder facing the bowler.
- Feet shoulder width apart, parallel to and either side of the crease.



2

- Head still, eyes level.
- Knees slightly bent, weight evenly balanced on the balls of the feet for easy movement either forward or back.
- Bottom of the bat behind the back foot.

THE BACKSWING



1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.



2

- As the bowler runs into bowl lift the bat up in preparation for the backswing.
- Keep the hands in close to the body, with the top hand grip firm and in control and the bottom hand grip relaxed.



3

- As the bowler delivers the ball, swing the bat back straight above the height of the stumps, by pushing the hands back to the back hip and cocking the wrists.
- At the same time dip the front shoulder and step forward, or back, to the line of the ball.



DRILLS: The Stance and Backswing

DRILL DESCRIPTION

1 THE STANCE

EQUIPMENT: 1 bat, 1 pair of batting gloves per pair.

DRILLS:

- Divide the players into pairs.
- Player A to take up a normal batting stance.
- Player B to check to see that the following are correct - **the bat is resting behind the back foot, the feet are parallel and slightly apart, and the head and eyes are level.**
- Players to change over and repeat the check.

Variations:

Player B to:

- Lift up the bottom of the player A's bat to check that he/she is evenly balanced and not leaning on the bat.
- Place a stump against the toes of player A to check that his/her feet are in line with the bowler.
- Hold a stump up horizontally to check that player A's eyes are level.
- Players to change over and repeat the check.

Player B to complete three of the above checks on player A after he/she has jogged a short distance or rehearsed a stroke before resuming a normal batting stance.

- Players to change over and repeat the check.
- Continue the activity until each player can move quickly and correctly into a normal batting stance.

2 THE BACKSWING

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of MILO Kiwi Cricket stumps per pair.

DRILLS:

- Divide the players into pairs.
- Player A to take up a normal batting stance.
- Player B to **kneel down behind player A with one arm outstretched horizontally, the palm of the hand open and facing down in line with offstump.**
- Player A to practise his/her front foot defence against an imaginary ball by swinging the bat back at the same time as stepping forward. During the backswing, the bat should touch player B's hand, which is held level directly behind the bat.
- After 6 attempts counting the number of times the backswing touches the hand, players then to change over and repeat the check.

Variations:

Player B to check player A's backswing by:

- Using a set of MILO Kiwi Cricket stumps with the middle stump removed to create a channel for the backswing.
- Getting player A to stand side-on close to a wall or a net and practise the backswing off both the front and back foot.

3 TOP HAND and BOTTOM HAND BACKSWING and DOWNSWING

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 ball, 1 batting tee per pair.

DRILLS:

- Divide the players into pairs.
- Player A to take up a normal batting stance gripping the bat correctly, then to remove the bottom hand from the handle.
- Using only the top hand player A to:
 - Rehearse several backswings off both the front and the back foot.
 - Rehearse several downswings from the top of the backswing off the front foot.
 - Drive six balls off a batting tee, then drive six underarm lobs.

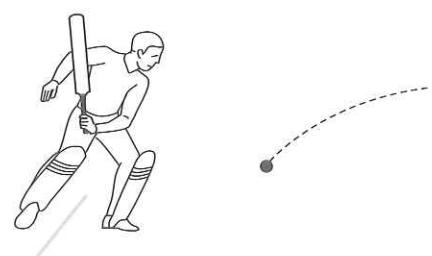
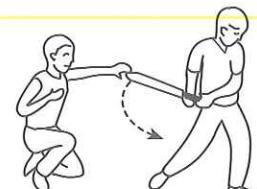
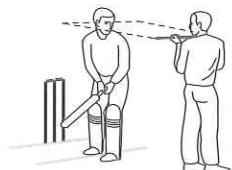
Player B to check that both the backswing and the downswing are straight and the hands are in close to the body, then to change over and repeat the activities.

- Player A to take up a normal batting stance gripping the bat correctly, then to remove the top hand from the handle.
- Using only the bottom hand player A to:

Rehearse several backswings off both the front and the back foot.
Rehearse several downswings from the top of the backswing off the front foot.
Drive six balls off a batting tee, then drive six underarm lobs.

Player B to check that both the backswing and the downswing are straight and the hands are in close to the body, then to change over and repeat the activities.

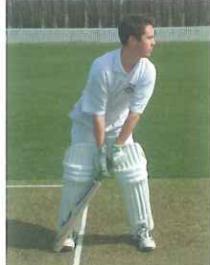
DRILL LAYOUT





SKILL - Front Foot Defence

FRONT FOOT DEFENCE



The front foot defence is a defensive, vertical or straight bat stroke played by moving forward to block or stop a straight, good length ball on the line of the stumps.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the height of the stumps by keeping the hands in close to the body and cocking the wrists.
- At the same time dip the front shoulder and step forward to the line of the ball.



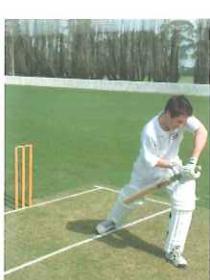
3

- Bend the front knee to keep the head down.
- Keep the back leg straight and the back foot anchored.



4

- Rotate the shoulders and swing the bat down straight stopping the downswing beside the bent front leg before the ball arrives.
- Bat and pad close together.



5

- Let the ball hit the full face of the angled bat beneath the eyes.
- Keep the hands high and the grip soft to 'stop' the ball with the top hand in control and the bottom hand relaxed.



On completing the stroke the arms and bat should form a number '9'.



Skills and Drills - Batting

Cricket Coaching

DRILLS: Front Foot Defence

DRILL DESCRIPTION

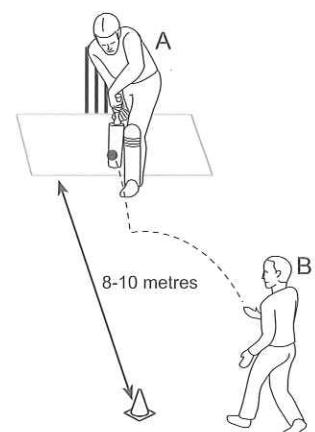
1 ROLLED BALL, BOUNCED BALL, and UNDERARM or OVERARM THROW FRONT FOOT DEFENSIVE STROKES

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 ball per pair, chalk.

DRILLS:

- Divide the players into pairs - player A to bat, player B to throw and field.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and:
 - Option 1:** To roll the ball underarm towards the batsman.
 - Option 2:** To lob the ball underarm towards the batsman so that it bounces several times.
 - Option 3:** To lob the ball underarm or throw the ball overarm on a good length towards the batsman.
- Player A to swing the bat straight back and at the same time to step forward to the line of the ball and play a front foot defensive stroke to block or stop the ball.
- Each player to have a specific number of throws, then to change over.
- **Variation:**
Draw a chalk line or a footprint on the ground 60cm in front of the batting crease as a guide for player A to move forward to and place the front foot on.

DRILL LAYOUT

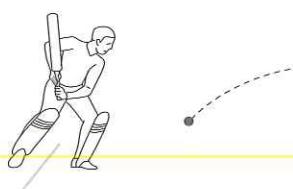


2 FRONT FOOT DEFENSIVE STROKES - WATCHING THE BALL

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 bicoloured cricket ball [red and white] per pair.

DRILL:

- Divide the players into pairs - player A to bat, player B to throw and field.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and to lob the ball underarm or throw the ball overarm on a good length.
- Player A to swing the bat straight back and at the same time to step forward to the line of the ball and while the ball is still in the air to call out either if the red or white side is to the offside or the type of spin imparted on the ball before playing a front foot defensive stroke.
- Each player to have a specific number of throws, then to change over.
- The player with the most calls correct is the winner.

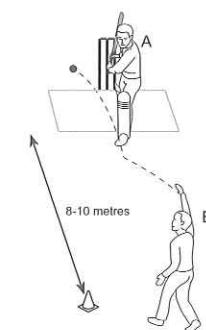


3 FRONT FOOT DEFENSIVE STROKES - PLAY OR LEAVE - JUDGING THE LINE

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 ball per pair.

DRILL:

- Divide the players into pairs - player A to bat, player B to throw and field.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and throw the ball overarm on a good length on the line of the stumps.
- Player A to decide to play or leave the ball by playing a front foot defensive stroke only when the ball is going to hit the stumps.
- Each batsman starts with 20 points and scores 2 for every good leave, but deducts 5 if the ball hits the wicket.
- After 6 attempts for each batsman, the players to change over and repeat the activity.
- The player with the most points is the winner.

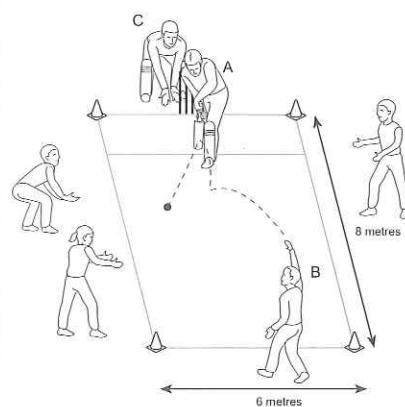


4 FRONT FOOT DEFENSIVE STROKES - ROUND THE BAT - SOFT HANDS

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 4 cones, 1 ball per group.

DRILL:

- Divide the players into groups of six - player A to bat, player B to throw, player C to wicketkeep and the rest to field.
- Set up a rectangle 6 x 8 metres with a cone on each corner. Place the stumps between the cones at the back of the rectangle.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8 metres away between the cones at the front of the rectangle and lob the ball underarm on the line of the stumps so it bounces between ankle and knee high.
- The rest of the players, including the wicketkeeper to position themselves outside the rectangle.
- Player A to leave or play defensively off the front foot with 'soft hands' to keep the ball down and away from the fielders, but inside the rectangle.
- Each batsman to bat until he/she is dismissed by being bowled, caught or LBW, or by playing an attacking stroke, or by defending a ball which rolls out of the rectangle.
- After each batsman is dismissed, the players to rotate and repeat the activity.
- The player who leaves or defends the largest number of throws is the winner.



Skills and Drills - Batting



SKILL - Back Foot Defence

BACK FOOT DEFENCE



The back foot defence is a defensive, vertical or straight bat stroke played by moving back to block or stop a short pitched delivery bouncing between knee and chest high on the line of the stumps.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the anticipated height of the bounce by keeping the hands in close to the body and cocking the wrists.
- At the same time dip the front shoulder forward and move the back foot back and across to the offstump by taking a big step to get the head in line with the ball.

3

- Stand tall.
- Keep the back foot parallel with the crease and stay side-on and balanced by sliding or snapping the front foot back to the back foot.



4

- Rotate the shoulders and swing the bat down straight stopping the downswing beside the back leg before the ball arrives.
- Let the ball hit the full face of the angled bat beneath the eyes.



5

- Point the front elbow upwards, keep the hands high and the grip soft to 'stop' the ball with the top hand in control and the bottom hand relaxed.



On completing the stroke the arms and bat should form a number '9'.

DRILLS: Back Foot Defence

DRILL DESCRIPTION

1 UNDERARM or OVERARM THROW BACK FOOT DEFENSIVE STROKES

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 or more balls per pair.
DRILLS:

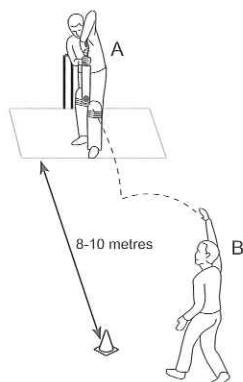
- Divide the players into pairs - player A to bat, player B to throw and field.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and lob the ball underarm or throw the ball overarm on the line of the stumps so it bounces between knee and waist high.
- Player A to move back with the back foot parallel to the crease and the head over the line of the ball and play a back foot defensive stroke to block or stop the ball.
- Each player to have an allotted number of throws, then to change over.

Variations:

Place or draw a target on the ground about 3 metres in front of player A for player B to land the ball on.

Draw a line or a foot shape on the ground 50cm behind the batting crease in front of the stumps as a guide for player A to move back to and place his/her back foot on.

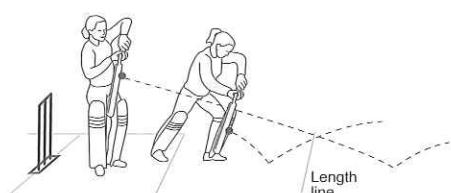
DRILL LAYOUT



2 BACK FOOT DEFENSIVE STROKES - JUDGING LENGTH

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 ball per pair, chalk.
DRILL:

- Divide the players into pairs - player A to bat, player B to throw and field.
- Draw a chalk length line on the ground about 1.5 metres in front of the batting crease.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and to lob the ball underarm so it lands randomly over or before the length line.
- Player A to judge the length of the ball and play either a front foot defensive stroke if the ball is over the line or a back foot defensive stroke if the ball lands before the line.
- After playing 6 defensive strokes, the players to change over and repeat the drill.



3 BACK FOOT DEFENSIVE STROKES - PLAY or LEAVE - JUDGING LINE

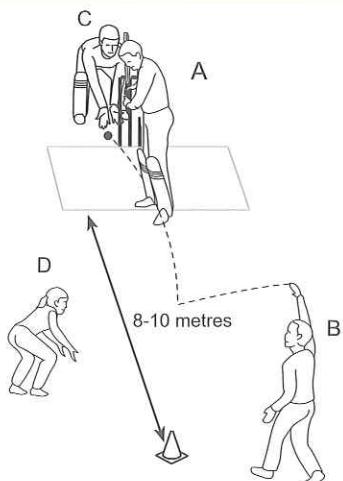
EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 1 cone, 1 ball per group.

DRILLS:

- Divide the players into groups of four - player A to bat, player B to throw, player C to wicketkeep and player D to field.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8-10 metres away behind the cone and throw the ball overarm on the line of the stumps so it bounces between knee and waist high.
- Player A to decide to play or leave the ball by playing a back foot defensive stroke only when the ball is going to hit the stumps.
- Each batsman starts with 20 points and scores 2 for every good leave, but deduces 5 if the ball hits the stumps.
- After 6 attempts for each batsman, the players to rotate and repeat the activity.
- The player with the most points is the winner.

Variation:

Draw two lines down the pitch from the outside of the off and leg stumps to create a stump wide channel. Player B to throw the ball so it lands inside or on the offside of the channel. Player A to decide to play a back foot defensive stroke if the ball lands in the channel and to leave the ball if it lands outside the channel.

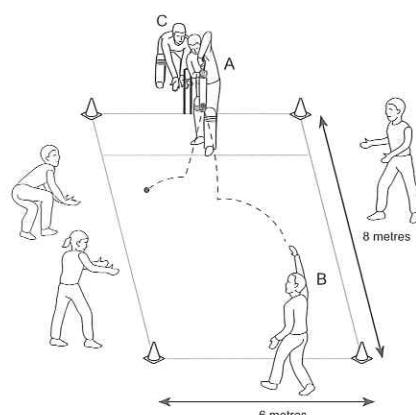


4 BACK FOOT DEFENSIVE STROKES - ROUND THE BAT - SOFT HANDS

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 set of stumps, 4 cones, 1 ball per group.

DRILL:

- Divide the players into groups of six - player A to bat, player B to throw, player C to wicketkeep and the rest to field.
- Set up a rectangle 6 x 8 metres with a cone on each corner. Place the stumps between the cones at the back of the rectangle.
- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 8 metres away between the cones at the front of the rectangle and throw the ball overarm on the line of the stumps so it bounces between knee and waist high.
- The rest of the players, including the wicketkeeper to position themselves outside the rectangle.
- Player A to leave or play defensively off the back foot with 'soft hands' to keep the ball down and away from the fielders.
- Each batsman to bat until he/she is dismissed by being bowled, caught or LBW, or by playing an attacking stroke. Another variation is to allow the fielders to dismiss the batsman by catching the ball with one hand on the first bounce.
- After each batsman is dismissed, the players to rotate and repeat the activity.





SKILL - Front Foot Drive

FRONT FOOT DRIVE



The front foot drive is an attacking, vertical or straight bat stroke played by moving forward to hit a straight, full or over pitched delivery. The ball can be struck anywhere in an arc between mid on and cover, depending on its line.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the height of the stumps by keeping the hands in close to the body and cocking the wrists.
- At the same time dip the front shoulder and step forward to the line of the ball.

3

- Bend the front knee to keep the head down.
- Keep the back leg straight and the back foot anchored.

4

- Rotate the shoulders and swing the bat down straight to hit the ball with the full face of the bat beneath the eyes.
- Keep the front elbow high and the hands forward, with the top hand in control and the bottom hand relaxed.

5

- Follow through in the intended direction of the ball so the arms are fully extended and the front elbow, hands and bat finish high.

Players may use the check follow through [as shown] or a full follow through.





DRILLS: Front Foot Drive

DRILL DESCRIPTION

Each of the following drills has the same equipment and set up and can use targets and scoring to make them more interesting and competitive.

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 or more batting tees, 1 set of stumps, 2 cones, 1 or more balls per pair, chalk.

DRILLS:

- Divide the players into pairs - player A to bat, player B to feed, throw and/or field the balls.
- Set up each drill in a practice net or near a fence or wall so the players do not have to waste time retrieving the balls.
- Set up two cones 1-3 metres apart as a target to designate where the batsman is to drive the ball and/or introduce a system of scoring points for driving it between the cones.

1 STATIONARY BALL FRONT FOOT DRIVES

DRILLS:

- Set up the ball on a batting tee, or on a block of foam rubber, or on the ground.
- **Option 1:** Player A to take up a stable downswing position with the front foot forward beside the batting tee and the bat at the top of the backswing, with the wrists cocked and the front shoulder dipped towards the ball, and to make a full swing of the bat to drive the ball straight off the tee.
- **Option 2:** Player A to take up a normal batting stance behind the batting tee and to swing the bat straight back and at the same time step forward and drive the ball straight off the tee.
- Player B to stand behind the batsman on the offside and collect the ball after it rebounds off the side or end of the practice net [or the fence or wall], and return it to the batsman.
- Each player to have a specific number of drives, then to change over.
- **Variations:**

Place three balls either on batting tees or on the ground forward of the batsman - one on the offside, one straight and one on the onside. Player A to step forward and drive each ball as they are nominated by player B. Use chalk to draw a foot shape on the ground beside the batting tee for the batsman to place his/her front foot so it is on the correct angle and close to the ball.

2 DROP or LOB and FRONT FOOT DRIVES

DRILLS:

- **Option 1:** Player A to take up a stable downswing position as for Drill 1.
- **Option 2:** Player A to take up a normal batting stance as for Drill 1.
- Player B to act as a feeder by standing on the batsman's offside and holding the ball at arm's length drop it from shoulder height directly down in front of the batsman. The batsman to strike the ball on the second bounce by either making a full swing of the bat [Option 1], or stepping forward [Option 2], and driving the ball straight.
- **NB:** In this drill Player B can also feed the ball by kneeling on the batsman's offside and holding the ball at arm's length lob it up shoulder high directly in front of the batsman. The batsman to strike the ball as for either option above, but on the first bounce.
- Each player to have a specific number of drives, then to change over.
- **Variation:**

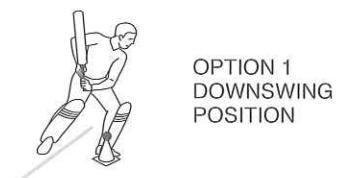
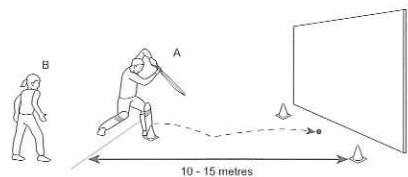
Draw three circles about 30 cm across on the ground forward of the batsman - one on the offside, one straight and one on the onside. Player B to drop or lob the ball into one designated circle at a time for Player A to step forward and either on, off or straight drive the ball.

3 ROLLED BALL, BOUNCED BALL, and UNDERARM or OVERARM THROW FRONT FOOT DRIVES

DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 10-15 metres away and:
 - **Option 1:** To roll the ball underarm towards the batsman's offstump.
 - **Option 2:** To lob the ball underarm towards the batsman so that it bounces several times.
 - **Option 3:** To lob the ball underarm or throw the ball overarm towards the batsman on a half volley length.
- Player A to swing the bat straight back and at the same time step forward to the line of the ball and drive it, except for Option 3 where player A only to drive the full and over pitched deliveries and to defend or let the others go.
- Each player to have a specific number of throws and/or drives, then to change over.
- **Variations:**
 - Draw a straight line with chalk from the middle stump out to 3-5 metres in front of the batsman. This is a guide to assist the batsman decide whether to play an on, off or straight drive.
 - Draw a chalk line 2-3 metres in front of the batting crease. Roll the ball underarm towards the batsman who must use his/her feet and come down the wicket and drive the ball before it reaches the line.

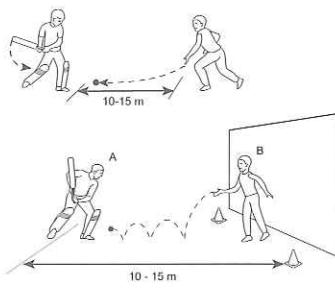
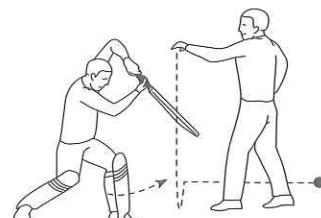
DRILL LAYOUT



OPTION 1
DOWNSWING
POSITION



OPTION 2
NORMAL
STANCE





SKILL - Back Foot Drive

BACK FOOT DRIVE



The back foot drive is an attacking, vertical or straight bat stroke played by moving back to hit a short pitched delivery bouncing between knee and waist high on or just outside the line of the stumps. The ball can be struck anywhere in an arc between mid on and cover, depending on its line.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the anticipated height of the bounce by keeping the hands in close to the body and cocking the wrists.
- At the same time dip the front shoulder forward and move the back foot back and across to the offstump by taking a big step to get the head in line with the ball.



3

- Stand tall.
- Keep the back foot parallel with the crease and stay side-on and balanced by sliding or snapping the front foot back to the back foot.



4

- Rotate the shoulders and swing the bat down straight to hit the ball with the full face of the bat beneath the eyes.
- Keep the front elbow high, with the top hand in control. Use the bottom hand to punch the bat through in the intended direction of the ball.



5

- Follow through so the front elbow, hands and bat finish high.



Skills and Drills - Batting

Cricket Coaching

DRILLS: Back Foot Drive

DRILL DESCRIPTION

Each of the following drills has the same equipment and set up and can use targets and scoring to make them more interesting and competitive.

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 small batting tee, 1 set of stumps, 1 extra stump, 2 cones, 1 or more balls per pair, chalk.

DRILLS:

- Divide the players into pairs - player A to bat, player B to feed, throw and/or field the balls.
- Set up each drill in a practice net or near a fence or wall so the players do not have to waste time retrieving the balls.
- Set up two cones 1-3 metres apart as a target to designate where the batsman is to drive the ball and/or introduce a system of scoring points for driving it between the cones.

1 STATIONARY BALL BACK FOOT DRIVES

DRILLS:

- Set up a high tee by placing the ball on a batting tee on top of a stump.
- **Option 1:** Player A to take up a stable downswing position with the back foot behind the batting tee and the bat at the top of the backswing, the wrists cocked and the front shoulder dipped towards the ball, and to make a full swing of the bat to drive the ball straight off the tee.
- **Option 2:** Player A to take up a normal batting stance 50cm in front of the batting tee and to swing the bat straight back and at the same time step back with the back foot square and drive the ball straight off the tee.
- Player B to stand behind the batsman on the offside and collect the ball after it rebounds off the side or end of the practice net [or the fence or wall], and return it to the batsman.
- Each player to have a specific number of drives, then to change over.
- **Variation:**

Use chalk to draw a line or foot shape on the ground behind the batting tee for the batsman to move back to and place his/her front foot on.

2 UNDERARM LOB BACK FOOT DRIVES

DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to take up a kneeling position 10-15 metres away and to lob the ball underarm on the full towards the batsman at knee height.
- Player A to swing the bat straight back and at the same time step back with the back foot parallel to the crease and the head in line with the ball and to decide whether to drive, defend or leave the ball.
- Each player to have a specific number of throws and/or drives, then to change over.
- **Variation:**

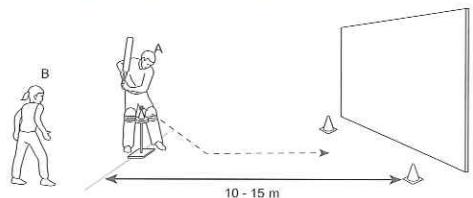
Player B to progressively increase the height of the throws from knee, to hip, to waist height.

3 BOUNCED BALL and UNDERARM or OVERARM THROW BACK FOOT DRIVES

DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 10-15 metres away and:
 - Option 1:** To lob the ball underarm towards the batsman so that it bounces several times at knee height.
 - Option 2:** To lob the ball underarm or throw the ball overarm towards the batsman so that it bounces between knee and waist height.
- Player A to swing the bat straight back and at the same time step back with the back foot parallel to the crease and the head in line with the ball and drive the ball.
- Each player to have a specific number of throws and/or drives, then to change over.
- **Variations:**
 - Draw a straight line with chalk from the middle stump out to 3-5 metres in front of the batsman. This is a guide to assist the batsman decide whether to play an on, off or straight drive off the back foot.
 - Player A to decide for each option whether to drive, defend or leave each ball.

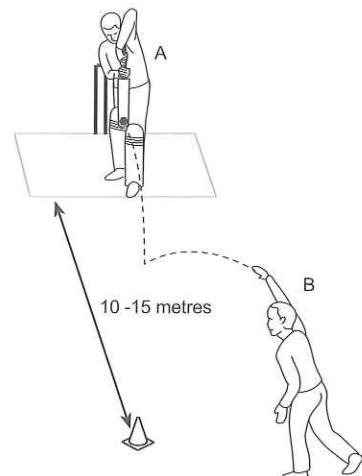
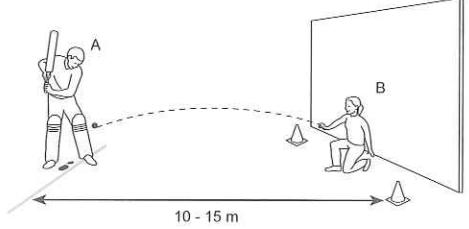
DRILL LAYOUT



OPTION 1
DOWNSWING
POSITION



OPTION 2
NORMAL
STANCE





SKILL - Pull Shot

PULL SHOT



The pull shot is an attacking, horizontal or cross bat stroke played by moving back to hit either a short pitched ball bouncing between knee and chest high on or just outside the leg stump, or a full toss, square of the wicket on the leg or on-side.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the anticipated height of the bounce by keeping the hands in close to the body and cocking the wrists.
- At the same time move the back foot back and across to the offstump by taking a big step to get the head in line with the ball.

3

- Pivot on the back foot and move the front leg back and to the leg side.
- Rotate the shoulders and at the same time swing the bat horizontally down and across from high to low to hit the ball in front of the body with the arms fully extended.

4

- Keep the eyes on the point of contact.
- Roll the wrists and follow through transferring the weight onto a bent front leg.

5

- An alternative to steps 3 and 4 is to pivot on the back foot, lift and snap the raised front leg back towards the back leg, and at the same time rotate the shoulders and swing the bat down and across the front leg from high to low to hit the ball in front of the body with the arms fully extended.
- Keep the eyes on the point of contact.
- Roll the wrists and follow through.



DRILLS: Pull Shot

DRILL DESCRIPTION

Each of the following drills has the same equipment and set up and can use targets and scoring to make them more interesting and competitive.

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 batting tee, 1 set of stumps, 1 extra stump, 2 cones, 1 or more balls per pair, chalk.

DRILLS:

- Divide the players into pairs - player A to bat, player B to throw and/or field the balls.
- Set up each drill in a practice net or near a fence or wall so the players do not have to waste time retrieving the balls.
- Set up two cones 1-3 metres apart as a target to designate where the batsman is to pull the ball and/or introduce a system of scoring points for pulling it between the cones.

1 STATIONARY BALL PULL SHOTS

DRILLS:

- Set up a high tee by placing the ball on a batting tee on top of a stump.
- **Option 1:** Player A to take up a stable downswing position with the back foot back and across and the bat at the top of the backswing, the wrists cocked and the front shoulder dipped towards the ball. Player A then to pivot on the back foot by moving the front foot back and to the leg side and by swinging the bat down and across horizontally to pull the ball off the tee with the arms fully extended.
- **Option 2:** Player A to take up a normal batting stance with the batting tee placed 30cm in front of him/her on or just outside the leg stump. Player A to swing the bat straight back at the same time as stepping back and across, then to pivot on the back foot by moving the front foot back and to the leg side and swinging the bat down and across horizontally to pull the ball off the tee with the arms fully extended.
- Each player to have a specific number of pull shots, then to change over.

Variation:

Player A to play a specific number of pull shots in front of square leg, then behind square leg.

2 UNDERARM LOB PULL SHOTS

DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to take up a kneeling position 8-10 metres away and to lob the ball underarm on the full towards the batsman at hip height.
- Player A to swing the bat straight back at the same time as stepping back and across, then to pivot on the back foot by moving the front foot back and to the leg side and swinging the bat down and across horizontally to pull the ball along the ground with the arms fully extended.
- Each player to have a specific number of pull shots, then to change over.

Variation:

Player B to progressively increase the height of the throws from hip, to waist, to chest height.

3 BOUNCED BALL PULL SHOTS

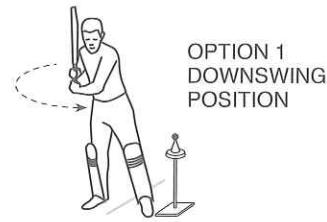
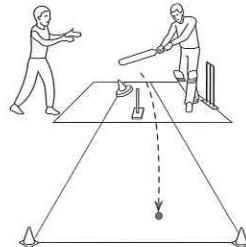
DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 10-15 metres away and to throw the ball overarm towards the batsman so that it bounces at waist height on or just outside the leg stump.
- Player A to swing the bat straight back at the same time as stepping back and across, then to pivot on the back foot by moving the front foot back and to the leg side and swinging the bat down and across horizontally to pull the ball along the ground with the arms fully extended.
- Each player to have a specific number of pull shots, then to change over.

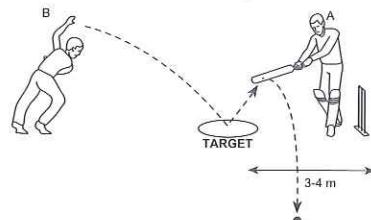
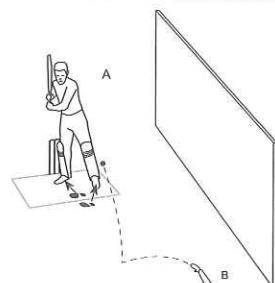
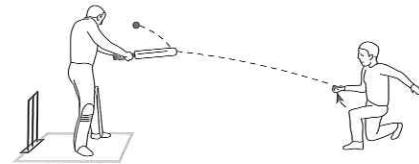
Variations:

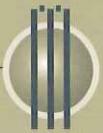
Player B to throw the ball overarm so that it bounces on a target placed or drawn on the ground 3-4 metres in front of the batsman in line with leg stump. Player A to practise using the pull shot to hit the ball either along the ground by swinging the bat horizontally from high to low with the hands slightly above the ball, or in the air by swinging the bat horizontally from low to high with the hands slightly below the ball.

DRILL LAYOUT



OPTION 2
NORMAL
STANCE





SKILL - Cut Shot

CUT SHOT



The cut shot is an attacking, horizontal or cross bat stroke played by moving back to hit a short pitched ball wide of the off stump bouncing between knee and chest high square of the wicket on the off-side.

1

- Correct grip, relaxed and balanced stance.
- Head still, eyes level and focused on the ball.

2

- As the bowler delivers the ball, swing the bat back straight above the anticipated height of the bounce by keeping the hands in close to the body and cocking the wrists.
- At the same time move the back foot back and across by taking a big step towards the line of the ball.
- Keep the back foot parallel with the crease.

3

- Turn the front shoulder towards point.
- As the ball draws level with the back leg rotate the shoulders and swing the bat down horizontally from high to low away from the body to hit the ball with the arms fully extended.



4

- Keep the eyes on the point of contact.
- Roll the wrists and follow through transferring the weight onto a bent back leg.



5

- Hands and bat finish above the front shoulder.





DRILLS: Cut Shot

DRILL DESCRIPTION

Each of the following drills has the same equipment and set up and can use targets and scoring to make them more interesting and competitive.

EQUIPMENT: 1 bat, 1 pair of batting gloves, 1 batting tee, 1 set of stumps, 1 extra stump, 2 cones, 1 or more balls per pair, chalk.

DRILLS:

- Divide the players into pairs - player A to bat, player B to throw and/or field the balls.
- Set up each drill in a practice net or near a fence or wall so the players do not have to waste time retrieving the balls.
- Set up two cones 1-3 metres apart as a target to designate where the batsman is to cut the ball and/or introduce a system of scoring points for cutting it between the cones.

1 STATIONARY BALL CUT SHOTS

DRILLS:

- Set up a high tee by placing the ball on a batting tee on top of a stump.
- **Option 1:** Player A to take up a stable downswing position with the back foot back and across and the bat at the top of the backswing, the wrists cocked and the front shoulder turned towards point. Player A to swing the bat down horizontally from high to low to cut the ball off the tee with the arms fully extended.
- **Option 2:** Player A to take up a normal batting stance with the batting tee placed 50cm behind him/her and 50cm outside the off stump. Player A to swing the bat straight back at the same time as stepping back and across, then to turn the front shoulder to point and swing the bat down horizontally from high to low to cut the ball off the tee with the arms fully extended.
- Player B to stand beside the batsman on the legside and collect the ball after it rebounds off the side or end of the practice net [or the fence or wall], and return it to the batsman.
- Each player to have a specific number of cut shots, then to change over.

Variation:

Player A to play a specific number of cut shots in front of point, then a similar number behind point.

2 UNDERARM LOB CUT SHOTS

DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to take up a kneeling position 8-10 metres away and to lob the ball underarm towards the batsman at waist height wide of the off stump.
- Player A to swing the bat straight back at the same time as stepping back and across, then to turn the front shoulder to point and swing the bat down horizontally from high to low to cut the ball with the arms fully extended.
- Each player to have a specific number of cut shots, then to change over.

Variations:

- Draw a chalk line or a foot shape on the ground 50cm behind the batting crease and 20cm outside the off stump for player A to move back to and place his/her back foot on.
- Player B to progressively increase the height of the throws from waist to chest height.

3 BOUNCED BALL CUT SHOTS

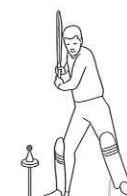
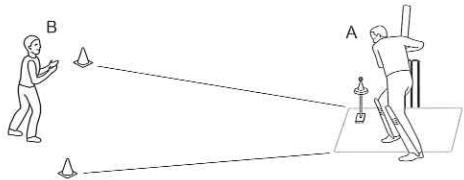
DRILLS:

- Player A to take up a normal batting stance in front of the stumps.
- Player B to stand 10-15 metres away and to throw the ball overarm towards the batsman so that it bounces at waist height wide of the off stump.
- Player A to swing the bat straight back at the same time as stepping back and across, then to turn the front shoulder to point and swing the bat down horizontally from high to low to cut the ball with the arms fully extended.
- Each player to have a specific number of cut shots, then to change over.

Variations:

- Player B to throw the ball overarm so that it bounces on a target placed or drawn on the ground 3-4 metres in front of the batsman 50cm outside the off stump.
- Square of the batsman on the offside draw a line on a fence or wall, or tie tape on the side of a practice net 50cm high. Player A to cut the ball so that it hits below the line. If it hits the ground first score 2 points, if it hits below the line score 1 point, if it hits above the line either deduct 5 points or the batsman is out.

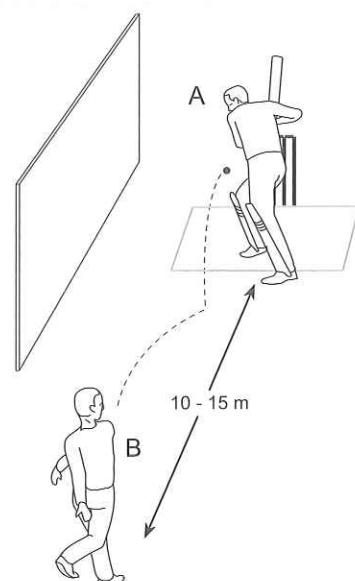
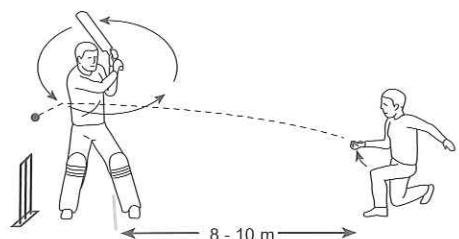
DRILL LAYOUT



OPTION 1
DOWNSWING
POSITION



OPTION 2
NORMAL
STANCE





SKILL - Running Between Wickets

RUNNING BETWEEN WICKETS



1

- Expect to run every ball.
- The non-striker should keep the bat in the hand nearest the bowler and back up by moving down the pitch ready to run just as the ball is released by the bowler.



2

- Call loudly and clearly after every ball and as early as possible.
- There are only three calls: 'YES', 'NO', or 'WAIT'.
- Run hard and straight down each side of the pitch, the striker on the bowler's side, the non-striker on the opposite side.
- Slide the bottom or toe of the bat across the crease.



3

- Turn quickly with a low body position, face the fielder with the ball and look for another run.

The general rule in calling is the striking batsman calls on most occasions, the non-striker calls only when the striker is unsighted. For subsequent runs the player that calls is the one running to the 'danger end', or where the ball is likely to be returned.



Skills and Drills - Batting

Cricket Coaching



DRILLS: Running Between Wickets

DRILL DESCRIPTION

1 SLIDING and TURNING

EQUIPMENT: 2 bats and 2 sets of stumps [] per group of 6-12 players.

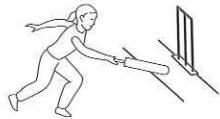
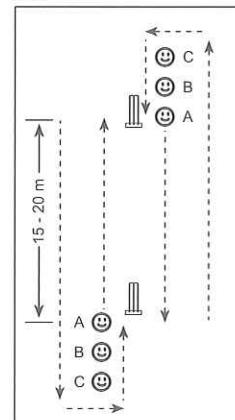
DRILLS:

- Divide the players into two even groups.
- Set up two sets of stumps 15-20 metres apart with one group lined up behind each set of stumps.
- Player A in each group to have a bat and on the command of the coach to run to the opposite set of stumps carrying the bat in the right hand, to slide the bat along the ground past the stumps, turn quickly, call 'YES', and run back to the group sliding the bat past the stumps at their own end. Player A then to run around the group and pass the bat [handle up] to player B who repeats the drill.
- The first group to finish the drill are the winners.
- **Variations:**

Repeat the drill with the players carrying the bat in the left hand, running four runs, carrying the bat in the right hand for the odd runs [e.g. 1, 3] and changing it to the left hand for the even runs [2, 4].

NB: If the bat is not slid past the cone, or is carried in the wrong hand, or there is no call the player must run again.

DRILL LAYOUT

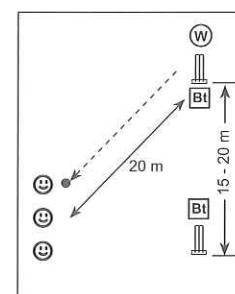
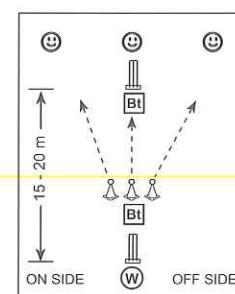


2 CALLING

EQUIPMENT: 2 bats, 2 sets of stumps [], 3 batting tees [], 3 tennis balls per group of 6 players.

DRILLS:

- Set up two sets of stumps 15-20 metres apart with two batsmen [Bl], a wicketkeeper [W] and three fielders [] - one on the on side, one straight, one on the offside.
- Place three tennis balls on batting tees in front of the striking batsman who can on, off or straight drive as desired.
- The striking batsman to drive the ball, call, run, turn correctly and call 'YES' or 'NO' for a second run.
- The fielder to stop the ball and either throw it at the bowler's stumps or to the wicketkeeper to achieve a run out.
- A batsman is out if he/she does not call, uses a call other than 'YES' or 'NO', calls 'NO' off three consecutive deliveries, is run out, or hits the ball in the air.



3 RUNNING HARD

EQUIPMENT: 2 bats, 2 sets of stumps [], 1 cone, 1 ball per group of 8-12 players.

DRILLS:

- Set up two sets of stumps 15-20 metres apart with two batsmen [Bl], one wicketkeeper [W], and 5-9 fielders [].
- **Option 1:** The fielders to line up behind a cone placed 20 metres away from the striking batsman at cover or midwicket.
- **Option 2:** The fielders to line up behind a cone placed on the boundary.
- The wicketkeeper to roll or throw the ball out towards the fielders. The batsmen may not run until the wicketkeeper releases the ball.
- The first fielder to run in, pick up the ball and throw it to the wicketkeeper to achieve a run out.
- The batsmen to run hard and try and complete one run in Option 1 and two runs in Option 2.
- A batsman is out if he/she is run out and is replaced by the fielder throwing the ball, or each pair of batsmen has a specific number of turns regardless of run outs, then to change over.

4 JUDGEMENT OF RUNS - SOFT HANDS

EQUIPMENT: 2 bats, 2 sets of stumps [], 1 ball per group of 8 players.

DRILL:

- Set up two sets of stumps 15-20 metres apart with two batsmen [Bl], one wicketkeeper [W], one bowler [B] and four fielders [].
- Two fielders to be placed on either side of the wicket at least 15 metres from the striking batsman. The fielders may not move until the batsman hits the ball.
- The bowler to lob the ball underarm or throw it overarm on a good length.
- The striking batsman to play the ball with soft hands either on the off or on side, call 'YES' and attempt to run a quick single.
- The fielder to pick up the ball and either throw it at the bowler's stumps or to the wicketkeeper to achieve a run out. The other fielders need to back up.
- A batsman is out if he/she does not call, calls 'NO' off two consecutive deliveries, is run out, or plays an attacking stroke, and is replaced by the fielder throwing the ball.
- When a batsman is out, then change over rotating through all the players.

