



Front Shoulder:

Preview



In cricket batting, your front shoulder is the compass that guides your shots. As you step onto the crease, aligning your head with this pivotal point ensures balance and precision. It dictates the direction of your shots, helping you find gaps and exploit the field. Whether you're leaning into a cover drive or pivoting for a square cut, your front shoulder anchors your stance and shapes your strokes, making it a cornerstone of effective and stylish batting.

Keep your front shoulder pointing towards the



Footwork is the heartbeat of cricket batting, dictating your ability to react, time shots, and control the game. A balanced stance serves as the canvas, while subtle initial movements set the stage for a dynamic play. Whether it's striding forward to meet a delivery's sweet spot or elegantly rocking back for precision, every footwork variation is a brushstroke of skill. Lateral movements widen your canvas, enabling inventive shots and maintaining equilibrium.

Pivot on your front foot for adjustments, synchronize your head with your front shoulder, and pivot on your back foot for quick reactions. Each step forms a crucial note in the symphony of batting, guiding your shots with finesse and grace.

Move your feet towards the line of the ball and adjust your position accordingly. Practice a forward and backward movement to meet the ball at the right time.

Front Shoulder:



Bottom Hand Pressure: The bottom hand generates power, so grip it slightly more loosely than the top hand. This helps in maintaining a balance between control and power.

Alignment: Ensure the back of your top hand faces the bowler and the back of your bottom hand faces the leg side. This alignment helps position the bat correctly to play shots.

Practice Swings: Take practice swings to get a feel for your grip. Adjust your hands if you notice any discomfort or imbalance.

Comfort: Your grip should feel comfortable and natural, allowing you to react quickly to different types of deliveries.

Adaptability: Be prepared to adjust your grip based on the type of shot you intend to play and the line and length of the delivery.

Footwork:





Hold the bat handle with both hands close to each other, creating a **"V" shape** between your thumb and index finger. This helps with control and flexibility in your shots.

Hand Placement- Hold the bat handle with your top hand (left hand for a right-handed batsman) a few inches above the bottom of the handle. Your bottom hand (right hand for a right-handed batsman) should be placed above the top hand, leaving a slight gap between the two hands.

Finger Position: Your top hand should have its knuckles pointing slightly towards the leg side, while your bottom hand's knuckles should point towards the off side. This helps you control the bat's face and direct shots accurately.

V-Shaped Grip :Create a V-shape with your thumb and index finger of each hand, wrapping them around the handle. This grip provides better control and flexibility while playing shots.

Pressure Points: Apply pressure with the base of your fingers, not the palms. This allows your wrists to move freely and generate power in your shots.

Top Hand Pressure: Grip the bat more firmly with your top hand. This hand provides guidance and



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standing with your feet shoulder-width apart, parallel to the crease. Your weight should be evenly distributed, and your body should be side-on to the bowler. Hold the bat with both hands close together and the top hand positioned slightly higher. Maintain a relaxed grip and keep your eyes focused on the bowler's hand as they release the ball. It's important to be balanced and ready to move your feet based on the ball's trajectory.

2.Grip:





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*cricket basic tips for beginners*

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Cricket techniques for beginners

For beginners in cricket, here are a few fundamental techniques to focus on:

1. Batting Stance:

