

# BATTING DRILLS DOCUMENT

# BATTING FUNDAMENTALS

## BE BALANCED

BE IN A POSITION TO PICK UP ALL THE INFORMATION YOU NEED  
ENSURE THAT YOU'RE ABLE TO MOVE EFFECTIVELY

## TRANSFER WEIGHT

GIVE YOURSELF THE BEST OPPORTUNITY TO EXECUTE YOUR SHOT  
MAXIMISE CONTROL

## CREATE POWER & FULL FACE

USE HANDS EFFECTIVELY TO CREATE ENERGY INTO THE BALL  
CONTROL THE BAT FACE TO MAXIMISE CONTACT



BATTING VS. SEAM  
TOP HAND DRILL

BATTING VS. SEAM  
BOTTOM HAND DRILL

BATTING  
BAT FACE SQUASH

BATTING  
WEIGHT TRANSFER

BATTING VS. SEAM  
PLAYING LATE

BATTING VS. SEAM  
BAT FACE & LATE

BATTING VS. SEAM  
BACK FOOT PLAYING LATE

BATTING VS. SEAM  
IDENTIFYING LENGTH

BATTING  
BALANCE

# FRONT FOOT PLAY VS SEAM KEY POINTS

PUSH YOUR HEAD INTO THE  
LINE OF THE BALL  
PLAY THE BALL LATE

BE BALANCED & CONTROL THE BAT FACE  
OFFER A FULL FACE OF THE BAT  
TO MAXIMISE CONTACT

CREATE A BASE TO ALLOW YOUR HEAD AND HANDS  
TO WORK TOWARDS THE BALL  
AVOID FALLING OFFSIDE OR LEG SIDE OF THE BALL



BATTING VS. SEAM  
TEE DRIVES

BATTING  
BOBBLE DRIVES

BATTING VS. SEAM  
FRONT FOOT DRIVES

BATTING  
MARNUS DRILL

BATTING  
PLAY & LEAVE

BATTING  
PLAY LATE GAME  
FRONT FOOT

BATTING  
PLAYING LEG SIDE

BATTING  
THROWS FROM BEHIND

BATTING  
OVER & AROUND

# BACK FOOT PLAY VS SEAM KEY POINTS



GET YOUR HEAD ON LINE WITH THE BALL  
HELP WITH CONTROL & BALANCE

GET YOUR HANDS ABOVE THE BALL  
TO CONTROL CONTACT  
ENSURE YOU HIT ALONG THE  
GROUND

MOVE BACK AND ACROSS  
TO BRING YOURSELF IN LINE WITH  
THE BALL

BATTING VS. SEAM  
TEE CUT SHOTS

BATTING  
TABLE CUTS

BATTING VS. SEAM  
CUT SHOTS

BATTING  
PLAY & EVADE

BATTING VS. SEAM  
TEE PULL SHOTS

BATTING  
TABLE PULLS

BATTING  
PULL SHOT BALANCE

BATTING VS. SEAM  
QUICK FIRE PULLS

BATTING  
BACK FOOT BALANCE

BATTING  
TABLE PUNCH

BATTING VS. SEAM  
BACK FOOT PUNCH

BATTING  
PLAY LATE GAME  
BACK FOOT

# MOVING FEET V SPIN

## KEY POINTS

KEEP EYES LEVEL TO IDENTIFY LENGTH  
TRY TO AVOID GETTING CAUGHT ON THE CREASE

CREATE ANGLES & FIND WAYS OF MANIPULATING THE BALL  
DON'T LET THE BOWLER SETTLE IN

MOVE QUICKLY AND POSITIVELY  
GET AS CLOSE TO OR AS FAR AWAY FROM THE BALL AS POSSIBLE



BATTING  
IDENTIFYING LENGTH  
VERSUS SPIN

BATTING  
TEE HIT OVER TOP

BATTING  
HIT OVER TOP

BATTING VS. SPIN  
BACK FOOT

BATTING VS. SPIN  
OPENING UP OFFSIDE

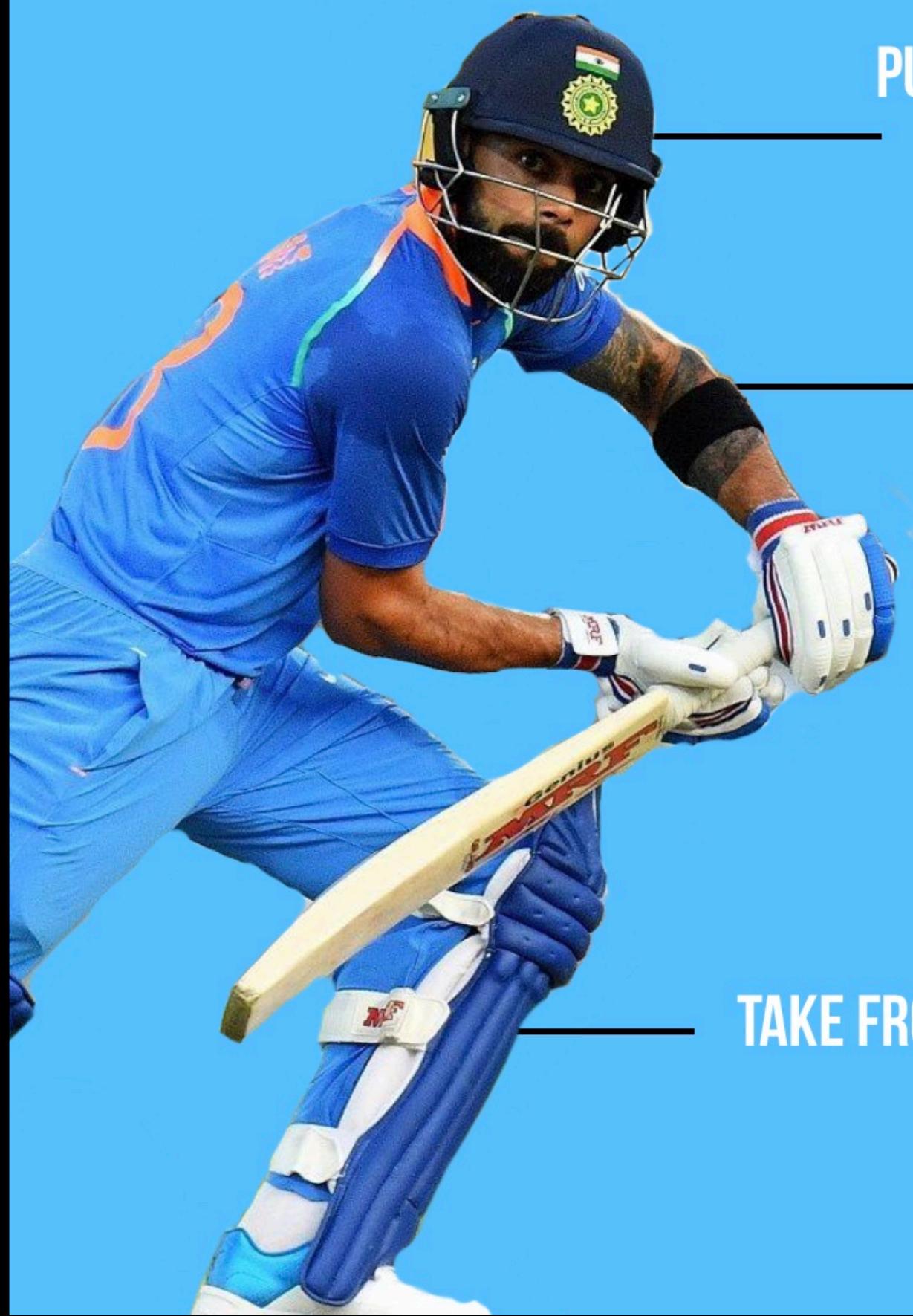
BATTING VS. SPIN  
BACK FOOT TARGETS

BATTING  
VS SPIN BALL

BATTING VS. SPIN  
TEE USING FEET

BATTING VS. SPIN  
USING FEET

# DEFENDING V SPIN KEY POINTS



PUSH HEAD TOWARDS THE BALL  
ALLOWING YOURSELF TO  
PLAY UNDER YOUR EYES

HANDS OUT IN FRONT OF YOUR PAD  
ANGLING BAT & BALL INTO THE  
GROUND

TAKE FRONT PAD INTO LINE OF THE BALL  
PRESS INTO THE BALL

BATTING  
TOWEL GAME

BATTING  
DEFENDING PROGRESSIONS

BATTING  
PLAY LATE V SPIN

BATTING  
DEFEND GAME

# SWEEPING KEY POINTS



HEAD TOWARDS BALL & EYES LEVEL  
ALLOWING YOU TO WATCH THE BALL  
AND CONTROL CONTACT

ARMS EXTENDED  
ALLOWING YOU TO SMOOTHER THE BALL  
AND HIT WITH POWER & CONTROL

STRONG BASE WITH FOOT TO  
LINE OF THE BALL  
SUPPORTS HEAD & HANDS

BATTING VS. SPIN  
TEE REVERSE SWEEP

BATTING VS. SPIN  
BOBBLE REVERSE

BATTING VS. SPIN  
REVERSE SWEEP

BATTING VS. SPIN  
QUICK FIRE SWEEPS

BATTING  
TEE SLOG SWEEP

BATTING  
SLOG SWEEP

BATTING  
PADDLE SWEEP

BATTING VS. SPIN  
TEE SWEEP

BATTING VS. SPIN  
BOBBLE SWEEP

BATTING VS. SPIN  
SWEEP

# BATTING GAMES

BATTING  
LEGSIDE ONLY

BATTING  
OFFSIDE ONLY

BATTING  
CLEAN CONTACT

BATTING  
USING SPACE

BATTING  
HITTING GAPS

BATTING  
ROUND THE CLOCK  
VERSUS SPIN

BATTING  
ROUND THE CLOCK  
VERSUS SEAM

BATTING  
FOUR SHOT GAME

BATTING  
OFFSIDE/LEGSIDE

BATTING  
3 RULES GAME

BATTING  
USE FEET GAME

BATTING  
SWEEP GAME

BATTING  
BEHIND / IN FRONT

BATTING  
BACK FOOT GAPS

BATTING  
TOWEL VS SPIN