

150+

STRIKE RATE

8 WEEK PROGRAM

A Step-by-Step Program That Will
Skyrocket Your T20 Strike Rate



INTRODUCTION

Achieving a strike rate of 150+ in T20 cricket is not easy. It requires you to have a 360 degree game, meaning you can hit the ball to all areas of the field. It also requires you to use not only power, but skill, finesse and athleticism.

This 8 week program is designed to firstly encourage you to take action on what you have learnt in the Explosive T20 Batting Master Class. Knowledge is worthless if you don't take action on it. You must take what you've learnt and put it into practice and continue to do so to keep improving.

Secondly, it's to give you a step by step guide on exactly how to put what you've learnt into practice. I've set out the program exactly how I trained as a young player. It's designed in a way to have you fully focused and intensively working on one skill at a time, increasing the difficulty each week.

I've also included skills tests for each session so that you can track your progress and easily see the improvement of your hard work.

This program can be done during the season, I recommend using it as your extras, outside of training time. Or if you're in your off season, it's a great program to lead into the season with.

The program is set out for 8 weeks. You can customise the length to your needs and skill level. If you feel you haven't quite nailed a skill, don't move on to the next week. Spend another week getting it right as each week builds on the last.

Each week includes 2 x 60 minute sessions and 1 top up session if needed.

I'm NOT going to rehash the technical side of each skill and how to do the drills, all of that is within the videos and pdf guides in the Explosive T20 Batting.

Master Class Program, which I expect you to have gone through before starting this program. The 150+ Strike Rate Program is simply a guide on structuring your training. What to do and when to do it.

Ok, let's get started.

WEEK 1: MASTERING THE BASICS

As you've probably heard me say, the basics are so important, even in t20 cricket. The best batsmen in the world are the best because they have built solid foundations. So week 1 is all about building a solid foundation and mastering the basics.

SESSION 1: FRONT FOOT BASICS - 60 MINUTES

In session one you're going to get stuck in to the basics of your set up and front foot batting.

PRE SESSION LEARNING

Module 1 – Watch: Introduction, Front Foot

0 – 10 Minutes – Set Up Review

I want you to take 10 minutes just to review your set up and stance, go through it yourself and also have your training partner (whoever it may be) review it from the outside as well.

It's all basic stuff, but you must pay attention to it and that's the aim of week one – getting the basics in order.

Start from the bottom and move up.

Grip – both hands with "V" pointing somewhere between the middle and outside edge of the bat.
Feet – around shoulder width apart for a stable base and toes aligned level with the bowler or slightly open (meaning front foot slightly to the leg side).

Knees – slightly bent in a power position.

Hands – level with your waist and in close to your body.

Back lift – pointing towards first or second slip.

Shoulders – square, in line with the bowler or slightly open (same as feet).

Head & Eyes – head upright, facing the bowler and eyes level. Head may be slightly forward of your body (intent to get forward)

Everything in the right place?

Ok we're good to go.



10 – 20 min – Skills Test: Drop Drill

Simple skills test to start to see where you're at. You should know the basic drop drill by now. So I want you to set up about half way down the wicket, hitting the ball towards the back net. (Distance depends on your level – make it challenging but not too difficult).

Now I want you to do the drop drill and see how many times you can hit the back net out of 20. If you hit the back net you get a point, if you hit the side net first you don't.

How'd you go? Fill your score in below and now we've got something to work towards beating. (unless you got 20/20 – then well done!)

DROP DRILL SKILLS TEST SCORE #1:

20-50 min – Drop Drill

For the next 30 minutes of the session, repeat the drop drill.

Spend 10 minutes dropping the ball straight and aim to hit the middle of the back net. 10 minutes dropping the ball more leg side and aim to hit the leg side corner. 10 minutes dropping the ball more off side and aim to hit the ball in the off side corner of the back net. Talk to your partner and work on things you can improve. Are you hitting the ball on the half volley? Are you showing the full face of the bat? Is your bat following through straight?

By the end of that, you should have hit hundreds of drop balls and feel pretty confident with the drill.

50 – 60 min – Skills Test: Drop Drill

Ok, to finish off the session set yourself up in the same position as you were for the first skills test and repeat the test – 20 drop balls, hit the back net as many times as you can. Did you beat your score from the start of the session? Fill your score in below.

DROP DRILL SKILLS TEST SCORE #2:

Advanced Skills Test: Drop Drill

If you really want to test yourself, set up two cones about a meter apart on the back net, this will give you three targets on the back net about the same size.



Now from the same position, have your partner vary where they drop the ball, leg side, straight or off side. If it's on the leg side you have to hit the leg side third of the back net. If it's straight you have to hit the middle third of the back net. If it's off side you have to hit the off side third of the back net.

It's better to have your partner say where they are dropping the ball before dropping it so you both know where the ball is supposed to go and there's no confusion.

See how many you can get out of 20. Fill your score in below. This test is a lot tougher so don't worry if your score is a lot lower.

Ok that's the end of Week 1, Session 1. Well done! Make some notes about the session in the space below. What you did well, what you need to work on.

Notes:

SESSION 2: BACK FOOT BASICS - 60 MINUTES

This session focuses on working the fundamentals of back foot batting. Staying side on and getting back and across with your head in line with the ball.

PRE SESSION LEARNING

Module 1 – Watch: Back Foot

0 -10 minutes – Back Foot Warm Up Drill

This warm up drill is not in the videos but it's pretty simple.

Set up at the batsman's end as per normal, but without your bat. Your partner will need to be about 3-5m in front of you kneeling down with half a dozen cricket balls.



The way the drill works is, you set up exactly the same as you would facing up to a bowler, just with not bat in your hands. Your partner then underarms the ball from close to the pitch so it is on the way up when it gets to you – aiming for about waist high.

Your job is to move back and across but stay side on and catch the ball in close to your waist. If you're a right handed batsmen, catch the ball on your left side. If you're a left handed batsmen, catch the ball on your right side. (When I say stay side on, I mean your feet, hips and shoulders are aligned and your partner should only be able to see one foot, one hip and one shoulder. If they can see both it means you've squared up/opened up).

Like I said, pretty simple drill but a good one to get your feet moving and alignment right.

10 – 50 minutes – Basic back foot batting

Ideally for this session you would use a bowling machine for consistency. If not a thrower is fine.

The aim is to have the ball coming through at between waist and chest high. For the next 40 minutes, all I want you working on is getting back and across and staying side on.

You can also practice getting up on your toes to get higher on the ball and make it easier to play.

If the ball is straight you should be getting inside of it and playing it on the leg side.

If the ball is outside off you should be getting across so your head is in line with the ball and playing it through the off side.

If the ball is too wide or too high to play safely with a straight bat, let it go.

It's that simple. For the next 40 minutes you have two things to focus on.

1. Back and across.
2. Stay side on.

How did you go?

50 – 60 minutes – Back foot skills test.

The back foot skills test is a little harder to judge and relies more on your partners judgement and your own ability to be honest with yourself.



Again, ideally use a bowling machine for the consistency, if not use a thrower.

It's the same drill as you've been doing for the last 40 minutes, but this time you're going to score yourself out of 20.

To get 1 point for the delivery you must...

- a) Go back and across (your back foot must be on at least off stump if you bat on middle or middle stump if you bat on leg stump.)
- b) Stay side on.
- c) Hit the ball to the correct part of the field.

If the ball is on the stumps it must go to the leg side, if the ball is outside off it must go to the off side, if the ball is too wide or high it must be let go.

This is where both you and your partners judgment comes in to play.

Count your score out of 20 and fill it in below.

BACK FOOT BATTING SKILLS TEST SCORE:

Well done, that's the end of session 2. By now you should be feeling really confident with the basic foundation you've built, if not, make use of session 3...more on that below.

Write a few notes on how session 2 went.

Notes:



SESSION 3: OPTIONAL TOP UP – 60 MINUTES.

I'll explain what a top up is now, but for the rest of the program I'll just write top up and you will know what it means.

A top up session is a time for you to recap on the week and do a bit more work on the areas you think you can improve on. They're completely optional, if you are happy with the way the week went you don't have to have a top up. If there's something you know you need to work on, then I suggest using the top up session.

I'd suggest just picking one thing to focus on in a top up session. Too many things will dilute the work you do and may not be enough to get on top of it. So pick your most glaring issue.

For example: At the end of this week, you might look back at your notes (or just remember) and see that you weren't staying side on very well, so for this week's top up session, you would spend the entire session working on staying side on.

Notes:

WEEK 2: BUILDING A PLATFORM AGAINST PACE

Ok, we've got the real basics down pat, now let's get stuck into how to actually score some runs, after all, that's what t20 cricket is all about.

Week two is about building a platform against pace bowling – scoring runs with as little risk as possible.

Obviously the time you take to build a platform in an actual game will vary. If you come in at 3/20 you might take 10-15 balls to build a platform. If you come in at 1/120 you might take 1 or 2 balls before you start being a bit more aggressive, so it's up to you and your team mates to be able to read the situation of the game.

SESSION 1: SCORING OFF THE FRONT FOOT – 60 MINUTES

This session you will be working on scoring down the ground without too much risk.

PRE SESSION LEARNING

Module 1 - Watch: Front Foot

Module 2 – Watch: Batting How To Score Quickly

0 – 5 minutes – Drop Drill Warm Up

Quick drop drill warm up to get your swing plane going and feet moving. Hit 20 balls to the back net.

5 – 15 minutes – Straight Drives

Once again, use a machine if you have one, if not have the thrower aim to throw full balls.

For 10 minutes, I want you to just work on driving the ball straight, not worrying too much about where it goes, as long as it goes straight. Make sure you've watched the front foot batting video for what to be working on here.

15 – 25 minutes – Mid-on and mid-off up

Ok, now I want you to work on hitting the ball with a bit more power.



Simulate mid-on and mid-off being up in the circle, you can only hit the ball along the ground so you've got to either hit the ball very straight, wide of mid-on or wide of mid-off. 3 options.

Shoulders – square, in line with the bowler or slightly open (same as feet).

Head & Eyes – head upright, facing the bowler and eyes level. Head may be slightly forward of your body (intent to get forward)

Everything in the right place?

Ok we're good to go.

Play the ball on its merits. If it's on leg, hit it past mid-on, if it's straight hit it past the bowler, if it's outside off hit it wide of mid-off.

Obviously if you're using a thrower or bowler there will be more variation.

You can set out markers to give you a visual of where the gaps are, or use your own judgment.

25 – 35 minutes – Mid Off Back

Now you're going to pretend mid-off has gone back to the fence and mid-on is up saving one, so there's an easy single to mid-off.

The goal here is to hit as many balls as you can to deep mid-off, no matter where the ball pitches. (Within reason – obviously if it's down leg you can't hit it to mid-off).

Have the thrower or machine bowl full and vary the line from leg stump to just outside off.

Use your feet, move around the crease, use the angle of your bat and practice getting as many balls as you can to deep mid-off.

35 – 45 minutes – Mid On Back

Exactly the same but hitting the ball to deep mid-on.

45 – 60 minutes – Front Foot Batting Skills Test

For this skills test you're doing the same drill but instead of hitting the ball to mid-on or mid-off consistently, your partner yells out which fielder is back each ball.

If they yell out mid-on, you must hit the ball to mid-on. If they yell out mid-off, you must hit the ball to mid-off.

If you execute the correct shot you get a point. Score yourself out of 20.

*Note: Throws must be full and straight. If the throw is short or wide it doesn't count. Write your score below.

FRONT FOOT BATTING SKILLS TEST SCORE:

End of session. You should have a good feeling now of scoring down the ground and what you need to do with your body and hands to manipulate the ball to where you want it to go.

Notes:

SESSION 2: SCORING OFF THE BACK FOOT – 60 MINUTES

Now let's work on improving your scoring off the back foot to good length and back of a length balls. We won't go into short balls just yet, that's a little more advanced.

The aim of this session is to get you thinking about how and where you can score off a good ball that most batsmen would just go back and defend for a dot ball.

PRE SESSION LEARNING

Module 1 – Watch: Back Foot, Batting How To Score Quickly.

0 – 10 minutes: Back Foot Warm Up

Have the machine or thrower bowl the ball between waist and chest high, going over off stump and just get yourself going back and across and staying side on – like we practiced in week 1.



10 – 20 Minutes: Back Foot Off Side

Generally in a t20 game, there will be at least one place you can score each side of the wicket and behind the wicket, so I want you to start thinking about what you need to do to get a good length ball on off stump to go to those gaps on each side of the wicket.

The first one I want you to practice is the off side gap. Set some cones out in the net to make a target between cover and point and practice using the angle of your bat to get the ball into that gap.

20 – 30 minutes: Back Foot On Side

Now set a target up on the leg side between square leg and midwicket and do the same thing. Practice getting across your crease inside the ball and turning your wrists on the ball.

30 – 40 minutes: Back Foot Third Man

Generally you will always see third man back for a fast bowler. For the next ten minutes, practice getting back and across and gliding the ball to third man. This is easy shot to rotate the strike and a must have shot in short form cricket. (Watch back foot video and How To Score Quickly Video for how to execute).

Aim for the back corner of the net.

40 – 50 minutes: Back Foot Drop and Run

Sometimes (especially if you're a new batsman) the field will be tight and the easiest way to rotate the strike is to drop the ball as close to you as possible and run. It's also a good shot to use when the field is deep to force the captain to bring the field in a little bit.

The skill here is to hit the ball as late as possible with soft hands. For the next ten minutes practice keeping the ball within 5m of you.

I also want you to practice taking off for a run after each shot, just for a meter or two.

50 – 60 minutes: Back Foot Skills Test – Around The World

Ok let's bring those 4 shots together and test you out.

For this test, every throw must be waist to chest high over off stump. The test is to hit the same ball to 4 different areas.

I'm sure you've played some form or around the world before.

The order is...

Ball 1: Third man

Ball 2: Off Side

Ball 3: On Side

Ball 4: Drop and run

*If you get all 4 you've gone around the world.

Repeat that 5 times and test yourself out of 20.

How did you go with that? It's a great skill to be able to score off the same ball in 4 different areas. Write your score below and it gives you something to beat!

AROUND THE WORLD SKILLS TEST SCORE:

Notes:



SESSION 3: TOP UP – 60 MINUTES

You know the drill.

Notes:

WEEK 3: BUILDING A PLATFORM AGAINST SPIN

This week you're going to be working on your safe scoring options against spin bowlers.

Good batsmen can...

- a) Use their feet and hit a spinner down the ground.
- b) Sweep square of the wicket.

SESSION 1: SPIN BASICS – 60 MINUTES

In session one, you'll be working simple drills, hitting the ball down the ground and sweeping square of the wicket.

PRE SESSION LEARNING

Module 1 – Watch: Spin Basic

Module 3 – Power Shots Square

0 – 10 minutes: Drop Drill Using Your Feet

Make sure you've watched the Spin Basic video so you know how to do this drill.

Basically it's the same as the basic drop drill but this time your partner is dropping the ball about 2 meters in front of where you've set up and popping the ball in the air a bit to give yourself the time to skip down to the pitch of the ball.

Really focus on fast feet and getting to the pitch of the ball and hitting it along the ground to the back net.

If you're getting to the pitch too easily, test yourself and have your partner drop the ball further away from you.

10 – 20 minutes: Hitting to Long Off

Same drill, but this time I want you to practice opening yourself up to the off side and positioning yourself to hit the ball to long off.



20 – 30 minutes: Hitting to Long On

Same drill, but this time hitting the ball to long on. Practice opening up to the leg side, getting in line with the ball and hitting it to long on...along the ground.

30 – 40 minutes: Drop Drill Sweeps

Make sure you've watched the spin advanced video on how to do this drill.

Set up so you're down on one knee with high hands, ready to sweep the ball. Have your partner drop the ball about a meter in front of your front foot so you've got room to extend your arms.

Set cones up a meter apart square of the wicket on the leg side and practice hitting as many balls as you can through that gap.

40 – 50 minutes: Spin Skills Test #1 – Using Your Feet

Set up about half way down the wicket, hitting the ball towards the back net to do the spin drop drill that you started the session with.

Have your partner drop 20 balls and see how many times you can hit the back net. Write your score below.

SPIN DROP DRILL SKILLS TEST SCORE:

50 – 60 minutes: Spin Skills Test #2 – Sweep Drop Drill

Set up the sweep drop drill, have your partner drop 20 balls and see how many you can hit between the cones. Write your score below.

SPIN SWEEP SKILLS TEST SCORE:

I hope you enjoyed that session and have a solid understanding of how to use your feet and sweep against spin.

Notes:

SESSION 2: SCORING AGAINST SPIN

In session 1 we had you doing simple drills to work on the bare basics of spin bowling. Using your feet to hit down the ground and sweeping high to low to square leg.

Session 2 is going to be a little more challenging and more like a match situation.

For this session I want you to attempt to hit the ball along the ground.

PRE SESSION LEARNING

Module 4 – Watch: No pads vs spin drill.

Module 3 – Watch Spin Basic, Power Shots Straight

0 – 10 minutes: No Pads vs Spin Drill

Jump in the net with just your bat and gloves, have your partner throw spinners to you, varying the pace and length. The aim here is to get you in the habit of using your bat.

Some players don't back their ability to hit the ball with their bat and use their pads too much against spin...not you.

If you're not comfortable using a hard ball with no pads, use a softer one for this drill.

10 – 50 minutes: Spin Scenario – Score Off Every Ball

You can have someone bowl spin to you for this session, if not a thrower or machine from full length of the pitch is fine.

You want this to be as close to a game situation as you can.



The goal is to use the skills you've practice this week and look to score off every delivery.

The field is deep mid-off, deep mid-on, deep cover and deep square leg. Set markers out if you need to give yourself a visual of the gaps.

That means you've got three options.

- 1) Use your feet and hit the ball down the ground.
- 2) Get right back in your crease, play the ball as late as possible and hit it to deep cover or deep square leg.
- 3) Sweep to square leg.

That's it. Every ball you must attempt one of those shots and try to score off every ball. Don't worry about the result, you're not going to get every one right and you'll get out more than a normal net, but this drill gets you thinking and learning about what you have to do to score against spin.

50 – 60 minutes: Skills Test – Score Off Every Ball

Same drill but you get 20 balls. If you score in one of those 4 positions you get a point, if not you don't get a point.

See how many you can get out of 20.

SCORE OFF EVERY BALL SKILLS TEST SCORE:

That's the end of session 2. Write a few notes below about how you went.

Notes:

SESSION 3: TOP UP – 60 MINUTES

How did you go this week? Were you getting to the pitch of the ball? Did you feel comfortable sweeping? Did you find it easy to score off every ball in the spin scenario? If so great! Have the rest of the week off. If not, use this session to work on an area you struggled.

Notes:

WEEK 4: ADVANCED BATTING AGAINST PACE

Let's crank it up a bit. This week you're going to be working on attacking shots against pace bowlers.

SESSION 1: FRONT FOOT ATTACKING SHOTS

Let's start with hitting the ball straight down the ground, the safest place to attack most bowlers. You'll hear me constantly talk about always looking to get forward and hit the ball down the ground.

PRE SESSION LEARNING

Module 2 – Watch: Front Foot

Module 4 – 12 Ball Challenge

0 – 10 minutes: Straight Drive Warm Up

I want you to spend the first 10 minutes with the machine or thrower bowling full and straight, looking to hit down the ground along the ground.

Work on being balanced, head still and showing the full face of the bat.

10 – 30 minutes: Hitting Over The Top

Ok, now I want you to practice hitting the ball over the top as if both mid-on and mid-off are up.

You still want your weight going towards the ball, just try to swing a little earlier and catch the ball out in front to get the elevation over the top.

Keep your head still and don't try to over hit the ball.

30 – 40 minutes: Mid Off Up, Mid On Back

Let's make it a little more tricky. This time I want you to pretend mid-off is up in the ring and mid-off is back, so your aim is to hit every ball over mid-off



Exactly the same but this time trying to hit every ball over mid-on

50 – 60 minutes: Skills Test - 12 Ball Challenge – Hitting Sixes

Now it's time to have some fun. I've bumped it down to 12 instead of 20 because it takes it out of you trying to hit sixes!

12 full balls. If you hit it for 6 you get a point, if not, you don't get a point.

SKILLS TEST 12 BALL CHALLENGE SCORE:

End of session 1.

Notes:

SESSION 2: BACK FOOT ATTACKING SHOTS

In this session you'll be working on your attacking shots square of the wicket. Cuts and pulls.

PRE SESSION LEARNING

Module 2 – Watch: Back Foot, Short Ball

0 – 10 minutes: Cut Shots

Have the thrower or machine bowl short and wide of off stump. Work on your cut shot, varying between hitting high to low, hitting the ball along the ground and low to high, hitting the ball over the top.

The key here is to go hard. Don't go half hearted.

Also practice using the pace of the ball and guiding it a bit finer over the gully region.



10 -20 minutes: Pull Shots

Same as above but this time working on your pull shots. Again, vary between going over the top and along the ground and commit 100% to the shot.

20 – 50 minutes: Short Ball Scenario

Now I want you to simulate a match situation. Use a machine, side arm or thrower and bowl in sets of 6. Each set of six must include 2 short balls and your goal is to score off the short balls, whether it is a cut or pull.

The reason I want you to only face 2 short balls is because that's how it is in a game. You can't just wait on the back foot for the short ball. In this drill you've always got to be looking to get forward but then have the reaction to push back and score off the short ball.

50 – 60 minutes: Skills Test – 12 Ball Challenge – Short Ball

12 balls to hit as many boundaries as you can off the short ball. You can use your cut, pull or ramp over gully.

The ball must be somewhere between waist and shoulder high to count. Any lower or higher and your partner must re-bowl that delivery.

How'd you go with that? Good fun?

12 BALL CHALLENGE – SHORT BALL SCORE:

Notes:

SESSION 3: TOP UP – 60 MINUTES

Is there anything you need to put some extra time in on this week?

Notes:

That's the end of week four! You're half way through the 150+ strike rate



WEEK 5: COMBATING VARIATION AGAINST PACE

A good fast bowler will have a number of different deliveries in their “toolbox”. It is called variation. The most commonly used variations are the short ball, the slower ball and the yorker. We’ve already worked on the short ball so this week is going to be about working on how you combat the slower ball and the yorker.

SESSION 1: COMBATING THE YORKER

A yorker is one of the hardest balls to get away for a boundary. If bowled correctly, it’s hard (I don’t like saying can’t) to get underneath and it’s hard to get on the full.

Like I said, if a bowler is consistently bowling good Yorkers, I like to either get right back in my crease or go at the bowler to try to get the ball on the full. The other option is to stay put and look to guide the ball to third man.

Make sure you’ve gone through the pre session learning and then let’s get into the session.

PRE SESSION LEARNING

Module 2: Watch – Pace Advanced Yorkers

0 – 15 minutes: Guide To third Man

Set your machine up, or have your training partner throw/bowl yorker length deliveries.

For this first part of the session, I want you to work on staying still and guiding the ball to third man.

15 – 30 minutes: Back In Crease

Now practice getting right back in your crease. I like to move back just before the bowler/machine releases the ball so I can get balanced.

The aim here is to be able to either hit the ball on the half volley, or get underneath the ball to hit over the top.



30 – 45 minutes: Come At The Bowler

Now I want you to work on walking/dancing down the wicket at the bowler to get the ball on the full.

Remember we're looking to score off every ball.

45 – 60 minutes: Skills Test – 12 Ball Challenge – Yorkers

You know the 12 ball challenge, test yourself against 12 yorkers. If you score you get a point.

YORKER 12 BALL CHALLENGE SKILLS TEST SCORE:

That's the end of the first session on combating variation. Write your notes below.

Notes:

SESSION 2: COMBATING THE SLOWER BALL

This session you're going to be working on how you play the slower ball. There's many different types of slower balls but the purpose of all slower balls is to interrupt your rhythm and cause you to play a false shot.

The challenge for you is to learn to learn to hold your shot and keep your balance.

Good players also have the ability to recognise when they have been beaten and make a snap decision whether to go through with the shot (100% if that's what you decide) or pull out of the shot.

PRE SESSION LEARNING

Module 2: Watch – Pace Advance Slower Ball



0 – 15 minutes: Along The Ground

For this session you'll need to set the machine up simulating slower balls, or have your partner throw slower balls.

For the first 15 minutes, have every ball a slower ball and I want you to work on really waiting for the ball, keeping your balance and hitting the ball along the ground.

15 – 30 minutes: In The Air

Working on exactly the same things, waiting for the ball and keeping your balance, I want you to work on hitting the ball over the top now. Look to hit straight.

30 – 50 minutes: Game Scenario

Now get your partner to either throw or work the machine like a game scenario.

Work in overs – each over must include 2-3 slower balls and the rest normal pace. This is a lot more difficult and really tests your decision making.

You don't have to score off every ball, judge yourself on how you play the ball, if you pick the slower ball, if you stay still and balanced.

50 – 60 minutes: Skills Test 12 Ball Challenge - Slower Balls

Now it's time to have some fun. 12 ball challenge, your goal is to hit as many boundaries as you can. It can be in the air or along the ground. Have your partner set a field and throw 12 slower balls at you.

12 BALL CHALLENGE – SLOWER BALLS SCORE:

Write your notes on how the session went below...

Notes:



WEEK 6: ADVANCED BATTING AGAINST SPIN

Now it's time to stock up your arsenal against spin bowling. First we're going to work on hitting spin down the ground. Then we'll look at taking them on square of the wicket.

SESSION 1: POWER SHOTS STRAIGHT

The key to hitting spinners straight is to get to the pitch of the ball. To do that you need to be quick on your feet. You worked on your footwork with a basic drop drill in week 3.

PRE SESSION LEARNING

Module 3: Watch - Spin Advanced Straight

0 – 10 min: Footwork Warm Up – Drop Drill

Start with a 10 minute drop drill warm up to get your feet going – you should be familiar with the spin drop drill. Attempt to hit every ball along the ground to the back net.

10 – 20 minutes: Over Mid Off

Get your partner or the machine to bowl every ball full with a lot of flight from full pitch or $\frac{3}{4}$. Your aim is to hit every ball over mid-off (simulating a game where mid-off is up and mid-on is back)

- Fast feet
- Get to the pitch
- Keep your head still
- Stay balanced

20 – 30 minutes: Over Mid On

As above but over mid-on this time.

30 – 50 minutes: Game Scenario

As you know, in a game the bowler is not going to keep tossing the ball up if you are hitting it over their head.



Now I want you to compete against your partner. Get them to mix the pace and length up and your job is to look to use your feet and hit down the ground when the delivery allows.

If you can't get to the pitch either look to score one or defend.

50 – 60 minutes: Skills Test 12 Ball Challenge – 6's Against Spin

Every ball must be pitched up and flighted. Hit as many out of 12 for 6 as you can.

SKILLS TEST – 6S AGAINST SPIN SCORE:

Notes:

SESSION 2: POWER SHOTS SQUARE

Let's get into some attacking shots against spin square of the wicket.

PRE SESSION LEARNING

Module 3: Watch – Power Shots Square

0 – 10 minutes: Warm Up – Sweep Drop Drill

You know the drill. 10 minutes of drop drill sweeping. Get your hands high and extend your arms.

10 – 20 minutes: Along The Ground

Move on to your partner throwing the ball or the machine.

Practice your sweeps and reverse sweeps. Sweep hard but attempt to keep the ball along the ground.



20 – 30 minutes: In The Air

Same drill but look to hit the ball in the air now and try to go in front of square (slog sweep).

30 – 50 minutes: Spin Game Scenario

Ok, now I want you to play out an attacking scenario. Put this weeks two sessions together. Either use your feet and hit the ball down the ground (in the air or on the ground – use your judgment) or sweep square. They're your only two options here (unless it's a half tracker).

50 – 60 minutes: Skills Test 12 Ball Challenge – Slog Sweep

Get your partner to throw (or the machine) 12 good length balls. Your job is to play a slog sweep. If you connect and hit it well you get a point, if you miss hit it you don't.

SKILLS TEST – 6S AGAINST SPIN SCORE:

Notes:

SESSION 3: TOP UP – 60 MINUTES

Get some extra work in if there was anything in particular you weren't happy with.

Notes:

Well done on completing session 1 of week 6. You should now have a lot more confidence in your ability to use your feet against spin.



WEEK 6: ADVANCED BATTING AGAINST SPIN

Now it's time to stock up your arsenal against spin bowling. First we're going to work on hitting spin down the ground. Then we'll look at taking them on square of the wicket.

SESSION 1: POWER SHOTS STRAIGHT

The key to hitting spinners straight is to get to the pitch of the ball. To do that you need to be quick on your feet. You worked on your footwork with a basic drop drill in week 3.

PRE SESSION LEARNING

Module 3: Watch - Spin Advanced Straight

0 – 10 min: Footwork Warm Up – Drop Drill

Start with a 10 minute drop drill warm up to get your feet going – you should be familiar with the spin drop drill. Attempt to hit every ball along the ground to the back net.

10 – 20 minutes: Over Mid Off

Get your partner or the machine to bowl every ball full with a lot of flight from full pitch or $\frac{3}{4}$. Your aim is to hit every ball over mid-off (simulating a game where mid-off is up and mid-on is back)

- Fast feet
- Get to the pitch
- Keep your head still
- Stay balanced

20 – 30 minutes: Over Mid On

As above but over mid-on this time.

30 – 50 minutes: Game Scenario

As you know, in a game the bowler is not going to keep tossing the ball up if you are hitting it over their head.



WEEK 7: TOP UP WEEK AND RUNNING BETWEEN WICKETS

Ok we're getting towards the end of the 8 week program. You've done a great job so far. Before we get into the last week and work on some game scenarios and game awareness I want to give you this week to pick two sessions from the previous 6 weeks that you think you could have done better.

To begin each session though, you're going to do a running between wickets warm up – it's basic stuff but I still work on it and it might be the difference between losing your wicket and not one day.

SESSION 1: RBW AND CHOOSE YOUR OWN SESSION

0 – 10 minutes: RBW Warm Up

Face up as normal and have your partner throw to you. Play the ball on its merits and have your partner call yes or no and how many runs..e.g Yes – 3! If you hit it well.

Three things I want you to work on;

- Fast out of the blocks
- Turn facing the side of the wicket the ball is on
- Get low and explode out of the crease if going for multiple runs.

That's it!

10 – 60 minutes: Choose Your Own Session

Pick any session from the last 6 weeks.

Notes:



SESSION 2: RBW AND CHOOSE YOUR OWN SESSION

0 – 10 minutes: RBW Warm Up

Remember...

- Fast out of the blocks
- Turn facing the side of the wicket the ball is on
- Get low and explode out of the crease if going for multiple runs.

10 – 60 minutes: Choose Your Own Session

Pick any session from the last 6 weeks.



WEEK 8: MATCH SCENARIOS

Ok we've come to the end of the skills specific sessions of the 150+ Strike Rate 8 Week Program. Now it's time to mesh all of the skills you've been working on into some match scenario performances.

The way this week is going to work is, you'll have two scenarios each session and they'll be 6 over each.

Ideally, if you can get a team together and do these scenarios in a centre wicket with bowlers and a batting partner, that would be great. The closer to a real match you can get it, the better.

If not, doing it in the nets with a machine or thrower is fine, your partner will just have to set hypothetical fields and you'll just have to use common sense when adding up your runs etc. Ok lets get into it and have some competitive fun!

SESSION 1: PACE SCENARIOS

Scenario 1: Power Play – Overs 1-6

You're opening the batting against pace bowling. It's the power play so remember your partner or the fielding team can only have 2 fielders outside the inner circle.

Target: 48 runs or more. No more than 2 wickets.

Did you achieve the target? YES / NO

Notes (why did or didn't you achieve the target)::



Scenario 2: End Of Innings – Overs 15-20

You're finishing the innings. The field can have 5 on the fence. Encourage the bowler/thrower to bowl more variations.

Target: 48 runs or more. No more than 4 wickets.

Did you achieve the target? YES / NO

Notes (why did or didn't you achieve the target?):

SESSION 2: SPIN SCENARIOS

Scenario 1: Power Play – Overs 1-6

You're opening the batting against spin bowling. It's the power play so remember your partner or the fielding team can only have 2 fielders outside the inner circle. Encourage the bowler to mix up pace and length.

Target: 48 runs or more. No more than 2 wickets.

Did you achieve the target? YES / NO

Notes (why did or didn't you achieve the target?):



Scenario 2: End Of Innings – Overs 15-20

You're finishing the innings. The field can have 5 on the fence. Encourage the bowler/thrower to mix pace and length up and bowl to their field to challenge you.

Target: 48 runs or more. No more than 4 wickets.

Did you achieve the target? YES / NO

Notes (why did or didn't you achieve the target?):

SUMMARY

Well done! You've shown a great commitment towards improving your cricket by completing my 8 week program designed to give you the tools to score at 150+ in T20 cricket.

By no means is that the end. There's no limit to the amount of times you can do the program. I do something similar every pre-season.

You've set some scores to beat in the skills tests. Re test yourself every month or two and continually challenge yourself.

If you'd like to keep working with me to take your game to the next level I'd like to offer you the opportunity to join the Chris Lynn Online T20 Academy...

***NOTE* WOULD YOU LIKE TO TAKE YOUR GAME TO THE NEXT LEVEL?**

The Chris Lynn T20 Online Academy is a membership website for aspiring cricket players to learn from Chris and other professional players.

CL T20 Academy contains a huge range of how to coaching videos, guest professional player and coaching staff interviews, audios, written handout guides, monthly live Q&A webinars with Chris and is updated weekly with new training. Members also get access to a private "members only" Facebook for regular interaction with Chris and his team of coaches, creating a community in which players can't help but succeed.

For more information visit www.clt20academy.com

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