

# THE STANCE

No two batsmen stand at the wicket exactly the same way as their styles vary in stroke play but there are sound basics from which the best result can be obtained. It is important that as a batsman you adopt a correct and comfortable stance while awaiting the bowler's delivery as it conditions a proper sighting of the ball and enables you to get into position for any stroke quickly and correctly. It should be regarded as a ready position and not as a resting position.

The master batsman, Sunil Gavaskar, in his stance, was a picture of intense concentration, coupled with balance and relaxed alertness. Sachin Tendulkar also has a perfect stance.



*Sunil Gavaskar "A perfect stance" by the master batsman.*

***Being sideways on is the key to a good stance.***

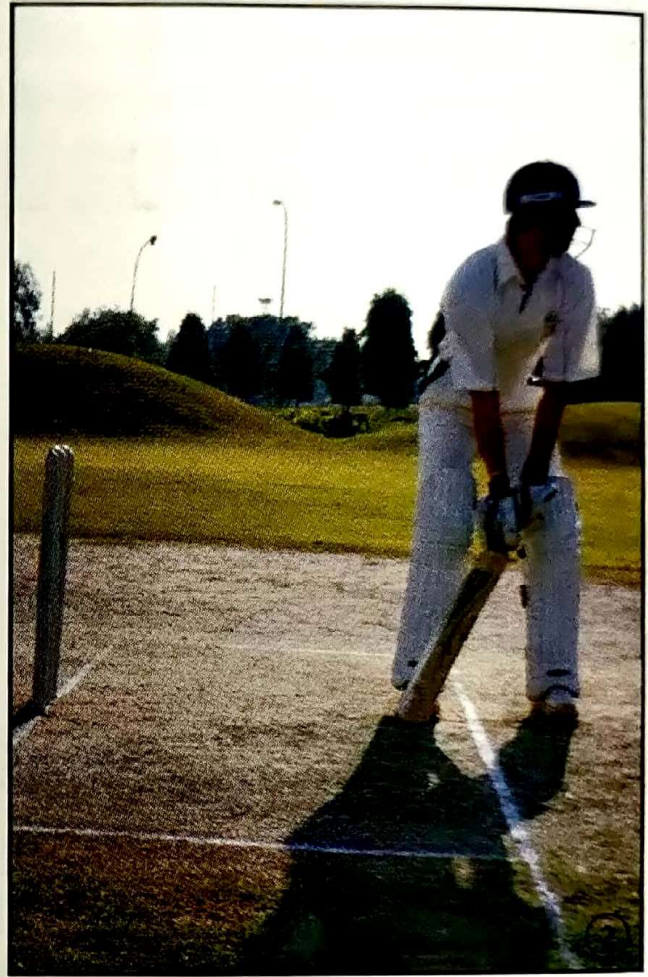
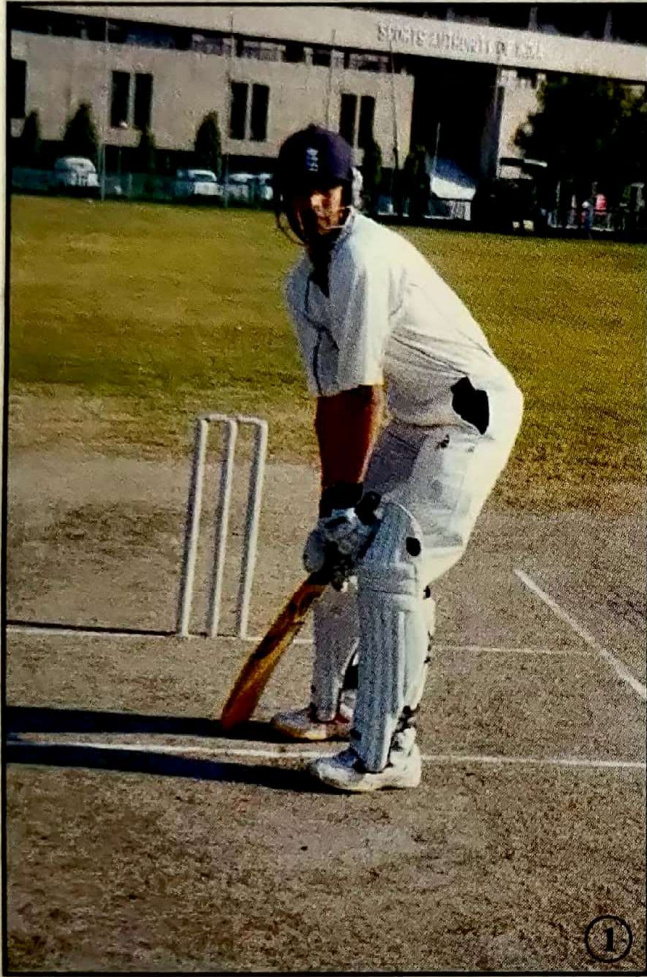
A batsman should adopt the sideways on stance for three main reasons:

- (A)** This position enables you to play with a straight bat.
- (B)** You can play on both sides of the wicket.
- (C)** You can judge the line of the ball accurately.

It is a mistake to crouch too much or to stand too erect. Some where



between the two extremes is the ideal position. If anything, I would recommend you to stand fairly upright as it will enable you to swing the bat more freely like a pendulum and also keep the head in the upright position. The front shoulder should be pointing down the wicket between the wicket and the return crease on the on side which would enable the batsman to turn the head fully towards the bowler comfortably without putting undue strain on the neck muscles. This also tends to eliminate the blind spot on the leg side.



The back foot should be a few inches behind the batting crease (to avoid being stumped) and the front foot outside the popping crease. The distance between the two feet should be about four to six inches. The back foot should be parallel to the batting crease and the front foot roughly parallel to it. The toes of both the feet should be just touching the line of the leg stump (though it depends on the guard you take).

It is of paramount importance to have ***“weight evenly distributed” on both the feet so that you can move either forward or backward with equal ease and speed.*** (Try to be as light on your feet as possible to aid quick footwork). The knees should also be slightly flexed for making