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Batting Drills

Specific Outcome	Area of Game	Name of Activity	Explanation/Diagram
Setup – Grip, Stance, Backlift, Pre-movement	Technique	Setup	Video tape
Check grip/full face	Technique / skill	Grip Test	<p>In pairs 5m distance away from one-another:</p> <ul style="list-style-type: none"> Partner A lobs the ball underarm to partner B Partner B (<i>batsman</i>) hits the ball back with a vertical bat swing. The ball needs to be hit back between the shoulder line of partner B.
Batswing practice	Technique / skill	“Invers drills”	<p>In pairs, partner A rolls the ball along the ground to partner B (<i>batsman</i>):</p> <ul style="list-style-type: none"> The batsman hits the ball with a full swing emphasising access & balance. <p><i>(Variation extensions of this include underarm bounced ball as a half volley, hitting on the up eg. 1 metre in front of the batsman and back foot drills where the ball bounces to knee-high. Another is to land the ball on a good length and the batsman is to try and play a front foot cut-shot).</i></p>
Learning to develop a game plan against spinners	Tactics / skill	Spinners	<p>In pairs partner A (<i>batsman</i>) begins in a normal stance and shadow dances down the pitch 2 steps to see how far they can proceed forward.</p> <ul style="list-style-type: none"> They then mark a line across the pitch. Do this a few times to make sure the steps are consistent. Partner B (<i>feeder</i>) throws spinners from $\frac{3}{4}$ to full pitch. <i>(If the ball lands over the line the batsman should be coming forward to get to it on the full or half volley. If shorter than the line the batsman goes back and tries to score off the back foot. The aim must be for the batsman to score off every ball).</i>



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Learning to make the top hand control vertical bat strokes	Technique / skill	Top hand drill	<p>1). In a normal batsman and feeder situation over 15 metres the batsman uses the top hand only to control the bat.</p> <p>2). The other hand is placed behind the back. This is done pre-dominantly with front foot strokes. The batsman is trying to drive the ball. The feeder is trying to throw half volleys.</p>
Watching the ball	Mental / Skill	Technique Bat	Using a technique bat (thin), either with bowlers or from $\frac{3}{4}$ pitch with a feeder to basically bat normally.
Hand-eye co-ordination and fun	Fun / skill	Backyard cricket	In a small group of 6-8 play back yard cricket over 15m out on an oval. You can use a tennis ball with tape on one side. Use plastics stumps.
Learning to let balls go	Tactics / skill	Let ball go drill	Bowlers bowl to batsman in a normal net situation. The batsman has to let at least 1 ball in 6 go. If the bowler makes the batsman hit 5 in a row the bowler gets a free bowl at the stumps!
Learning to score	Tactics / skill	Learning to score drill	The batsman has to score at least every 3 rd ball, if not the batsman is out. Great for centre wicket practice.
Playing each ball on its merits	Tactics / skill	<p>BatStat – 1 Recognise the Ball</p> <p>2 – Recognise the right shot to play</p> <p>3 Play the right shot</p>	By recording each ball statistically and going through the steps of recognising a situation, responding to it appropriately and then executing appropriately, players learn to play each ball on its merits.
Learning to play the short ball	Mental / skill	Bouncer Evasion	Over 12 metres throw a tennis ball short at the batsman, trying to hit them. The batsman can be in their full protective equipment.
Hand eye co-ordination	Extension drill / skill	Six sides to a bat	With a bat and ball, try to hit the ball on every side of the bat including the front, back, edges top and bottom.



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Broadening scoring zones – front and back foot	Extension drill / Skill	360 degrees	1). Using the bowling machine, work on half volleys and hitting the ball from cover point through either mid-off, straight, mid-on, mid-wicket down to fine leg. Back foot - With balls coming up to thigh level, try to work the balls from third-man, through point to covers utilising any of either mid-off, straight, mid-on, mid-wicket, square-leg or fine leg.
On Drive	Technique / skill	On drive drill	Either by utilising throw downs or bowling machine, get the players to face up as if the bowler was bowling right arm over. The thrower or feeder however throws the ball from mid-on direction. The batsman effectively plays straight drives but through mid-on. As the batsman gets better at hitting them through mid-on the bowler goes straight and then even mid-off-angle.
Learning to be patient	Mental / tactics	Patience Drill	Set the bowling machine up so that it bowls appropriate, yet technical balls in order to create difficult to score. The batsman aims to play as many balls as possible and be satisfied with keeping them out.
Keeping your wicket intact	Mental / tactics	Competitive throwdowns	Over $\frac{3}{4}$ pitch, the thrower tries to get the batsman out like in a game, trying to throw as many good length balls as possible.
Practicing a specific shot eg. cut shot	Technique / skill	Specific Shot Drill	Utilise the bowling machine or throw downs to practice a specific stroke, ensure the technique and its execution occur correctly. Make sure the feeder has the ball positioned to the exact area of practice for the correct stroke.



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Learning to drive off the back foot	Technique / skill	Back foot drive	With the ball being positioned into the marked area, the batsman begins with their weight on the back foot but with their front leg in the zone where their stance began. When hitting the ball, ensure that the bat and leg both move towards the impact point. The front leg is driven back towards the back leg to create bat swinging power.
Dancing down the pitch to spinners	Skill	Michael Slater drill	The batsman faces up at half pitch length so they hit back towards the net. The feeder begins by standing next to the batsman at a distance of 1 metre on the off side, holding 6 balls. The feeder drops the ball about two metres out in front of the batsman so the batsman has to dance down the pitch. After driving the ball the feeder keeps walking backwards down the wicket and keeps dropping balls for the batsman to strike.
Judging a run	Tactics	Judgement drill	This drill requires 6 players. A pitch is setup on a flat grassy area. You need two sets of plastic stumps and either an incrediball or a cricket ball. With a bowler, a keeper and two fielders, one at point and the other at wide mid-off, level with the bowler's end stumps, the two batsmen have to try and hit the ball into the cover area and sneak a single. The aim of the bowler is to bowl the ball so that the batsman can push the ball towards cover.
Learning to hit to specific zones, irrespective of where the ball lands	Tactics / skill / mental	Adapt drill	On the bowling machine or with throw downs, the feeder throws the ball and as it's released, they yell out where they want that ball to be hit. They could say mid-off, fine-leg or point. The batsman has to try and hit the ball to that particular zone.



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Batting when you are tired	Mental/skill	Run a three drill, every third ball	Either on the bowling machine, with throw downs or with the net session, the batsman has to run a three every third ball. As soon as the batsman has finished the third run they, have to face up to the next ball, remain composed and concentrate.
Ability to read situations and respond to them	Tactics/mental /skill/game simulation	Respond drill	The batsman are given a game scenario eg. they need 20 off 15 balls with one wicket in hand or when the wickets are under done they have to bat for the last five overs of the days play.
Lofting the ball	Technique / skill	Lofting the ball drill	The ball is set up to come down slow and in the hit zone. The batman practices keeping balance and hitting with a full swing using the full face of the bat to hit straight.
Playing on different pitches	Technique / skill	Different ball drill	The feeder has a bucket of balls that are all different. From $\frac{3}{4}$ pitch the thrower feeds the ball trying to get the batsman out. The batsman must use their feet to counteract sporadic bounce and watch the ball closely.
Being able to hit a boundary	Skill / tactics	Boundary scoring	The batsman has to throw down where the feeder is trying to stop the batsman from scoring whilst the batsman is trying to hit boundaries.
Coping with the moving ball	Skill	Swinging ball drill	With a tennis ball wrapped with tape on one side the bowler bowls in a net from about 15m. The batsman must try to keep good balls out and hit loose balls.
When you're out you're out	Technique / skill / tactics / competitive	When you're out you're out	In the net situation several batsman are padded up so that when a batsman is out they go out of the nets. They can either not have another hit that night or they share the time with other batsman when they get out.



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Reflexes / survival	Skill	Reflex defence to good length balls	On the bowling machine, the batsman has short balls that they are hitting off of the back foot, either attacking or defending. After 5 minutes of those balls, they come up closer to the bowling machine so that the balls are on a good length and they keep playing back to. Keep the machine at the original pace. The aim of the batsman is survival.
Focus on the ball	Skill / Mental / eyesight	Focus Drill	The batsman faces up as if the ball was coming from point. Their back is facing the bowling machine. As the ball goes into the machine the feeder calls the batsman name so that they can move around to face and then sight and strike the ball. The ball needs to be kept up to the batsman.
Bat swing feel with repetition	Technique / skill	Rapid Fire	The batsman lines up so they hit towards the back net. The feeder stands on the off side 1½ metres from the batsman with a bucket of balls. The batsman has their front leg forward so that they have a balanced position just ready to bring the bat down to strike the ball. The feeder drops the ball every 5 seconds so that the batsman drives a half volley every 5 seconds. As the player becomes proficient with this, the batsman is still in the same situation but the feeder throws the ball from half pitch, rapid fire, so the batsman can hit half volleys.



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Cut shot	Technique / skill	Cut shot drill	With a paddle bat, the batsman can face the bowling machine and use only their bottom hand holding the paddle bat to play the cut-shot. It is worth letting the batsman stand with their back foot back and across with their weight on the back foot. As the ball comes out from the machine the batsman has the bat come from up-high down at 45 degrees trying to strike the ball towards point.
To improve balance	Technique / skill	Balance Board drill	With a balance board that is 30cm wide by 1m in length the batsman faces a feeder who throws balls from $\frac{3}{4}$ pitch. The feeder must get the batsman to play forward. The batsman has to move towards the ball but stay on the board and keep balance.
Getting a start	Tactics / mental	Getting a start	Either in the net practice (game simulation) or throw downs, the batsman faces two overs and takes the pads off and does other things before coming back again and facing another two overs etc. The aim of this drill is to get through the first two overs and then have a break before repeating.
Getting through tough periods	Mental / skill	Mental toughness drill	Set the bowling machine up to bowl about a dozen good length balls and then a half volley. The aim of the batsman is to fight through the good length balls by keeping them out and then recognize and hit the half volley.
Use of Top Hand	Technique / skill	Squash ball drill	Using a squash ball, insert it in the palm of the bottom hand with your grip and then bat normally. The squash ball will ensure that the bottom hand cannot grip the handle too tight; hence the top hand does most of the work. The ball can be placed in the glove of the bottom hand.



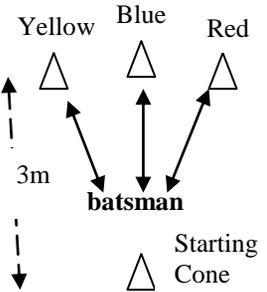
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Coping with fast bowlers	Mental / skill	Speed drill	Crank the bowling machine up to 130kph and get the batsman to shorten their backlift and keep the ball out.
Watching the ball	Mental / skill	noughts & crosses drill	With a batsman and feeder over a distance of $\frac{3}{4}$ pitch, the feeder begins with two balls, one with four noughts on it and the other with four crosses. Starting with the balls behind the back, the feeder throws the ball to the batsman who has to hit the ball while concentrating on what type of ball it is (noughts or crosses) ball before they strike. This can also be done with close catching where the catcher begins with the balls behind their back and throws it to the batsman who hits it back between the catchers shoulder line. This is done over 5 metres.
Footwork Drill	Skill / Physical	Dancing down the wicket drill	<p>There are two people in this drill, the batsman and the caller – the caller has a watch or timer. The batsman starts off in their normal batting stance without a bat in front of the starting cone. The caller calls out one of the three coloured cones, upon which the batsman dances to that cone and touches the cone with their hand that is their top hand in their grip (Left hand for a right hand batsman). They then dance back to their normal batting position and touch the starting cone.</p> <p>Just as they get back to the starting cone the caller then calls another random coloured cone that they have to dance to and touch, each time having to go back to their starting cone.</p> <p>For juniors 45 seconds will be enough whilst for seniors a minute to a minute & a half should be sufficient. This drill emphasises balance and control, ensuring that the batsman is in control rather than just uncontrollable speed.</p> 



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