

## Batting Sessions

<b>Objectives:</b> Focus on improving batting through correct shot selection with the ability to hit the gaps and keep the scoreboard turning.
<b>Equipment:</b> Markers, cones, stumps, chalk, masking tape and assorted balls.
<b>Session Outline:</b> Improve batting through line & length, back foot, front foot & hitting the gaps.
<b>Warm Up: (one or more of the following)</b> <ol style="list-style-type: none"><li>1. Grid running, with or without balls.</li><li>2. Multi-directional running e.g., sideways, backwards, changing direction quickly, butt kicks, high knee.</li><li>3. Competitive game involving fielding, running and turning.</li><li>4. Dynamic stretches. Breathe normally during stretching &amp; avoid bouncing. Pay attention to large muscle groups.</li></ol>
<b>Session Type:</b> <ol style="list-style-type: none"><li>1. <b>Length Batting:</b> Ideal for promoting good shot selection when batting.<ul style="list-style-type: none"><li>• The feed should be varied with some pitching short (before the line) and some pitching on a length (after the line). The batter must play forward to any ball pitching after the line and play back to any ball pitching before the line.</li><li>• <b>Adaptation:</b> Decrease or increase distance from feeder, decrease or increase size of target areas; increase number of balls.</li><li>• <b>Technique:</b> Ensure the grip is correct, with relaxed and balanced stance; players should keep eyes level with the head behind the line of the ball; assess the length of the ball early and select the appropriate shot; keep the head over the ball at point of contact to ensure that the ball is struck along the ground.</li></ul></li><li>2. <b>Line Batting:</b> Superb practice for improving shot selection when batting.<ul style="list-style-type: none"><li>• The feed should be varied with balls pitching in each of the 3 channels. Any ball pitching in the channel outside off stump must be played to the offside; a ball pitching in line should be hit straight; a ball pitching outside of the leg stump should be hit to the leg side</li><li>• <b>Technique:</b> Ensure the grip is correct, with relaxed and balanced stance; players should keep eyes level with the head behind the line of the ball; assess the length of the ball early and select the appropriate shot; keep the head over the ball at point of contact to ensure that the ball is struck along the ground.</li><li>• <b>Adaptation:</b> Decrease or increase size of target areas. Increase or decrease distance of feeder. Use smaller or lighter balls.</li></ul></li><li>3. <b>Front Foot:</b> Developing the ability to work the ball into specific areas in the field.<ul style="list-style-type: none"><li>• Coach feeds the ball on a full length to batter. The balls must be struck through the gates in turn from right to left. Fielder moves around the grid to field each of the balls &amp; returns balls to the wicketkeeper. After six balls change batter.</li><li>• <b>Technique:</b> Ensure the grip is correct, with a relaxed and balanced stance; look up to sight each target before the ball is fed; head and front shoulder leads as the weight is taken on a bent front leg; watch the ball onto the bat with head over the ball at point of contact; hit the all along the ground.</li><li>• <b>Adaptation:</b> Decrease the size of the gates. Decrease distance from feeder.</li></ul></li><li>4. <b>Back Foot:</b> Developing the ability to work the ball into specific areas in the field.<ul style="list-style-type: none"><li>• Coach feeds the ball short of a length. The balls must be struck through the gates in turn from right to left. Fielder moves around the grid to field each of the balls &amp; returns balls to the wicketkeeper. After six balls change batter.</li><li>• <b>Technique:</b> Ensure the grip is correct, with a relaxed and balanced stance; look up to sight each target before the ball is fed; watch the ball onto the bat with head over the ball at point of contact; hit the all along the ground.</li><li>• <b>Adaptation:</b> Decrease the size of the gates. Decrease distance from feeder.</li></ul></li></ol>
<b>Cool Down:</b> <ul style="list-style-type: none"><li>• Slow jogging around the field or court is one of the best ways to cool down.</li><li>• Static stretch for 10 minutes after the light jogging. For greater flexibility, hold the stretches for 60 seconds during the cool-down.</li><li>• After any exercise, make sure players rehydrate.</li></ul>
<b>Conclusion:</b> <ul style="list-style-type: none"><li>• Reinforce the main points of the session in terms of what has been taught.</li><li>• Briefly discuss tactics for the next training session or match.</li><li>• Remind players about this week's game-opposition, training, venue, travel arrangements and meeting time.</li></ul>
<b>Evaluation:</b> <ul style="list-style-type: none"><li>• Evaluate how the session went. Identify areas you can improve on and the team and individual players need to practise in future sessions.</li></ul>