

Key Reasons For Adjusting Batting Technique

To be an effective technical coach you must have a thorough knowledge of the mechanics of correct batting techniques.	
<p>Key Reasons For Adjusting Technique:</p> <ul style="list-style-type: none"> > Has the ball been hit towards the correct target area? > Has the ball been hit cleanly? > Have they missed the ball? > Do they keep getting out in a particular way? > Are they finding it difficult to hit a certain target area? > Is their performance inconsistent? 	<p>Tips For Correcting Technique:</p> <ul style="list-style-type: none"> > Have a reason for changing it. > Know what you need to change. > Identify the source of the technical fault. > Adjust technique in order of priority. > Demonstrate & explain the correct technical change. > Explain the benefits of technical correction. > Finally correct technique & let player feel & see improvement in player's shots.
<p align="center">The Most Important Shots To Construct Technique</p> <p>The most important shots to coach perfect technique are: Front Foot Drive & Defence in the V & Back Foot Drive & Defence in the V. These shots form the foundation of good basic technique. Player's individual flair is built around these solid foundations.</p>	
<p align="center">Constructing, Analysing & Fixing Technique</p> <p align="center">The A,B,C,S are the key: ALIGNMENT – BALANCE – COMPLETION OF THE SHOT</p> <p>To play the perfect shot you must strive to be well balanced, perfectly aligned with an exaggerated completion of the shot.</p>	
<p align="center">Coaches need to analyse balance and alignment at the key 5 stages.</p> <p align="center">Set Up (aligned to bowler) – Backswing – Leaning in & stepping forward or back – Contact with ball – Completion of shot. Always analyse technique in the above sequence.</p> <p align="center">To play the perfect shot you must maintain alignment & balance throughout the above 5 key stages.</p>	
Alignment	
<p>What do we mean by alignment? Good alignment of the body allows the full face of the bat to swing in a straight line from backswing to target area allowing the player to hit relevant scoring areas consistently.</p>	<p>When do we analyse alignment? Alignment to bowler in stance. Alignment to backswing. Alignment to ball when stepping forward or back. Alignment on contact with the ball. Alignment on completion of shot.</p>
Balance	
<p>What do we mean by balance? Good balance allows the player to control their shots so they are more effective & consistent.</p>	<p>When do we analyse balance? Balance in stance. Balance during backswing. Balance stepping forward or back. Balance on contact with the ball. Balance on completion of shot.</p>
<p align="center">What is the importance of alignment?</p> <p align="center">Alignment allows players to hit the target area with good technique, thus minimising the risks of getting out. Alignment = Consistent direction of shot.</p>	
<p align="center">What do we align to? The bowler. Ball. Target area.</p> <p>What do we align? Head & shoulder. Feet & hips. Forearms (especially leading elbow). Bat path (straight line from backswing to target). Maintain balance throughout & finish shot with toe of bat at target area.</p>	
<p align="center">What Components of technique do we need to align? What is the importance of good balance? Balance allows you to control a shot. Balance = control of shot.</p>	
<p align="center">Technical components of balance</p> <p align="center">Front foot shoots in the V. Head always leans to ball forward of body – Head always forward of front foot on contact. Head always above and in line with body – Weight over front foot with back heel raised.</p> <p align="center">Back foot shots in the V. Head forward of body when stepping back – Weight on back foot with head over front foot – Head always above and in line with body.</p>	
<p align="center">What do we mean by completion of shot?</p> <p align="center">Technically correct exaggerated shape of shots.</p> <p align="center">What do we analyse on completion of shot?</p> <p align="center">Balance, alignment and good exaggerated shape.</p> <p align="center">Components of alignment to check. Head/shoulders/feet/leading elbow & forearms. Toe of bat to target. Check for good balance.</p>	

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Why is it important to have good completion of shot?

This allows you good contact with the ball, & also makes hitting the target area easy.

Good completion of shot lengthens your hitting zone which leads to consistency of hitting the ball cleanly.

Once players have the tools of good technique they can begin to express themselves within their game plans.

The coaches' job is to lead the process of constructing a player's technique.

The player's job is to lead the development of their game plans with input from the coach.

Through experiences of success & failure in pressurised match situations the player will work out what game plans he or she is most comfortable with.

Technique is the key to delivering a wide variety of game plans successfully.

Technique gives you a wide variety of game plan options.

Technique is the key to surviving challenging spells of bowling.

Technique helps you play the swinging & turning delivery effectively.

Technique is the key to consistency.

Technique is the key to a match winning innings.

Technique gives you confidence & self-belief.

Correct technique of the basic shots needs to be achieved to enjoy consistent & positive performances.

Once the above is achieved it must be regularly serviced & maintained.

Only when this is done does the mental side of batting become paramount importance, the mentally strong players who can handle pressure will become the better players.