

Cricket Coaching Resource

BATTING

The single most important issue when coaching or being coached is to encourage a player's love of cricket.

Owen Steverson

John Parker

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Batting Program Specifics

1.0 Batting Techniques

1.1 Grip

- 1.1.1 Lie bat face down and pick up as though bat is an axe and the flat side of the bat is the sharp side of the axe.
- 1.1.2 Hands should be close together.
- 1.1.3 Left hand solid full grip.
- 1.1.4 Right hand relaxed when toe of bat is on the ground in a stance position.
- 1.1.5 Backlift completed just before bowler delivers ball. In backlift right hand grip should only be finger and thumb grip with back of hand facing the wicket keeper or as near as possible. You should be able to have a bird's egg in the palm of your right hand and never smash it. You should also be able have a pencil in the gap between your thumb and first finger of your bottom hand. Both of these encourage the batsman to have a finger and thumb grip with the bottom hand.



- 1.1.6 In backlift position hands swing back as far as possible without head position moving.
- 1.1.7 Left elbow slightly bent allowing hands to be higher in final backlift position.
- 1.1.8 Left hand should be approximately as far back as the outside of the back leg.

1.1.9 Left wrist solid/locked at 90 degrees to the bat handle and stays locked for as long as possible, certainly to the contact point of all straight bat strokes and most cross bat strokes if possible. Bottom of bat will be higher than batsman's shoulder when backlift completed.

1.1.10 Front shoulder dips slightly nose pointing to the ball.

1.2 Stance

1.2.1 The stance is the most important part of batting and is the foundation and start of everything a batsman does. If one's stance is dysfunctional then efficient stroke production becomes even more difficult. Each batsman should develop their own routine for ensuring they get into the same stance position before each ball is bowled to them. Under pressure you will rely on routines as pressure distracts most sportspeople and makes adhoc thinking difficult.

1.2.2 Feet shoulder width apart. Line joining toes if extended should go through the footmarks of the bowler.

1.2.3 Weight on both feet.

1.2.4 Shoulders as side on as possible.

1.2.5 Bent from hips allowing space underneath shoulders for the bat to hit the ball without anything in the way (knees/pads/trunk).

1.2.6 Nose pointing at ball always and eyes kept level for as long as possible.

1.2.7 Front shoulder dipped allowing hands to go as far back in backlift as possible without affecting eye position.



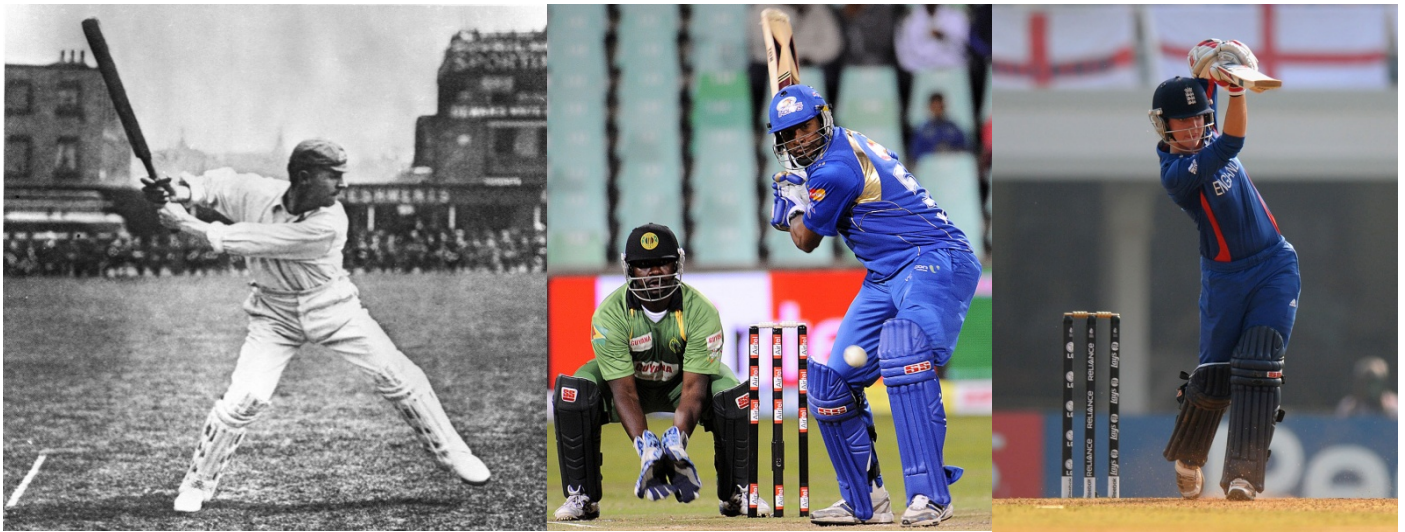
1.3 Preparatory movements

- 1.3.1 Preparatory movements are designed to assist a batsman to get into or stay in the most advantageous position possible enabling a batsman to play all shots that are part of their plan for a particular bowler
- 1.3.2 Most batsman fear having too little time to play the required stroke so they make preparatory movements generally as the ball is being bowled in the belief that the movements will help by initiating movement.
- 1.3.3 The best position is to stay still with all issues in A and B above in place however few can do this effectively
- 1.3.4 Therefore there are two options
- a. To take a step forward which means the only real options then are to play back or play round ones front leg if the delivery is pitched up and into leg stump (depending on what line the step forwards ends). Taking this step forward also brings the batsman closer to the ball lessening the time the batsman has got to play shots other than the drive or versions of it
 - b. The second option is to move back and across keeping ones weight on both feet (keeping head still) so one can still move forward or back. If backlift is completed just prior to the ball being delivered then with this method the batsman's weight is still on both feet and is no closer to the ball than in the stance position giving maximum time to see the ball and play the appropriate stroke.
 - c. It is imperative with both these options to keep ones head still and nose pointing to the ball throughout the stroke maintaining balance and therefore control over the execution of all strokes.
- 1.3.5 The major part of these preparatory movements are:
- a. The body (head) should be as still as possible at the time of delivery.
 - b. The backlift should be completed before the bowler delivers the ball, these together is Q Position 1 for straight bat strokes.

1.4 Straight Bat Stroke focuses

- 1.4.1 The movement of the shoulder is the most important issue for all straight bat strokes and most horizontal bat strokes.
- a. Once the ball has been bowled, the shoulder should lead the movement forward if the ball is pitched up and back if the ball is pitched short. To short of a length most will play forward initially at least but others prefer to play back.

- 1.4.2 The shoulder also moves to the line of the ball so the ball is always coming underneath the batsman's shoulder (not head).



- 1.4.3 If the nose is always pointing at the ball then the shoulder and head will move as one unit.
- 1.4.4 The shoulder should stay in that position for as long as possible.
- 1.4.5 To have the longest possible contact area the blade of the bat should be kept open as long as possible and pushed by the right hand in the direction the batsman wants the ball to go.
- 1.4.6 No longer do we have to practice a cover drive or off drive or on drive individually, we just move our shoulder (unit) to the line and pitch of the ball (as near as we can) and swing the bat in a pendulum motion, with locked top hand wrist and follow through after contact in the line the batsman wants the ball to go to the place we want the follow through to stop. The same applies off the front and back foot.
- 1.4.7 Defensive strokes should be completed before the ball arrives so the bat is stationary upon contact with the ball therefore the ball will not travel any significant distance (stationary hands rather than soft hands). Defensive strokes are played to stop the ball from hitting the stumps so if the point of contact of the defensive shot is in doubt (eventual line of the ball) then a point should be chosen between where the ball pitches and the stumps (and hope you don't nick it!).
- 1.4.8 A drive is a defensive stroke carried on to a different Q Position 3. A defensive shot should have the bat swing from Q Position 1 to Q Position 3 not being placed there. Extending that swing further forward to Q Position 3 for a drive makes defending and driving easier as there is no differences just in where the follow through ends (Q Position 3).

1.5 Horizontal Bat Stroke focuses

1.5.1 As soon as a batsman decides by the time the ball gets within the hitting zone a delivery is not going to hit the stumps e.g. the ball will be wide enough or high enough, a horizontal bat stroke can be used to score runs.

1.5.2 As soon as this is decided, the hands should go up to the appropriate horizontal position (the height the ball will be when it gets into the batsman's hitting zone) and is Q Position 2 for horizontal bat strokes. This allows the bat to swing on the appropriate line that will allow, if possible, the ball to be kept on the ground.



1.5.3 The shoulder should lead the movement to the required position just as in a straight bat stroke providing a full swing of the bat (arms) and therefore maximum power.



1.5.4 The follow through should be as complete as possible allowing the ball to be struck by a swing of the bat rather than a muscular action only. These end positions of the follow through are called Q Position 3.

1.5.5 A batsman can dictate where they hit horizontal bats strokes on the leg side by where their front shoulder is in relation to the line of the approaching ball. If the line of the ball is on the off side of the batsman's shoulder and the pull shot is being played then the ball will likely go in the region of mid-wicket. If the ball is going over the shoulder of the batsman then the ball will be hooked generally in the direction of square leg. If the line of the ball is passing down the leg side of the batsman's shoulder then the hook stroke will be played down to the fine leg region.

1.6 Q Positions

1.6.1 If a batsman gets into Q position 1 correctly (and if a horizontal bat stroke is appropriate the batsman will also get into Q Position 2), then plays the stroke (whatever it may be) and ends in the correct Q Position 3 then everything in between will happen correctly as long as the head is kept still, eyes level for as long as possible and the shoulder leads the batsman where the delivery dictates they need to go. The benefits of the Q Position focus are that everything is simpler and batsman can do things their own way (within reason). (For more understanding of benefits of Q positions read the book Quantum Golf by Kjell Enhager and Samantha Wallace).



Batting Techniques Notes



2.0 Batting Practice Process

2.0.1 The process of being the best batsman that you can be;

- master the execution of all the strokes – there are approximately thirty strokes, at least one for each ball that is bowled to us
- understand the strategies needed for the conditions and opponents
- formulate a plan to execute those strategies.

To achieve the execution of all the strokes there is a process of practice and is most effective if done in the following order;

2.1 Routines

2.1.1 The value of routines can never be over emphasised as under pressure you will rely on routines as pressure distracts most sportspeople and makes adhoc thinking difficult. You should develop routines getting ready to bat, for arriving at the crease to face your first delivery, for getting into Q Position 1 before each ball is balled, what you talk about at the end of each over, how you switch your focus on and off as examples. All great sportspeople rely on routines, golfer before they tee off or putt, tennis players before they serve, table tennis players before they serve, basketballers before they take a free throw – they all have routines. Each batsman should develop their own routine for ensuring they get into the same stance position before each ball is bowled to them.

2.2 Shadow Batting

2.2.1 Focus on the correct technique (as outlined above) without the reality (distraction) of a ball. This should be done each day with an imaginary ball be bowled. eg. So a defensive shot is played to deliveries on different lines and slightly different lengths for example. Shadow batting should be executed at real speeds making the practice more real. The major issue when practicing the execution of individual strokes is achieving the three Q positions.

a. The first Q position relates to the correct backlift position that occurs just before the ball is bowled.

b. The second is the 'hands up' position for horizontal bat strokes when a horizontal bat strokes is about to be played and always follows Q position 1

c. The third Q position is the completed follow through position for that stroke. If those two (three) positions are achieved then as long as the head position is correct everything in between the Q positions will be fine.

2.3 Throw Downs

2.3.1 Relating to specific shots including cuts, hooks, deflections etc horizontal and straight bat strokes enable the batsman to feel the bat on ball and makes the execution of each stroke more practical.

2.4 Net Practice

2.4.1 The primary purpose is practicing shot selection (judging the length, line and speed of a ball) and also the place where you check the practical aspects of executing each stroke.

2.5 Open Wicket Practice

2.5.1 Should put batting into a realistic situation without the pressure of achieving game results. All the shot execution practice should be done and while the appropriate Que cards are uppermost in one's mind the focus should be on focusing on gaps and placing ones strokes into the gaps.

Practice Process Notes

3.0 **Technique Monitoring**

3.1 **Cue Cards**

3.1.1 A good method of keeping focused on the correct information is to develop Cue Cards that ensure what we are thinking about is the information that has been decided is best for each one of us individually. Different Cue cards can be developed for different situations.

3.1.2 The following Cue Card is an example of one a player might keep to read on a bus or in a hotel room before setting off to the ground or when one is getting nervous the night before. Reading Cue Cards settles nerves as when we refocus on things we know will work for us we tend to relax more. What we are doing is replacing fears with things we know work for us.

3.1.3 **Cue Card Full**

- When it is time to put the pads on it is time to get focused on batting
- **Throw downs**
 - Start with Forward and Back defence
 - Some drives on both sides of the wicket – special attention to getting leg on outside of line of ball for on side drives. Flat batters included.
 - Some back foot drives straight and into covers
 - Some cuts with full swing of bat
 - Some pulls and hooks paying attention to full swing of the bat which will result in pivoting on back foot
 - Finish with some drives and defensive shots
- **Pre batting routine**
 - Some quick muscle movement – wake muscles up
 - Stretch hamstrings and quads (helps get rid of nerves)
 - Take guard – centre
 - Make sure pitch is flat and all bits of dirt have been hammered in or removed ...
- **Stance**
 - Grip – check
 - Balance – head not too far forward, angled forward

- **Pre delivery position**
- Weight on both feet
- Hold until ball is bowled and you make a decision
- **First few deliveries**
- Keep head very still
- Play defensively front or back foot, deflect off legs and drive straight for 1 or 2
- **After first few deliveries**
- Keep head very still
- Same shots played a little firmer plus
- Perhaps a cut – depends on condition of pitch and type of bowler
- **Established**
- Play ball on merit
- Full strokes that are part of the plan and hit for 2

Summary

- Trust your routines
- Have courage
- Stay focused

3.1.4 Then the following might be an example of a card a batsman has in their pocket that they read between overs if the correct thoughts are proving hard to focus on.

Cue Card Bowler: Moving In

- Q position – pre delivery position
- Head still
- Shoulder

Between Overs

- Trust your routines
- Have courage

- Always just play ball on its merit (according to plan)
- Stay focused

Technique Monitoring Notes

4.0 Batting Plans / Strategies

4.1 Batting plans

Develop a batting plan that will be dependent on;

4.1.1 What shots to play on certain pitches.

a. All plans will include defensive shots, deflections off legs to begin with (5 or 6 balls). Then one might extend to drives off the back foot and front foot, the pull/hook and cuts depending on the condition of the pitch and type of bowler. Rarely is there a need to have more than 4 attacking shots in one's plan.

4.1.2 What shots to play to different types of bowlers on certain pitches.

a. If the ball is seaming then driving is difficult so plan should focus on deflections, drives off back foot, cuts and hooks/pulls.

b. If the pace of the pitch is slow driving is difficult (unless ball is very full) so plan should focus on deflections, drives of back foot, cuts and hooks/pulls. Lofted drives become an option if required as it may be easier to loft a full pitched ball than keep it on the ground

c. If the pitch is turning then driving is difficult unless ball is very full so plan should focus on deflections, drives off back foot, cuts and hooks/pulls

d. If the ball is swinging then driving is difficult so the plan should include deflections, drives off the back foot and eventually cuts, hooks and pulls.

4.1.3 Situation of a game

a. Strangely enough the situation of a game doesn't influence ones plan very much other than introducing shots earlier than normal (merits might change slightly). What is important is that the execution of those shots needs to be accurate / same, the only adjustment might be that a stroke might be played to a slightly different delivery that would not always require that stroke/shot to be played.

b. When a plan is formulated, then play deliveries on merit according to the plan at the time. It is important to keep adapting ones plan which will be influenced by 4.1.1, 4.1.2 and 4.1.3. Confusion arises when we are not committed to the plan (or have the wrong plan) and are in doubt and therefore the plan rarely if ever works.

4.1.4 Defensive Strokes

a. The purpose of a defensive stroke is to stop the ball hitting the stumps. Too often we get out defending when the ball was not going to hit the stumps and our intention was not to get a run. (There are times when we believe we can play a defensive shot

and get a short single and so the defensive shot is played to score a run rather than protect ones stumps).

b. Therefore defensive strokes should be played in line with where the ball pitches and the stumps. If we play forward the four inches that is the width of the bat will very nearly cover the nine inches that is the stumps.

c. If we believe the delivery will not hit the stumps and we decide we do not want to score off the delivery then we do not need to play any shot much less a defensive one and should pad off and attempt to score off the next ball.

4.2 Batting Strategies

4.2.1 When all the practice has been done and we have the courage to play all the shots we have practiced then how do we think as a batsman. What are our tactics or what strategies can we use, how can we know more about what that bowler is most likely to do? Why have they set those fields, what is the long term value of doing things like pushing the outfielders into thinking you are going to take another run when it is highly unlikely?

4.2.2 You can anticipate where a bowler is going to try to bowl by the field that is set.

a. If the fielders are on the off side then the bowler is going to try and bowl on or outside the off stump.

b. If there are slips and gullies then the bowler thinks they are going to swing the ball or it is likely to seam for a while and will bowl just outside off stump.

c. If there are fielders around the bat to a spinner then they think the ball will spin or that the batsman does not like fielders in close and can be distracted easily.

d. If a spinner has a mid-wicket and a backward square leg on the fence then you know the bowler is frightened of dragging deliveries short and fears being hit through the on side.

4.2.3 In those first few deliveries we face at the start of our innings if we leave a swinging ball the bowler will think they have to move the ball closer in to get you to play a stroke and therefore get you out. (They may of course be happy to leave the ball wide but you know that later on you have a stroke for that ball).

4.2.4 If in those first few deliveries you play an immaculate forward defensive shot that drops the ball down at your feet the bowler knows they are in for a long day and is already starting to become despondent.

4.2.5 If you get off the mark from the first ball that is bowled on your legs then the bowler knows they can't stray onto your legs therefore you are more than likely going to get a delivery outside your off stump next time (or the now striking batsman will next ball).

- 4.2.6 If you cut a ball for four then more than likely the next ball will be a full pitched ball.
- 4.2.7 If you drive well then the next ball is most likely to be shorter.
- 4.2.8 If you sneak singles then the bowler is most likely to be grumpy with the fielder and become distracted and likely to bowl a loose ball. The fielder is likely to come in slightly and be unable to stop a firmly driven ball either side of them.
- 4.2.9 If you punish one type of delivery then you will most likely get the opposite delivery (of course we are presuming the bowler can bowl pretty much where they want to).
- 4.2.10 If we are always pushing fielders into running quicker then that is less energy they will have later in the day and may well cause a run out or dropped catch or some negative reaction caused by tiredness both physically and mentally.
- 4.2.11 We should also look after the pitch. Years ago it was called 'gardening'. Make sure all sprig marks are tapped flat, that all loose bits of dirt or grass are removed from the potential landing area, thus making the landing area or where the ball will land as solid as possible (like it has been rolled) giving you the best opportunity to be able to predict how the ball will react upon pitching.

4.3 Emotional Control

- 4.3.1 Often we get out after we have played a great shot or haven't scored for some time. To be able to control ourselves and keep our heart rate and excitement levels on an even keel, the following may be of some help. One example of a method for maintaining focus and an even mental approach that helps with scoring runs and making big scores is;
 - a. Have targets of 3
 - b. When you get three you might say to yourself something like "well done now get 6"
 - c. When you have scored 6 say "well done now get 9".
 - d. Of course if you hit a boundary you add 3 onto that and so on.
 - e. The reason for adding three is that it puts you into a frame of mind to be happy to just score and not focus on hitting boundaries only. Add this mental approach to the technique outlined in this resource plus the focus on Q positions and if a good plan is developed and executed properly (deliveries played on merit), boundaries will result from good execution which should be the desired outcome rather than the hitting of boundaries/sixes being the desired outcome. If a cricketer develops the strokes as outlined in this resource, then a batsman should be able to score runs off most deliveries after an appropriate settling in period.

4.4 Setting/Chasing Targets

- 4.4.1 Another important strategy when setting targets or chasing targets is that you should continue to keep things consistent and simple and just play each ball on its merits.
- 4.4.2 This means that if we get four balls in a row that should be hit for four then that is what we should do.
- 4.4.3 If we get 8 balls in a row that we should defend then that is what we should do. However if we have mastered enough strokes then rarely if ever after we are set, will we face 8 balls that we can't score at least some runs.
- 4.4.4 We should understand that punishing a poor delivery not only puts pressure on the bowler but also on the captain who must decide whether to drop fielders back and give away a single or keep fielders up and risk giving away another boundary.
- 4.4.5 Every good delivery a bowler bowls is a ball nearer to them bowling one that can be punished. It is impossible / rare for a bowler to continually bowl deliveries that can't be scored from.
- 4.4.6 Every single that is scored puts pressure on the bowler, fielder and captain. Bowlers do not like batsman scoring off them and that more often than not becomes their focus.
- 4.4.7 To believe as a team you should score off every or most deliveries is to accept this should be acceptable when your team is bowling.
- 4.4.8 To not respect opposition bowlers is the first step in being dismissed.
- 4.4.9 To lose a wicket is to waste extra deliveries starting another partnership.
- 4.4.10 The more strokes you can play the more balls you can score off. To rely on just 'hitting' balls in gaps is to rely on natural ability (and luck) rather than technical skills and all the things you have practiced.
- 4.4.11 To be frustrated by deliveries that you can't score from is to accept you haven't got a cricket stroke to cope with that delivery. Identify where you are struggling to score and learn how to play the appropriate stroke. There is a cricket stroke for every delivery and the slog is not one of them.
- 4.4.12 To focus on runs per over rather than the strokes that need to be played is to be focused on the 'What to do' rather than 'How to do it'.
- 4.4.13 If this is all accepted by a cricketer then they are more likely to be able to accept that depending on bowlers, pitches, fielders, captains, weather conditions, outfielders and the occasion there will be a range of ways to build targets or achieve targets.

- 4.4.14 Some days by playing deliveries on merit you will chase/set totals with pretty much an even number of runs per over being achieved. Other days you might have periods where runs are easier to score than others and can be due to bowlers who are 'targeted' or bowlers who suit certain batsmen or bowlers who don't suit conditions etc. To expect as of right that you should score 5 runs per over (or whatever) is to lack the understanding of the range of ways totals are actually achieved.
- 4.4.15 When batting first to have a target in mind can be limiting or stifling. So often we hear players being interviewed before games saying 'X' will be a good total. This then tends to set expectations and players are content when the resulting runs per over are achieved when in fact their thinking has limited the total that could be achieved by forgetting about a total and playing each ball on its merits. Those that have the 'play a ball on its merits' thoughts talk about "playing one ball at a time" or "one shot at a time" as one should not believe they can anticipate what is going to happen.
- 4.4.16 Be masterful in shot execution, have enough strokes to cope with most deliveries (shadow batting and throw downs), have practiced shot selection (net practice) and directing your strokes into gaps or space (open wicket practice) and play each ball on its merits and you might be surprised what totals you can achieve/set.

Batting Plans / Strategies Notes

5.0 Running Between the Wickets Program Specifics

5.1 Running as the Striker

- 5.1.1 Communications is the key to effective running between wickets.
- 5.1.2 Calls should be kept to a minimum and remain simple and easy to receive – Yes, no and wait are still the most effective calls. When no is called don't keep running and then look to blame the other batsman. Wait means stop and assess. Yes means run those next 3-5 metres as quickly as possible and listen for instructions when crossing mid pitch.
- 5.1.3 Each opportunity of a run should have a clear and loud call.
- 5.1.4 The most used call is wait, which should be followed quickly by either yes or no or sometimes another wait.
- 5.1.5 Clear communications while passing mid pitch cannot be over emphasised as this saves excessive ball watching which in turn saves time. Again clear simple communications minimises confusion/disasters. Communications like “look for two” or “she has a good arm” or “easy two” or “run” keeps wickets intact which keeps momentum going.
- 5.1.6 When judging runs one has to include the athleticism and ‘general between wicket skills’ of the other batsman.

5.2 First Three Metres

- 5.2.1 Speed over those first 3-5 metres is important when running between wickets as if those metres are always focused and quick then the rest of the run can be reassessed and appropriately dealt with.
- 5.2.2 Carrying the bat efficiently allows a batsman to move better and be ready to slide or dive or turn quickly and therefore be more effective.



5.3 Turning

- 5.3.1 When turning one should get the bat grounded over the line (by sliding the bat) as quickly as possible which allows a shorter distance to be run and therefore the potential for more runs to be scored.
- 5.3.2 Facing the side of the field where the ball is being fielded is imperative.
- 5.3.3 Ball watching while running will be minimised if good communications occur when crossing mid pitch.
- 5.3.4 If it is going to be your call and you are about to turn at the other end of the pitch, you should look and assess what is happening (even after mid wicket instructions), then turn and move three or four metres out of the crease and make the appropriate call.
- 5.3.5 When completing a run it is important not to run too far past the crease as if there is a miss-field that extra distance run may mean another run cannot be taken.
- 5.3.6 Always watch the ball even if you think nothing else will happen.

5.4 Running as the Non Striker

- 5.4.1 Face the bowler when backing up.
- 5.4.2 Do not leave the crease until the ball is released by the bowler.
- 5.4.3 Watch carefully the stroke the striking batsman is about to play.
- 5.4.4 If it is not a straight back down the wicket stroke then you should be walking briskly (even breaking into a jog) just after the time of contact especially if the intended stroke is to an area when runs should be scored. This should be agreed between the two batsman and be obvious according to where the fielders are placed. Even if you are 5 or 6 metres out of your crease you should be able to get back in plenty of time if there is no chance of a run.
- 5.4.5 Backing up batsman should rarely if ever get run out at the strikers end taking a single as they should only have approximately 10 to 12 strides to take after the striker plays the ball.



5.5 Reality of Taking Singles

- 5.5.1 When a ball is hit square or behind square most attempts to execute a run out will be made to the strikers end and should rarely if ever occur as non-striker has the shorter distance to run (10 or 11 metres) and be moving when the call is made by the striker if the ball goes square or the non-striker if the ball is hit behind square.
- 5.5.2 When a stroke is played mid-wicket on either side both batsman are at risk and as the striker is calling they assess that they have further to run so judgements are made mainly on whether the striker can get safely to the non-strikers end.
- 5.5.3 If a stroke is played to mid off and mid on then the striker is mainly at risk as they have the full 18 metres to run and the success of the event will be determined on the strikers call.
- 5.5.4 When setting targets to get singles it must be remembered that when you are fielding you are expected to save all singles yet when you are batting you are expected to pick up singles regularly. While singles are important punishing the bad ball is much more important as then fielders will go back into defensive positions and singles are more likely to be able to be taken to those fielders. A single is never worth a run out, yet with good all round running between wicket skills run outs will rarely occur.

Running Between Wickets Notes

6.0 Batting Planning Templates

6.1 Cue Card Development

Cue Card Full

Throw downs

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- Pre batting routines

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- Stance

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- Pre delivery position

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○

- First few deliveries

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○

- After first few deliveries

○

○

○

- Established

○

○

- Summary

○

○

○

○

Cue Card Development

Brief

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-

Between Overs

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-

Bowler Running In

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-

_____ (Add your own)

-
-
-
-

6.2 Batting Plan Template

Bowlers Name:

Bowling Type:

What I know about the bowler
(strengths / weaknesses)

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-
-
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A batsman will have some/limited knowledge of bowler and pitch conditions therefore will have some idea of what strokes they might play at the start of their innings, however these will rarely change from the three or four core 'starting strokes'. Moving to the next stage within the first three stages might be done reasonably quickly depending on conditions, the game format and situation of the game. Assessing conditions from the non-strikers end should also be included in assessing the bowler's abilities on the day and pitch conditions (pace of pitch, type of bounce, seaming, spin etc). The strokes of each stage are added to the strokes allocated to the previous stage or stages. Specific decisions should be made to move onto the next stage (or move back a stage) and could be progressed through discussions with the other batsman 'between overs'.

	Pitch Type	Seaming Pitch or Ball Swinging	Flat Pitch	Spinning Pitch
Stage	Time in Innings	Shots to play	Shots to play	Shots to play
Stage 1	Getting Started	- - - -	- - - -	- - - -
Stage 2	Pitch Assessed	- - -	- - -	- - -
Stage 3	Establishing Command	- - -	- - -	- - -
Stage 4	Maximise Opportunity	- - -	- - -	- - -