

BATTING DRILLS DOCUMENT

BATTING FUNDAMENTALS

BE BALANCED

BE IN A POSITION TO PICK UP ALL THE INFORMATION YOU NEED
ENSURE THAT YOU'RE ABLE TO MOVE EFFECTIVELY

TRANSFER WEIGHT

GIVE YOURSELF THE BEST OPPORTUNITY TO EXECUTE YOUR SHOT
MAXIMISE CONTROL

CREATE POWER & FULL FACE

USE HANDS EFFECTIVELY TO CREATE ENERGY INTO THE BALL
CONTROL THE BAT FACE TO MAXIMISE CONTACT



BATTING VS. SEAM
TOP HAND DRILL

BATTING VS. SEAM
BOTTOM HAND DRILL

BATTING
BAT FACE SQUASH

BATTING
WEIGHT TRANSFER

BATTING VS. SEAM
PLAYING LATE

BATTING VS. SEAM
BAT FACE & LATE

BATTING VS. SEAM
BACK FOOT PLAYING LATE

BATTING VS. SEAM
IDENTIFYING LENGTH

BATTING
BALANCE

FRONT FOOT PLAY VS SEAM

KEY POINTS

PUSH YOUR HEAD INTO THE
LINE OF THE BALL
PLAY THE BALL LATE

BE BALANCED & CONTROL THE BAT FACE
OFFER A FULL FACE OF THE BAT
TO MAXIMISE CONTACT

CREATE A BASE TO ALLOW YOUR HEAD AND HANDS
TO WORK TOWARDS THE BALL
AVOID FALLING OFFSIDE OR LEG SIDE OF THE BALL



BATTING VS. SEAM
TEE DRIVES

BATTING
BOBBLE DRIVES

BATTING VS. SEAM
FRONT FOOT DRIVES

BATTING
MARNUS DRILL

BATTING
PLAY & LEAVE

BATTING
PLAY LATE GAME
FRONT FOOT

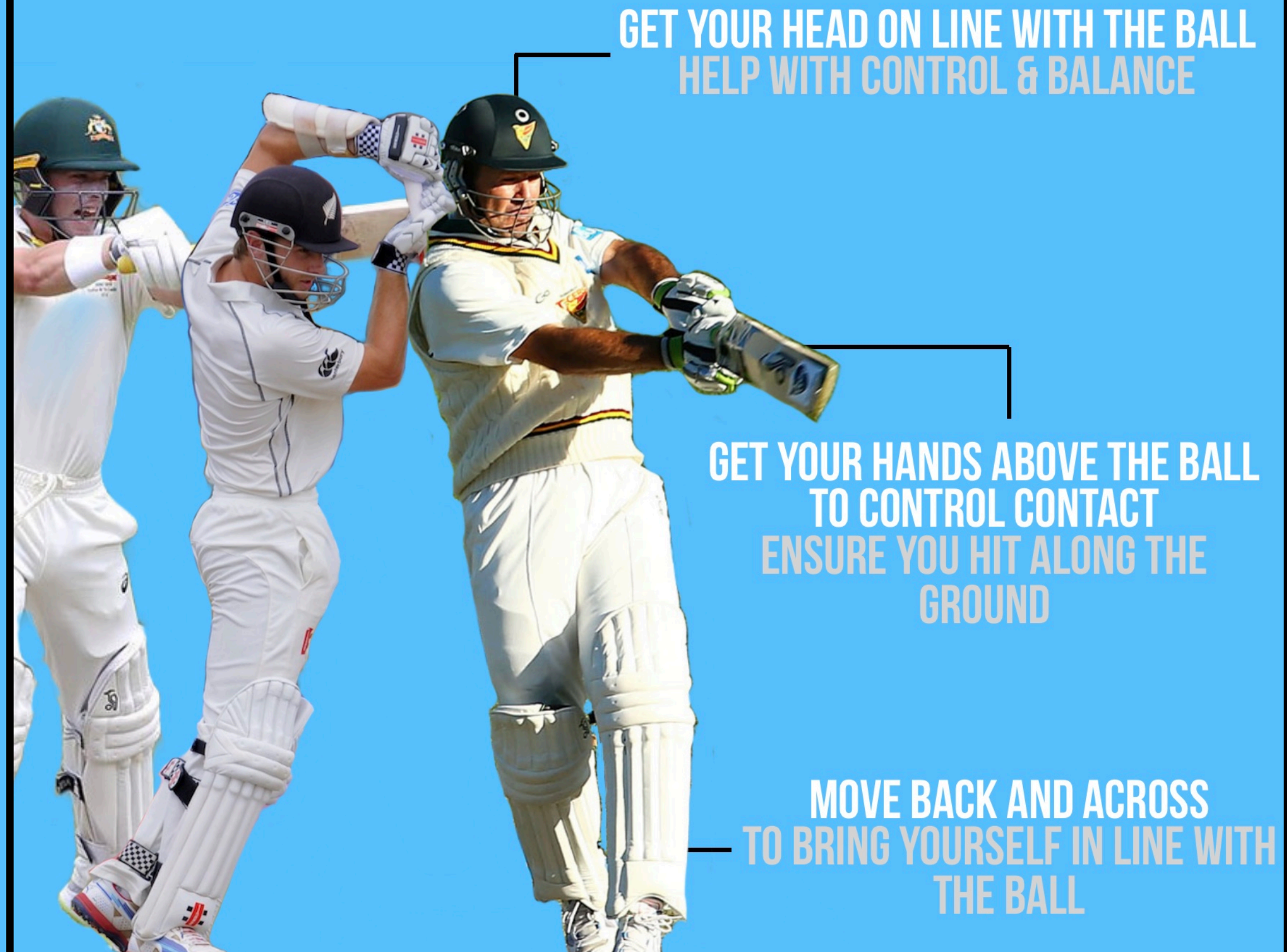
BATTING
PLAYING LEG SIDE

BATTING
THROWS FROM BEHIND

BATTING
OVER & AROUND

BACK FOOT PLAY VS SEAM

KEY POINTS



BATTING VS. SEAM
TEE CUT SHOTS

BATTING
TABLE CUTS

BATTING VS. SEAM
CUT SHOTS

BATTING
PLAY & EVADE

BATTING VS. SEAM
TEE PULL SHOTS

BATTING
TABLE PULLS

BATTING
PULL SHOT BALANCE

BATTING VS. SEAM
QUICK FIRE PULLS

BATTING
BACK FOOT BALANCE

BATTING
TABLE PUNCH

BATTING VS. SEAM
BACK FOOT PUNCH

BATTING
PLAY LATE GAME
BACK FOOT

MOVING FEET V SPIN

KEY POINTS

KEEP EYES LEVEL TO IDENTIFY LENGTH
TRY TO AVOID GETTING
CAUGHT ON THE CREASE

CREATE ANGLES & FIND WAYS OF
MANIPULATING THE BALL
DON'T LET THE BOWLER SETTLE IN

MOVE QUICKLY AND POSITIVELY
GET AS CLOSE TO OR AS FAR AWAY
FROM THE BALL AS POSSIBLE



BATTING
IDENTIFYING LENGTH
VERSUS SPIN

BATTING
TEE HIT OVER TOP

BATTING
HIT OVER TOP

BATTING VS. SPIN
BACK FOOT

BATTING VS. SPIN
OPENING UP OFFSIDE

BATTING VS. SPIN
BACK FOOT TARGETS

BATTING
VS SPIN BALL

BATTING VS. SPIN
TEE USING FEET

BATTING VS. SPIN
USING FEET

DEFENDING V SPIN

KEY POINTS



PUSH HEAD TOWARDS THE BALL
ALLOWING YOURSELF TO
PLAY UNDER YOUR EYES

HANDS OUT IN FRONT OF YOUR PAD
ANGLING BAT & BALL INTO THE
GROUND

TAKE FRONT PAD INTO LINE OF THE BALL
PRESS INTO THE BALL

BATTING
TOWEL GAME

BATTING
DEFENDING PROGRESSIONS

BATTING
PLAY LATE V SPIN

BATTING
DEFEND GAME

SWEEPING

KEY POINTS



HEAD TOWARDS BALL & EYES LEVEL
ALLOWING YOU TO WATCH THE BALL
AND CONTROL CONTACT

ARMS EXTENDED
ALLOWING YOU TO SMOTHER THE BALL
AND HIT WITH POWER & CONTROL

STRONG BASE WITH FOOT TO
LINE OF THE BALL
SUPPORTS HEAD & HANDS

BATTING VS. SPIN
TEE REVERSE SWEEP

BATTING VS. SPIN
BOBBLE REVERSE

BATTING VS. SPIN
REVERSE SWEEP

BATTING VS. SPIN
QUICK FIRE SWEEPS

BATTING
TEE SLOG SWEEP

BATTING
SLOG SWEEP

BATTING
PADDLE SWEEP

BATTING VS. SPIN
TEE SWEEP

BATTING VS. SPIN
BOBBLE SWEEP

BATTING VS. SPIN
SWEEP

BATTING GAMES

BATTING
LEGSIDE ONLY

BATTING
OFFSIDE ONLY

BATTING
CLEAN CONTACT

BATTING
USING SPACE

BATTING
HITTING GAPS

BATTING
ROUND THE CLOCK
VERSUS SPIN

BATTING
ROUND THE CLOCK
VERSUS SEAM

BATTING
FOUR SHOT GAME

BATTING
OFFSIDE/LEGSIDE

BATTING
3 RULES GAME

BATTING
USE FEET GAME

BATTING
SWEEP GAME

BATTING
BEHIND / INFRONT

BATTING
BACK FOOT GAPS

BATTING
TOWEL VS SPIN