

Batting

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The Basics of Batting

These teaching points can be quickly reviewed at the start of each lesson.

A good batting technique relies on;

- The batter holding the bat properly (**grip**)
- Standing with the bat correctly (**stance**)
- Lifting the bat back ready to hit the ball (**backswing**)



Grip

- Hands together near the top end of the handle with all the fingers curled around it.
- Arms must not be crossed.



Stance

- Stand sideways on to the bowler or server.
- Feet comfortably apart with one foot either side of the crease (line).
- Have your head facing the bowler with your eyes level



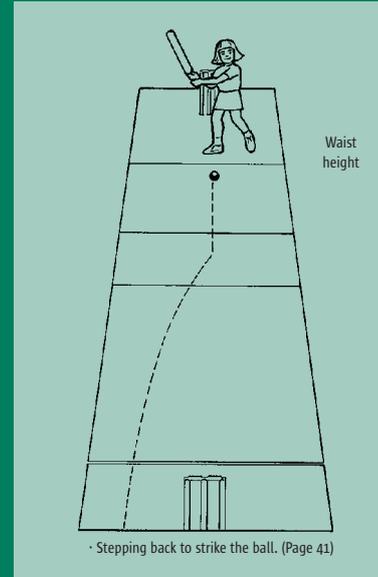
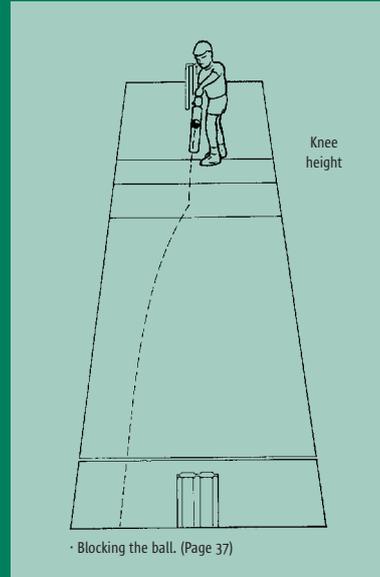
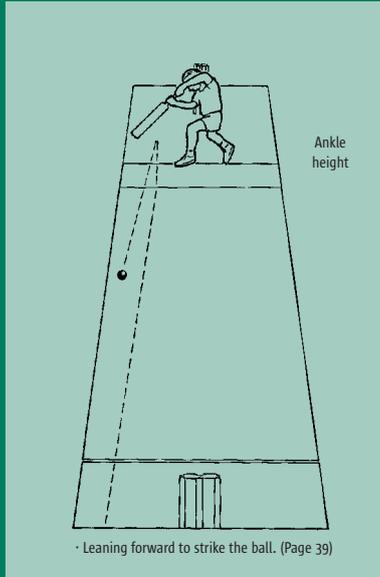
Backswing

- Swing the bat back straight above the stumps

How to choose which shot to play!

Batters need to play different shots depending on where the ball bounces.

The batting cards are lessons which focus on these shots individually.



Skill

Blocking the Ball

Time

20 mins

Aim

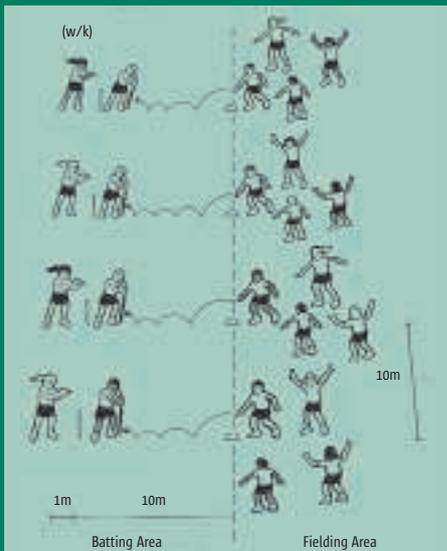
To block a ball that will hit the stumps

Equipment

Each group has a bat, tennis/soft ball (foam for indoors), set of stumps/skittle & a cone. Use an existing line to divide areas.



Organisation



Instructions

- 1 Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
- 2 Each group has a batter, server & wicketkeeper (w/k). Others act as fielders.
- 3 When the batter calls 'ready', the server underarms the ball to reach the batter on the 3rd or 4th bounce.
- 4 Batter leans forward to block the ball with the bat next to front leg.
- 5 **Safety. The ball must be blocked, not hit with power.**
- 6 **Safety. Only the w/k & batter are allowed in batting area.**
- 7 Each batter has 3 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

Catchphrase

Grip with your top hand tighter and your bottom hand looser!

Teaching Points

Remember page 35.

- Dip head and shoulders over the ball.
- Front foot moves near to the ball and the knee bends.
- Bat is brought straight down (vertical) next to the front leg to block the ball.

Ideas for progression

Batters attempt to block the ball softly enough so that it does not reach the server.

Server underarms the ball one bounce for the batter to stop.

Each team has 2 attempts per person: 1 point for stopping the ball, 2 points for stopping the ball and keeping it in the batting area. Teams keep their own score. Highest team score wins.

Skill

Leaning Forward to Strike the Ball

Time

30 mins

Aim

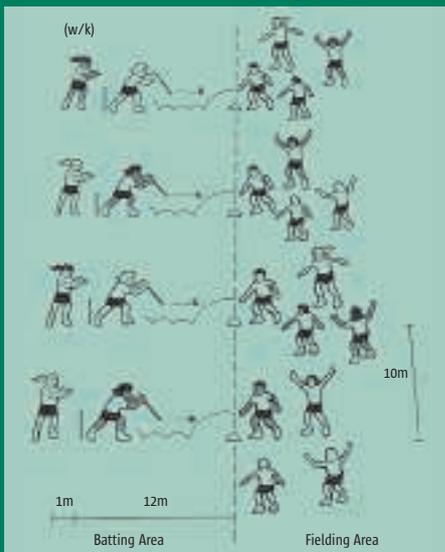
To lean forward and strike a ball that is bouncing one pace in front of the batter.

Equipment

Each group has a bat, tennis/soft ball (foam for indoors), set of stumps/skittle & a cone. Use an existing line to divide areas.



Organisation



Instructions

- 1 When outside, use a flat surface, e.g. a playground.
- 2 Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
- 3 Each group has a batter, server & wicketkeeper (w/k). Others act as fielders.
- 4 When the batter calls 'ready', the server underarms the ball to reach the batter on the 3rd or 4th bounce.
- 5 Batter leans forward to strike the ball along the ground.
- 6 **Safety. The ball must be blocked, not hit with power.**
- 7 **Safety. Only the w/k & batter are allowed in batting area.**
- 8 Each batter has 3 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

Catchphrase

Keep the ball on the floor and you will score more!

Teaching Points

Remember page 35.

- Dip head and shoulders over the ball.
- Front foot moves near to the ball and the knee bends.
- Keep head down and swing the bat straight through (vertical) to strike the ball.

Ideas for progression

For each group create a 5m wide target by using 2 cones, placing them 3m behind the server. 1 point every time a batter gets the ball through the target having bounced at least once. Each group member has 3 attempts. Highest team score wins.

Narrow the width of the target or increase its distance behind the server.

Decrease the number of bounces before it reaches the batter, e.g. 2.

Skill

Stepping Back to Strike the Ball

Time

30 mins

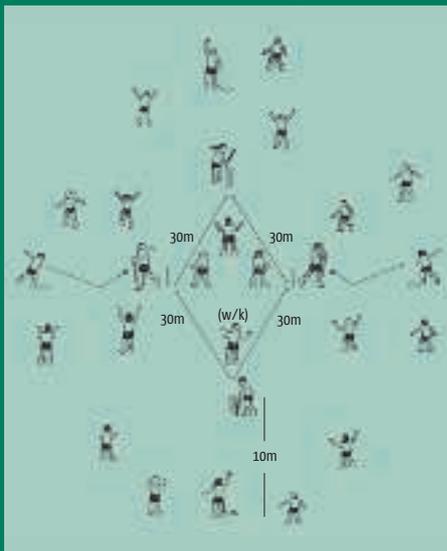
Aim

To step back towards the stumps, to strike a ball bouncing up at waist height.

Equipment

Each group has a bat, tennis/soft ball, set of stumps/skittle & a cone.

Organisation



Link Cards

55

Instructions

- 1 For safety reasons this skill is usually only possible outside on a playground or field.
- 2 Split into equal groups, according to the number of bats. Groups of 5/6 are ideal.
- 3 Each group has a batter, server, wicketkeeper (w/k). Others act as fielders.
- 4 Groups occupy their own large area. No fielder closer than 10m to the bat.
- 5 When the batter calls 'ready', the server throws the ball hard (overarm), one bounce to reach the batter at **waist height**.
- 6 The batter steps back and attempts to hit the ball by swinging the bat across their body.
- 7 Each batter has 5 attempts, the wicketkeeper becomes the next batter and everyone in the group rotates position clockwise.

Catchphrase

Keep your head still to perform this skill!

Teaching Points

- As the ball is thrown, take a step back towards the stumps.
- Now bring your other foot back, so that both feet are apart facing the bowler.
- Keep your head still and watch the ball.
- Swing the bat across your body, hitting the ball with arms at full length.

Ideas for progression

Using the same lesson format, create a game situation: Having hit the ball, the batter scores runs by running to the server's cone and back (2 runs). This is done as many times as possible whilst the fielders collect the ball and return it to the server by the cone. Each batter has 3 attempts. No runs are scored if the batter is bowled, run out, caught or hit wicket. Total the 3 attempts and the highest individual score wins. **Safety: Take great care when retrieving the ball from other areas.**

Using the same lesson format. The players bat in pairs, one at each end. Each pair has 6 attempts between them. The highest pair score wins.