

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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## **Lecture 11: KEY POINTS**

Hello everyone, welcome to this session, which is in the second week. Today we will talk about the critical aspects of batting techniques. Whatever we have discussed in the practical session, today we will discuss a little bit, key points, some errors, and the solutions. The batting tactics are grip, back-lift, vertical shots, and all. First, I will talk about the grip.

In today's class, we demonstrated how to grip the bat and explained the key points. But from a theoretical point of view, I will talk about the grip. So, grip the bat with both hands together. In the middle of the handle, the V's, are formed by the thumb, and the forefinger of the bottom hand. V pointing at the splice. And the top hand V between the splice. And the outrage. The top hand plays. The role of a guide. And the bottom hand gives Power provider. So, these are the key points of the grip. Next, we will talk about the common errors of the grip. If a player is unable to hold the bat properly, then what will be the result? That we will discuss right now. In grip, the error is Holding the bat handle too close to the blade.

And what will be the result? It will provide more control but less power. If the batter holds the bat handle near the top, the result will be less control but more power. If the batter holds the bottom hand V will be away from the splice towards the inside edge, and the result will be the blade of the bat closing at the time of impact.

If the bottom hand V is away from the splice towards the outside edge, the result will be the blade of the bat opening at the time of impact. So, these are the common errors in the grip and the outcomes of the errors we have discussed. As a coach, we must know about these common errors. By seeing the technique of the batter, where the ball is going, the batter intends to hit the ball straight, but the ball is going towards the left side or the upside. And this may be because of the errors in gripping the bat technically. So, as a coach, we must know this.

In the next topic, we will talk about Tristan's key points. We will talk in the practical session about the Stance and the importance of the stance. Now here we will talk about the key points of the stance. Feet slightly wider than the shoulder width. Weight is evenly distributed on the balls of the feet.

Points to be kept in mind: balls of the feet, knees flexed. Front shoulder facing the umpire at the bowler's end. Eyes level to get a clear view of the ball, and head still. These are the key points of this stance. If you want to have a very good stance, these are the key points you must follow whenever you are teaching.

Now, the common errors. There are some common errors in the stance, and the errors and their outcomes. See this. You see, or the coach sees, that the knees are steep and the weight is on the heels.

Then the result will be that it will hamper quick balance movement back and forward. If the eyes are not level, it will impair vision. If the head is too far over, the body will tend to fall to the upside during shots, and balanced play on the onside will be difficult. So, these are the common errors of stance, and what will be the result? In the back lift, again, we have already discussed this in the practical session.

Now we will talk about the basic key points of the back lift. Initiate the back lift with the top hand. Lift the bat behind by cocking the top hand wrist. The toe of the bat is close to the back shoulder. Bottom hand, thumb, and fingers touching the handle.

The bat is lifted between the upstream and second slip. The common errors. As a coach, we must know the common errors in back lift. What are the errors? Let us start with initiating the back-lift.

If the batter is unable to initiate the back lift at the proper time, it affects making an impact. The second one is controlling the back with the bottom hand. If the batter is controlling the back with the help of the bottom hand, then... There will be chances to hit the ball upward. It means the upward shot will come.

The ball will be in the air. The back-lift was directed too far. Outside the upstream. It means playing across the forefoot. Arms are taken away from the body.

The result is a gap between that and that. These are the common errors and the outcomes of back lift. Now I will talk about some guidelines for back-lift. What are they? Keep the head still for better judgment.

Correct timing of back-lift. To be coordinated with the bowler's delivery stride. It means whenever the bowler is in the loading phase, the backflip will be initiated. And keep the hands close to the body. These are the three common guidelines in backflip a coach must know.

Now, we will talk about the initial movement. It is very important. Whenever a batter is pressing a ball, before pressing the ball, before judging the ball, the batter should make an initial movement. But it is not necessary that a batter should go for that. It is the choice of the batter.

It should be done with the back foot landing of the bowler along with the back lift. Or we can say at the time of loading, along with the back lift, the initial movement should be done. What will be the foot movements? The back foot should move across and simultaneously the front foot should move across and forward. Both movements should be small.

But it should be cut in line. Preferably not to be taught at the beginner's level. Next, there are several shots in vertical shots and vertical back shots. We have already discussed they are front

foot drive, front foot defense, front foot leg glance, back foot defense, back foot drive, back foot leg glance, and stepping out to drive. So just we will talk about the key points.

In the front foot drive, the front foot goes to the pitch of the ball, taking it on a half volley. The bat comes down from a higher back-lift with acceleration. At the time of impact, the face of the bat clears the ground. At the point of contact, the body weight is on the front foot, and the front knee is bent. The top hand controls the shot, and the bottom hand provides the power.

The full face of the bat, and the duration of the shot, are maintained for as long as possible in the follow-through. These are the key points of the front foot drive. Now we will talk about the front foot defense. This is very important for a batter to defend a ball. How to defend a ball.

The first key point is the front foot placed as close to the pitch of the ball as possible. The front knee is bent to test for body weight. The back foot comes down close to the body to contact the ball, which is right under the head. Rise back slightly ahead of the front head, top hand firm, and bottom hand soft. The full-face Figure 9 will be maintained. This is a coaching point; Figure 9 has already been mentioned in the practical class. So, during the front foot defense, figure 9 will be maintained, and there will be no follow-through. The next one is the front foot leg glance.

It is a variation of the front-foot defense. It is a deflection of the legs. It is a deflection to the leg side by using the speed of the ball. It is played to a ball that is on the leg stump but not coming to me. At the time of impact, the bat should be as vertical as possible.

The top and wrist are rolled, and the bat is turned to deflect the ball at the time of impact. This stroke is played in line with the outside edge of the front pad. These are the key points of the front-foot leg glance. Now, in front foot shots, there are some common errors. It means taking a small initial step first.

Secondly, leaning back at the point of contact. And the third one is playing the ball too far in front, away from the body. So, these are the common errors in front foot shots. So, these are the key points of batting technique: the grip, stance, back-lift, and the front-foot shots, vertical shots. As a coach, we must know these key points, the common errors, and their solutions.

What was the outcome? We have already discussed this in the practical class, and here we have talked about the theoretical aspect of these two points one by one so that we understand better from practical to theory. So, thank you, everyone. Thank you.