

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 12: BACK FOOT DEFENSE

We will go to the next session, the next skill, which is backfoot defense. This is also a vertical shot. In the back foot shot, we have brought the bat up and down vertically. That is why backfoot defense is also a vertical shot. The difference is, this is the way forward.

In the front foot drive, we were playing the shot with the front foot. Instead, in the backfoot defense, we will play the entire shot from behind. It means we will take the back foot from behind and play it from the side of the shot. Why? Why should we go to the back foot?

In the front foot, the ball, the half ball that was in front of my reach, we are going to drive as per the ball. Next, Which ball are we playing back foot shot? The short-pitch ball is far away from the batsman. We cannot play that ball with the front foot.

To reach that ball, we need to go back and open the ball in position. Alternatively, if we are on defense, we should play a short off-line ball. We will play by looking at the backfoot defense. So, when we do the back foot defense analysis, we will know the position of the ball, where the ball will fall, and at what height. This backfoot defense ball, the ball we will play which is pitched on the shot of length, and height, and will be at waist level to chest level.

At this point, we will Back foot defense curve, so in shadow, if we see, if we look at the side view. Here we can see how we will do back foot defense in shadow. So now I am showing with the ball. When the ball comes at the same level, we will do back foot defense.

Now we have seen the full shot, with the ball, without the ball, how we will play backfoot defense. Now if we take these two points and compare them, what will happen? The backfoot will go back and across when we play backfoot defense. What is back and across? See,

Look at my back foot. The back foot will go back and across. See, Okay So, if we normally say, back foot across. So, I will teach you. As a coach, we need to know the back foot will go back and across. See, an angle is created. So, if we direct it, the back foot will go back and across.

Towards the line of the ball, and the ball line will be onto the stump. So, on the stump line, I have to move back and across with the back foot. See, okay, Now, the foremost important thing is that when I move my back foot back and across, my shoulder will be deep.

To watch the ball properly. See, okay, the shot of the ball is on the ball. I will dip my body and see,

In this case, in this position, my back will have a high back lift. Look at my back position. High back lift. Okay, from this position, where is my body weight?

The Bodyweight I have transferred to my back foot. Okay, Now, from this position, I will have to place the ball on my chest. Because this is defense.

I will not play the ball from a long distance. That is why I am playing defense. In that case, I have to kick with the front foot. I have to bring the back foot closer. See, just like this. Okay, From a high back lift, downswing the bat. See, Downswing the bat and move the ball under your eyes, I must move the ball under my eyes, Elbow The top hand elbow will be high. See, Look at my elbow. It is high. Okay, And the top hand is firm. The top hand grip will be firm. And the backhand.

The bottom hand. The bottom hand will be relaxed. It is not too tight. It is not too loose. It will be in a relaxed position.

In this position. There are a few things you need to keep in mind when you do back-foot defense. I will show you the side view. You will understand better. See,

I did a back foot, backhand across with a shoulder dip. High back lift. See, how is my back foot? How is my front foot?

How is my back foot moving? You can see there is a gap. This gap is to maintain body balance. We have seen that sometimes a child tries to defend the shot.

In this case, my base of support is reduced. In this case, my body will be imbalanced. In this case, the ball will come at a very high speed. And if I defend like this, I will be unable to maintain my balance. I may fall.

Okay, that is why my front-foot position will maintain this position for back-foot defense. Look at the blade of my bat. Look at my batting blade. That blade is tilted to the left side of my stance.

Why? If I keep the bat face open, Keep it straight or open. In this case, the speed at which the ball comes, the speed at which the bat hits, the bat will tilt a little bit. If it tilts a little bit, if the

ball hits the bat and tilts, the ball can go to the keeper or the slip by touching the edge of the bat.

In this case, I can be out caught. And if I keep the bat face open from the front, the ball will automatically go toward the keeper or the slips. In this case, what should I do? See, my bat position is a little bit crossed. The bat's face is not open.

The bat's face is closed. So that, the ball is behind me. The position of the bat will be as close to the body. As close to the body. Here we use a coaching word.

Let the ball come to you and play. It is a useful word for a coach. He can use this to reinforce the players, and the batters, whenever they are in a coaching session. That is, let the ball come to you and play. So, I am in the position, to let the ball come to you and then play.

See, the position where I am playing, it is far, you know, it is too close to your body. It should not be like this, or this, or this. It should be this. It means that the bat should be placed in between both legs. You are close, the ball comes to you, and you play very slowly.

So, we have with us our demonstrator. So, first, we will go for foot placement. You know the back foot? Back foot. Defense.

So, first, the back foot will go back and across. Show me. Okay, the back foot will go back and across. You can see,

Okay, Then, from the high back lift, we can see he has not dipped his shoulder. If the shoulder stays like this, it means the ball is dipping. But the shoulder is not dipping. You have to dip your shoulder a little bit.

Just a little bit to observe the ball properly, where the ball is pitching. Okay, and automatically, whenever he dips his front shoulder, that high back lift will happen. Okay, Then, from a high back lift, what will you do?

The front foot will come near the back foot. See, here we can see that the front foot is slightly open. If the front foot is open, the body will remain open. In that case, we need to maintain a side-on position.

That is why the front foot should always be like this. Okay, And, the downswing of the bat. It will come. Do the downswing.

Downswing of the bat. See, High elbow. Firm grip. Relaxed. In the bat position, only the bat face is open. So, I will insist my player, the bat should be like this. Look at this position. Okay, So, go for the count.

So, one, come to the stance position. Okay, okay, So, one, the back foot will go back and across. Very good, Two, the front foot will go back. Okay, and bouncing off the bat and play, see here he is not raising his heel too much. It depends on the height of the ball if it is too high. See, here we have to play like this. Depending on the height of the ball.

If the height is low, he has to play like this. He has to play like this. So, the role of the knees is very important. Here. What is the role of all the joints in our body?

To absorb the kinetic energy. Okay, Shock. To absorb that, we use knees, joints, etc. So, in back foot defense or any type of cricketing shot, we use knees not only for shock absorption.

For maintaining the height low or going up. So, I am doing it here. If my ball height is low, Suddenly the ball is dipping and low, my knee will see my body position. If it is going high, see my body position. This will be the difference in the knee heights, depending on the height of the ball. OK, come to the position now with the ball. He will perform very well. Very good, Go, very good, Go, very good, Go,

Yes, Good, okay, we saw from my demonstrator. In this case, I was able to see the common errors that I was talking about.

I was able to see the common errors that I was talking about. those errors I could see them I was able to see the common errors that I was talking about. doing those errors. No.1 is his back foot. He cannot go back and across He was going more. Okay, in that case. What are my drills? When I was in the coaching session, I was able to see the common errors that I was talking about. I was able to see the common errors that I was talking about. I was able to see the common errors that I am batting here, and he is here. Okay, and here, he will mark the line of the off-stump. Okay, Now, I will insist my player go like this.

So that he marks and touches. See, See, If I do this, I get a sense. The batter will get a sense that he can cross the backhand in the right position as he is touching the marker on the line of the off-stump.

Number one. The second number is, when the front foot is in the back, he opens his front foot. So, if the front foot is opened, my body will be open. For that, when I was batting in the demonstrator, he was batting like this.

He was batting with an open chest. However, you need to focus on his side and position. So, how do we achieve this? Your player will already be back and across. Watch carefully, like this. Now, instruct your player to move his front foot in this manner. See, if you practice this thing repeatedly, you will develop muscle memory. And ultimately, it will not be an open chest. In that case, it will probably be maintained. If the ball comes on the body line, obviously, the way my feet were going this way, my feet will be a little bit towards the cover.

Then I will play the ball on the body line. If the ball is on the full body line. Okay, now. Pre-set drill.

To develop this technique. There was a problem with the technique. So, I will go to the pre-set drill. How will I do the pre-set drill? What is a pre-set drill?

My batter. Already back and across. Back and across. Okay, Back and across.

Okay, our batter will already be in the back-and-across position. Come into the back-and-across stance. Watch carefully. See? Like this. Is in the back and across. Now here you will go for the defense of the ball. Okay, Divide it from here. One minute.

Yes, see. Okay, go! Go again. Good. Continue practicing this technique. See? He must practice like this, even in shadow practice. Now, with the ball. How will he practice with the ball? Now, he has to be on this line. Good, Now, see,

How much development is there from the beginning? Good, See, what is the problem with the bat here in the pressure drill? The front foot keeps moving towards the heel. So, let me block it.

What can we do? We will give a tip mark here. Then we will get a sense that it will not go into the path afterward. Good, let us go, let us go once again. See, okay, So, in this way, we have to practice the backhand drill. In this case, what was my problem?

First, when he was batting, he was showing that the front foot came in and there was a problem with the impact. Okay, So, in this case, what happens? Next, the problem he can feel is that there is a problem with the bat swing. With the bat swing.

Okay, So, this will be the back wheel. My batter is already on the toes. On the toes. Okay,

Now, the ball will be fed. From this position, the batter will go and maintain the bat in this stance. See? The bat should remain in this position. Focus only on the downswing of the bat. Hold it there. Good. Yes, let's go. Good. Now we can see that there was an issue with the downswing of the bat. The batsman was coming in front of the body repeatedly. There? He was coming here. Two feet in the middle. He had to maintain this position consistently.

If we practice this movement using the pre-set drill, then I will need to correct the problem in the bat swing. Okay, good. Very good. So, what did I observe? When the batsman was swinging from the high back lift, there was an issue. If we continuously perform this drill during the coaching session, the problem with the bat swing will gradually be resolved. So, these are the common faults that a batsman does. And if we, the coach, keep the key points in mind and deal with those problems, and apply the related drills to the coaching session in a beautiful way,

then these problems will be solved. So, in conclusion, what did we know about back foot defense? The ball which is pitched on a short of length good length.

This is the height. From waist to chest. It will come in between. Body line. The ball is in the line of the stump.

We will do back-foot defense with that ball. To do back-foot defense, we must keep something in mind. The back foot will go back and across. With the shoulder dipping. From a high back lift.

Front foot. Press to the body as well, back-footed. From a high back lift, bouncing off the bat. The top-hand grip will be firm. The bottom-hand grip will be relaxed. The top-hand elbow will be high. The batsman will maintain this position. These are the things about back-foot defense. After this, we will go to the back-foot drive. How will we do the back-foot drive?