

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

**Prof. Abhijit Thander**

**Sports (Cricket Specialization)**

**IIT Kharagpur**

**Week 03**

**Lecture 18: Step Out**

Hello everyone, Welcome to the next session of batting the vertical shots, moving out and drive, or stepping out and drive. It is a very good-looking shot—an attacking shot that players sometimes use in typical conditions or on certain types of pitches. The batter uses this shot against a spinner or a pace bowler to score runs. This is an attacking shot. This shot is played under certain conditions. When the batter tries to create pressure on the bowler, sometimes the batter moves out and drives.

They use the shot. However, at that moment, the pitch conditions were different. Where there is good spin, there are good pitch conditions. To disturb the line and length of the spin ball, the batsman steps out and drives. In our days, we saw Michael Bevan from Australia, who used to step out very well. He was a wonderful player. Now, let's learn about this technique in detail and discuss these technical points.

How do you play this shot, and at what level? First of all, which ball will you play? When the ball is released by the pace bowler or the spinner, it is now in the air. When you are batting, you allow the ball to travel to a certain level. At that moment, you have to decide to step out and drive. The ball often goes to the good length spot again and again, disturbing the batsman.

In that case, to disturb the good length spot in bowling, I step out of the reach of the good length outside the batter's reach. I step out, reach, and score the drive. So, first, I am showing a demo of this. Then I will say the key points one by one.

This is the phase of stepping out and driving or moving out and driving. The key points are the mechanics we learnt earlier; the key points of the driver will be followed. As I am in the back lift, my front foot will go straight first. The front foot goes straight, then the back foot crosses the front heel like this. Look at this position.

It is a very important position. From this position to this. See? Okay? From this position, I have to get it right. I have to drive to where the ball is reaching. If it is straight, then I will drive. So, I will drive from here to here. What does it mean? The stance that I made here, I have made this stance here. I take the feet from this stance to different places, and I drive. I am going to take this face here, and I am going to try to hit those shots with my front foot. The important thing is that first, the first particle has to come out straight. Look at this position, okay? Then, drive.

If I practice this with the ball, then I am going to show you how to do it. First, I am going to show you how to hit the ball step by step. Then, I will show you step by step. When I teach you, I will teach you where to drop the ball and how to do it in a stationary position.

I will come back later. But first, I am going to show you the ball. In this way, the batter steps out and drives. This was the actual phase of moving out and driving. Now, we have a demonstrator.

I will show you how I practice as a coach and how I correct the faults related to air. You take a stance. Okay. First, you go for a shadow practice. Okay. Front foot forward. Cross your foot. And drive. Okay.

Because you have to reach towards the ball. Now the ball is here, and you do not know which side it can drop. So, the front foot always goes straight and a little bit longer. Okay? Good.

Very good. Once again. Very good. I have made the whole phase step. Now, how will I practice phase-wise?

The front foot will go straight. Three, the back foot will go back. Fourth, the front foot will again go straight and drive the ball. So, this will be the phase. Once again, go there. Okay. So, one, two, three, and drive. Very good. One, two, three, four, and drive. Very good. Once again. One, two, three, four, and drive. Very good. Wonderful.

Now, we were doing it in four counts. How do we do it slowly? We will do it in fewer counts. It means we will do it on three counts. One. Same. Two. Three. And drive. Very good. One second, come. One. Two. Three. And drive. Very good. So, we will do this in fewer counts. We can practice with one count, two counts, or three counts. So, one and go. So, one and go. Very good. Once again. One and go. Very good.

Now here, we made a mistake. Our batter is jumping a little. In Step Out and Drive or in Moving Out and Drive, you should not jump. So here I saw my batter jump. Do not allow jumping.

Because if we jump, the level of the plane will be disturbed. Okay. This level is disturbing me. In this case, what will happen? The line and length of the ball will be difficult for me to judge.

In this case, if it is a spinner, if I cannot judge the spin ball if the bat misses me, then I may go for the stump or the wicketkeeper, and I can be bowled. I will not be able to do what I intended to do. So, I will not be able to jump here. Simple. Simple, follow.

Okay, so in this way, by walking, we have to do this. One second, come on. One and go. Ready? One and go.

Very good. Come on, once again. One and go. Very good. Now, we have seen here.

We have checked a lot. We have jumped here a few times. We have not seen that jump here again. Now, what are the common faults made by a batter while they are playing this shot?

When? Before releasing the ball. Before releasing the ball, the batter should decide. The bowler will check. The bowler will understand.

The batter is trying to move out and drive. In that case, the bowlers change the line and length of the ball. We have seen in international cricket that in the India vs. Pakistan match, Shahid Afridi was batting; he stepped out. So, the wicketkeeper, he had already identified. M.S.

Dhoni was the wicketkeeper. He had identified earlier that Shahid Afridi would move out and drive. Against whom? Against Sachin Tendulkar. Sachin Tendulkar was bowling.

In that case, from the front, the wicketkeeper would indicate to the bowler to go outside the off stump. So, Shahid Afridi stepped out, Sachin Tendulkar bowled outside the off-stump, and the wicketkeeper stunned him. So, in cricket, there are different types of cues in batting. off stump. manner, even if you see the feet, you cannot judge the wicketkeeper. What is he trying to do?

If the news is there, the wicketkeeper can reach it. In that case, moving around and driving is very dangerous for me. Because I have already given an excuse to the wicket-keeper, to the bowler, that I am trying to do something different in this delivery. I am trying to do something different in this delivery. It is very important to step out before releasing the ball.

After releasing the ball, you must step out. Now, the second one is to come to this position, take a back lift, and move the front foot. See, if the front foot goes to the left side or offside, you will misjudge the line.

Now, take the second position. See. Where is he right now? He is not in the middle of the crease. He is not.

Next position. It will be difficult for him to come onto the line. In that case, if the batter takes the front foot out off-stump, if I want to bat, I will miss here. Plus, the area of my shot will be reduced.

For that reason, the front foot always goes straight. I have said this before. I had a stance here. I have made this stance here. So, I have to make a stance in the same line.

Because I can take different shots from here. For that reason, I can play different shots here with the help of this one stance. The second important thing is that batsmen sometimes make mistakes. First, the foot position should not go straight or to any other line. The range of the hit should be considered.

Only try to hit with the leg stump from the offside. Many problems can be seen in batting. The batter does the next fold. In the beginning stage, when we learn, sometimes a batter places the back foot in front of the front foot. You try it.

See? But this will be inconvenient for the batter. Bring the front foot forward. Put the back foot back. Okay. Then, drive again. See? Here. Come to this position.

Okay. Here, the shoulder. If my batter does not dip the shoulder, I have to insist he dips the shoulder. Otherwise, if my batter wants to play the shot in this position, there will be a possibility of sitting.

Now, how will we practice the batter with the ball? We will see that now. In that case, we must see the position of the batter. Where will he be able to reach the maximum? In that case, we will drop the ball there. So, you first make a shadow of drive. Do not make the first ball big. Now stop. So, again. Now, we will see here; we will practice the batter with the ball.

In that case, we need to mark where the batter will play the ball. The coach will drop the ball there, and the batter will easily practice it. So, you move one. Okay. See?

So, this is the position where he can come and hit. We have a marker with us, and we can mark an area here where I will drop the ball. Okay. Now go. The area is identified.

What can we do next? As a coach, I am here. See, look at me; I can stand like this. Okay? And he will go and drive. Ready? Okay? See? Very good. Once again.

See. How do we help the batter with drop balls? Now, he is a beginner at this shot. We found a lot of faults in that. When we practice with the ball, there can be some problems.

First, when I initially got the ball with the ball in the air, the batter was unable to move quickly towards the ball. The ball is not able to be reached. That is why the ball is sometimes moving in the air. In that case, I have to take him to the preset drill so that he can reach the ball correctly. So, the first fault is he is not able to move his front foot straight and a little bit wider.

He is taking the first short kick. That is why when he reaches the ball, it is far away from him. That is why he is not able to reach the ball. So, what points did we talk about in the beginning? The front foot will go forward a little bit longer.

Then the back foot will come. Now I can reach. Easily I can reach. Then he will go with the drop ball. Here we can apply the stationary ball drill.

We have a batting piece. We can put the batting piece here. We have kept the batting tee where we reached the maximum. And we will place the ball in it. See here; the setup is ready.

I will ensure the batter does not hit the ball initially. He will just come and check if he is reaching the ball or not. I am not telling the batter to hit the ball. After moving, he will check whether he can reach the ball or not. Come.

See here, the fault is that the batter is away from the ball. So, the batter must go close to the ball. Okay, once again. What you have to do is come forward, and your front foot will be here, close to the ball.

Then you have to hit. Okay? Not hit. Very good. You can check. Two to three times, you can check it. I will ask my batter to check two to three times in the same position. Then we will finalise it. Go. Check it. Okay. Once again, go. Good. Okay. Now he is familiar.

With the foot movements, now we will drive. Ready, start. Very good. Once again, go. Wonderful. Go once again. Wonderful, wonderful. Okay. After building with the stationary ball, we will practice with the ball's position, foot position, and how much it will move. Once

we can handle the stationary ball well, we will practice with the drop ball and drive. I can drop the ball from the side or the far side. Now, we will drop the ball from the far side of the batter.

I will show you how he will practice. Okay. Now, ready. With the drop ball, he will practice. The ball has to be thrown from the far side. To reach it, the batter has to move out and drive. Good. How does the batter practice hitting the ball from far away?

In this case, when I first practice batting, there will be various limitations in batting. This skill is new to the batter. In that case, the batter will say that he can reach the ball at any time, but he will not reach it every time. In that case, by doing these two types of drills, we have to improve our foot movements. Our demonstrator, the batter, who was doing the fault-pulling, first, the first leg was not straight and big.

This is the first point. The second point is that when he took the back foot forward, he was taking a small step. As a result of this, when I reached here, I was not able to reach that far. In that case, I have to insist. In that case, I have to insist on the batter.

Go forward and cross your leg like this. See, cross your legs. You have to cross this much. Then, easily, he can reach the ball. We have to refine these small techniques during coaching.

The interesting thing here is, when we look at the international ticket, we don't see any batsman or any batsman who is crossing the party. Very few. We don't see anyone. Why don't we see? This is a fundamental skill.

To reach the ball, to drive the ball, we fundamentally teach this to the player. Naturally, in the original match situation, when the batsman reaches the ball, the foot position will be different. Why? At that time, the batsman does not increase the front foot. Okay?

See. At that time, the batsman increases the front foot and drives the ball. So, what do we see here? Why? Because the batsman knows what limit he has to reach.

The batsman knows how far he can reach to bat. If he practices batting with fundamental skills and applies sense theory, then there is no problem in the future. So in this case, we saw moving out and driving. How will we practice? And how will we make our players practice?

Different faults, different types of corrections, and small minor technical aspects. These techniques are associated with us. We have to identify them and keep the key points in mind.

Then only we can correct a batter and take him to his original batting phase. And he can do it very efficiently with this batting technique.

In conclusion, we will discuss this technique again. What is it? Transposition, initial transposition. Backlift, I am taking it. Then, I will swing towards the ball. The front foot will go straight forward a little bit longer. Then, the back foot will cross. The front foot will move ahead in front of the front heel. See? Then reach up to the ball. Deep shoulder. Look at the ball, and drive it.

Next, we will go to Parvati. So, thank you. Thank you, everyone.