

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Week 01

Lecture 02: How to take Stance in Batting

Next phase of setup. Next phase is stance. Very important. Why is stance very important? After grip, a proper good stance will help you transfer weight from front foot to back foot or back foot to front foot.

And proper weight, I can transfer my body weight. And, this will help me to go forward while I am playing the front foot shots. This will help me. When I play the front foot shots, then I will go in front.

Again, when I go back foot shots, then I will go in the middle and play the shot. A proper good stance will help me. Along with that, shot selection is also important in this stance. This is a very good stance. This makes the batsman

What will be the next shot selection? To perform that. So, what is stance? From the front view. From the side view.

Stance, I have shown from two views. Side view. and front view. Now, there are several key points.

There are some key points in stance. That is, the stance that I have, the gap between my two feet, how much of that gap will I have? The gap between my two feet is slightly less than the shoulder width apart. We saw from the front view how my stance position be?

Now if I look at it from the side view, then I will be able to understand the distance of my feet from my shoulder width apart. Now, how to measure? How will I measure my both feet distance from my shoulder width apart? First of all, I will put my foot shoulder width apart. Okay?

From here, I will slightly look at my Left leg, slightly, I take the leg away from the body. That is how I will move my body a little bit from the upper body. Once again, I am standing here. Look at my feet.

Like this. Why do I need this? Wide base. I will get a good balance. Plus, children are learning to play cricket on TV now. So, when a kid comes to the academy, then it is seen that they have made a cricket batting in the action list. Because they are following someone like Virat Kohli, someone like Rohit Sharma, someone like Kl Rahul, someone like Pant. So, one batsman, one

batter, one player followed. But they don't know that the basics of an International cricketer is an international cricketer. There,

This is what cricket players do. When they bat, they take an initial stance. This initial stance, or what we call a trigger moment. So, they take a trigger moment. This is very important.

They move their feet in a very short time. For the sake of static and dynamic action. But children don't know how much they have to take. So, when they see their role model cricket players, we don't take it in a big way.

Someone makes a movement like this. Someone makes a movement in the back. To stop this, at the initial phase of batting, to stop this, what do we do in cricket coaching? From the beginning, we have to make the player move a little bit from the shoulder width. So that the initial movement stops.

And we can do that by batting from the basics. The second thing is, my two feet will be in the same line. parallel to each other. So, I can see that now my two feet are in the same line. Okay?

Body weight. Body weight will be evenly distributed on both of the feet. My body weight will be evenly distributed between the two feet. Evenly means, when I don't put too much body weight on the front foot or when I don't put too much body weight on the back foot. It means I put equal body weight on both feet.

Okay. Next is, my body weight carries the ball of the feet. Ball of the feet means; this is the ball of the feet. Maximum body weight will be carried here. I will not keep the body weight on the back during the batting stance.

Why? If I keep the body weight on the back, then I will fall in the front. Plus, if I keep the stance in the heel, then I can fall in the back due to my body weight being in the back. So, there is an imbalance Plus, if I keep the maximum body weight above the heel, then my front foot or back foot will feel uncomfortable.

I will feel several problems if I do not distribute the weight between both feet. That's why my ball of the feet will carry the body weight. Okay? The next one is Knees.

The knees will be slightly flexed. Slightly flexed means slightly flexed. How I can measure it? The way I will flex my knees, if I measure my knees from here, you can see that my feet will not go out. Okay?

Slightly flexed. Can you see it? Where are my knees? What will be the problem? So, I'll have pains in my knees.

That's why Okay? Now your front shoulder should be towards the non-striker's umpire. My head will be still. I fix at the same plane. It will help you to judge the line of the ball.

Okay? So, how the stance will be? See, this will be this stance. Okay? In the same way, when I am standing in the stance with my back in this way, then my front shoulder and back shoulder will be in this line.

It should not be like this or this. It means, that if I am standing in this way, then my front shoulder is down from the front, or if I am standing like this, then my back shoulder is down from the front. It will have some problems in the next shot. Okay, that's why what I have to do, I have to keep both shoulders in the same line, in the upper line.

Okay? Now, to check the stance, how to coach, a coach's responsibility, the role of a coach, and how he will guide his player. I will do that and show you how a coach will lead his player to the stance and then help him to take the proper stance. So, demonstrator please come.

You take a normal stance and show me. Okay. So, first of all, I need to be seen as a coach. Both feet are in the same line. So, as you can see, both feet are in the same line.

The shoulder width is a little wider than the upper. Now, he has taken a standing stance. Now, he is flexing his knees. He has flexed his knees. So, as you can see, the original knee is in the right range.

I have to keep my bat in this position so that the bat doesn't stand on the stump. The bat should be in this position. The bat should be in this position, just below the stump. Okay? So, correction phase. Shoulder. Head. As you can see, the ball is here. And the result is perfect. Stance for her.

How will I practice this stance? Will I directly tell my player? The way I told my player that you don't have a proper stance. She knows how to take the stance. That's why it's very easy for her.

But as a beginner, when she comes to me for coaching, as a batter, when a beginner batter comes to me, then how will I teach her stance? That's very vital. So, we have divided the drills of this stance into three parts. We have divided the basic drills into three parts and the last one into another part. So, the first three phases are, the first one is, stance in one count, stance in two counts, stance in three counts.

Then, if this is well practiced, the last stance in four counts. So, how to take it? So, I will tell my player that my feet should be in a position like this, straight, with an elongated stance. I will tell him to put his back like this. This is the stance in one count.

One. Okay? Again, I will tell my player to relax. So, he will go to relax. Again, I will say, come.

Stance in one position, one. This is the stance in one count. The next phase is the stance in two counts. Stance one. One and two.

What will happen with two? I have to slightly push my hip back. So, it's one, two. Once again. One and two.

Once again. One and two. Slightly. You have to push a little bit. Okay?

This is the stance in two counts. Stance in three counts. How to do this? One Two and three.

I will try to sit on the back of the hip on the three. Just like to sit in a chair. Just like to sit in a chair. Just like to sit in a chair. I will try to sit on the back of the hip on the chair.

I will try to sit on the back of the hip on the chair. How to do this? One, two, and three. Okay? So, I will try to sit on the back of the hip on the three.

Two, three. This is the stance in three counts. The player has to practice from three counts. So, I will request the demonstrator to come here. So here you can see that the stance is in one count.

I am showing the stance in one count. Whether the feet position is correct or not. Now stance in two counts. Stance one and two. Slightly, my demonstrator has pushed the hip back slightly.

Once again stance in one count. One and two. See. Once again. One.

And as a coach, I have to see in between whether my bat is coming out or not. Whether my hand is coming out of my body or not. As a coach, I have to keep these in mind. When my player performs this. First of all, the first thing I have learned is grip.

Whether my grip is right here or not. I have to check that as a coach. Okay? So, this is count number two. Stance in two counts.

So, once again, stance in one count. One and two. Good. So, practice this. Then, stance in three counts.

Once again, stance in one count. Good. Stance in one count. One, two, and three. Push your hip back and sit like a chair. Okay? Once again. Stand. Okay. One, two, and three. Good. Now, where to look? Where to look? Towards the bowler. He is looking at the bowler. And the batting position is right. I can see. I had seen three counts of stunts. How to practice stunts in 3 counts, I will show you here. Now, we will go to progress from here.

Stunts in 4 counts. What is that? I have learned grip; I have learned stance. After stance, where are we going? We are going to back-lift.

So, we have to bring the pair to the back-lift. So, it will be in the same formation as it is set up. Grip, stunts, and Back-lift. Stance in four counts, it is a form of back-lift.

How to lift the bat back? It is a stance in four counts. How to do that? So, first I am taking this stance in one count. One, two, three.

Slightly, one, two, three, four. Then pick up the bat. Look at me. One, two, three. Pick up the bat. Okay? Once again. One, two, three. Pick up the bat. Why it is important?

I was in the preset position. It means I was in this position. It means I am ready to play the ball. But the ball is running here. Just like the baller

In the loading phase, I have to lift my bat. That's why I am doing four counts here. Because there is no bowler in front of me. But to prepare this with my reflex action, I am doing four counts here. After three, I am doing four counts and then I am lifting the bat.

How am I lifting the bat with four counts? See. With the help of the top hand. Lift the bat with the help of your top hand. And this hand only supports the bat.

Okay, please pull the bat again. See. Look at the roll of the top hand. Okay.

Stance in four counts. So again, my demonstrator will show. as a coach, if there is any mistake, I will correct it and show you how to perform it in a better way. Please come. Okay.

So, stands in one count. Two. Three. Okay. Then she will go for four. Go. Four. Okay? So, she goes for 4 counts. Once again. 1, 2, 3, and 4. Yes. Now in 4, I am okay. I have seen the batsman. In 4, I will take the bat from this position. Stance in 4 counts. Okay? Here, one thing needs to be kept in mind. Whenever I am walking in four counts, when I am walking in four counts, then my two hands will be very close to my body. Okay, see.

The body will be very close to the body. This needs to be kept in mind. So, the stance is clear? How will I do the stance? How will I practice?

You have lots of batters in front of you. I will keep a marker and divide them into two. I will keep a place in front of the batsman. And from there I will stance in one count, two counts, three counts, and the last four counts. So, I will practice them.

It is very easy to see in this demonstration how easily I have done it. But whenever we practice will be on the actual ground, then it is very difficult. Because you will have 10 to 15 to 20 batters at a time. From 10, 20 batters can learn batting with me.

So how will I go to the court for the 20? To correct. In that case, what will be my command? What points will I check your feet whether it is in a parallel or not in a single line or not or whether both feet are in parallel or not

I will check if the body weight is evenly distributed. Stance in 2 counts. I told him to push. Some kids can push more than others. Some can push less than others.

In that case, I will give a demo from the front. I will ask everyone to follow me. I will correct anyone who goes near them. In this way, I need to learn the stance in progression and slowly learn the stance. It will not come in a day.

It will come in one week, two weeks, three weeks, four weeks. When you practice it repeatedly, then slowly you will develop a very good stance. Now, the next phase is back-lift. It is very important. Again,

I need to back-lift to control the downswing of the bat, even the shot selection and weight distribution, I need to control the downswing of the bat. That is back-lift, which we did on four counts, I took the bat back, which is your back-lift.