

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

Week 03

Lecture 22: Key Points

Hello, everyone. Welcome to this theoretical session on batting key points: vertical strokes. Today, we'll discuss the technique of stepping out and driving. In previous sessions, we've covered vertical shots from both the backfoot and the front foot. This technique also involves a front-foot drive, but it involves moving out of the crease and driving the ball.

Stepping out to drive means advancing down the pitch and then driving the ball. We've seen different players move forward, step up, and execute a particular shot. So, when should a batter choose to step out and drive? If a bowler continuously pitches the ball onto a good length, the batter can use the step-out drive to disrupt the bowler's length. Alternatively, if a pace bowler maintains a rhythm by delivering the ball onto the pitch at a good length consistently, the batter may choose to step out and drive.

To go for stepping out to drive? It is very important for coaches to coach the players like this because the players should know how to move forward, stepping forward to drive the ball. Now, whenever the bowler releases the ball and the ball is at the level of the eye, you know, at a certain distance, the batter should go forward by moving their leg. How? Now, the point should be kept in mind that when moving out to drive, the batter should maintain a side-on position. It means if a batter.

If I want to go for, you know, stepping out and drive, this is my side-on position. I have to maintain a side-on position whenever I am stepping forward. And the body weight. The body weight is transferred initially to the back foot, unweighing the front foot, making it much easier to move forward. This means that whenever the batter moves forward, his whole-body weight will be on the back foot.

Then, the weight will shift to the front foot to facilitate an easier move forward. The batter needs to remember that when moving out, the first step forward should be a significant one. If the batter cannot move their front foot adequately, reaching the ball to hit it will be challenging. Therefore, whenever a batter moves forward, the initial step should be a larger one, followed by a shorter subsequent step. In this manner, the batter can effectively reach the ball. The back foot should move behind the front foot. So, whenever the batter moves forward, the back foot should, you know, move behind the front foot. And complete the stroke as if playing a front-foot drive. As we have seen in the practical demo classes, whenever I have shown some demos

on the front foot drive, whatever the front foot drives I have shown on the ground, that drive should be maintained. When? After reaching the ball.

So, whenever the batter is moving forward, stepping forward to drive, then whenever he reaches up to the ball, he should drive the ball as in a front foot drive. Here, the point should be kept in mind that the initial stance where the batter has taken before, is the initial stance he has to create after moving forward. Then he has to move his front foot where the ball should go for a drive. So, these are the key points of stepping out to drive, which are very essential for the coaches to know.

I have given lots of practical examples of how to coach and some demonstrations to the players. The players have made so many mistakes, and as a coach, you know, it was shown to you on the practical ground how the corrections should be made. So, these are all about the key points of stepping out to drive.

Thank you. Go on. In the theoretical session, we will discuss horizontal bat strokes, including horizontal bat shots, sweep shots, cut shots, pull shots, and hook shots. I will now discuss the sweep shot in this session.

Now, why have I chosen the sweep shot to teach the first skill from the horizontal batting style? The reason is that we have already covered the front foot drive, where the front foot moves forward. Similarly, to play the sweep shot, the front foot will also move forward. The bat should come from a horizontal position, but the front foot should advance. This is why we have chosen the sweep shot for the next batting technique.

The sweep shot is played on a full-length ball, either on the leg or middle-leg stump, and the batter reaches the ball by moving the front foot forward. The batter executes the sweep shot by employing a high back lift, transitioning to a horizontal back lift. The horizontal back lift should be executed as follows

Observe the correct back lift position for a sweep shot. Look at this position. From here, the batter should advance forward, kneeling, and execute the sweep shot. So, I talked about the key points of the sweep shot. The front foot should be placed in line with the ball. Body weight is transferred to the front foot, and the knee is bent. Whenever the player moves with the front foot, it should be aligned with the ball, and the entire body weight should be transferred to the front foot. And the knees will be bent. Both knees, front knee, and back knee. Should be bent now at the point of contact, as close to the ground as possible. It means that whenever the batter is trying to hit the ball, the bat should be as close to the ground as possible, not in the air. It means that whenever the ball is pitched and just bounces up at that time, the batter should hit it just like a half-ball position, and the bat should be horizontal at contact. Now, here, the wrist rolls over at the point of contact, meaning whenever he goes for the sweep shot, his wrist will, roll. There is a question: how will the wrist roll if the batter brings his bat from high too low to play the sweep shot? Automatically, the wrist will roll. There is no need to teach the rolling of the wrist if, as a coach, you teach the back lift from high to low. Naturally, the wrist will roll. For instance, as I bring my bat from high to low, the wrist will automatically roll. Automatically roll. And, do not try to hit the ball too hard. Teach your player not to hit the ball too hard. And

finally, weight should be forward. Whenever he is hitting the ball, the whole-body weight should be towards the shot.

It means forward. And follow-through will be maintained after hitting the shot. The player has to see where the ball is going. And the back position where the finish will be. So, these are all the key points of the sweep shot.

Now we will talk about some common errors in the sweep shot. As a coach, we must know the common errors. The first point is hitting a ball that is pitched close to the batter. I have shown it on the practical ground that if the ball is pitched close to the batter and if the batter tries to hit the ball as a sweep shot.

The bat will not touch the ball, and there will be a possibility of LBW. So, if it is far away from you, you cannot reach it easily. You can bring your front foot forward and hit the ball. If the ball is pitched close to the batter, you should not try for the sweep shot. The next one is hitting the ball. Which is in line with the stumps and going straight. The ball which is, you know, pitched and is in line of the stumps and going straight, avoid the ball to go for a sweep. This is a common error, and one common error is Not leaning into the shot.

It means the batter is not putting his body weight forward. Not leaning toward the shot. Whenever the batter should go for a sweep shot, you have to hold, you have to lean towards the shot. And what I have told you, the backswing, not from high to low. It is an error.

If you see your batter is unable to, you know, swing it back from high to low, this is a common error. Make him, you know, make him practice to bring his bat swing from high to low. So, these are all about the common errors in the sweep shot. Thank you.