

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

**Prof. Abhijit Thander**

**Sports (Cricket Specialization)**

**IIT Kharagpur**

**Week 01**

## **Lecture 04: Front Foot Drive in Batting**

Welcome all to the next session of batting. That is the front-foot drive. So, after having this setup, we all know how the batting setup is needed. By adopting this batting setup, we will learn the next technical skill of front-foot drive. And it depends on.

A good setup is essential. So, what is front-foot drive? A ball which is in my reach, it can be a half-volley or a full-toss ball, we choose that ball to drive. Or off-drive, on-drive, straight-drive, cover-drive, square-drive, all are the parts of the front foot drive. If we can learn front-foot drive very well, then there will be no problem even if we do on-drive or off-drive.

Even if we do cover drive or square drive. So, we just need to know how to do the front-foot drive. We have seen a lot of international matches, local matches, sometimes district matches, and university matches. A batter has taken a very good stance. And when the ball comes in the reach, for example, this is the maximum reach. If I show it from the side view, this is my comfortable reach. And when a ball comes in this reach, we choose that ball for the front foot drive. And we have seen it beautifully. Especially international cricketers, district-level cricketers, and university-level cricketers perform the front-foot drive beautifully.

So first of all, I will show you a demo of the two planes. One is a side view and one is the front view. So, if we see from the front view, once again. From the side view.

Here we will notice one thing: When I was driving the front foot, I was fully extending the bat and finishing it, and we are going to follow through. Confusion can occur between coaches and players. When we look at matches, some matches or players, they are driving beautifully like this.

Half. The shot that I was playing fully, that they are doing half This is also in the techniques. There is no mistake in this. When I teach beginners, for beginners and children, the amount of muscle mass, and muscle power they need, if they don't have that amount, then we tell them to

play full shot. So that the ball goes far more. It is experimented, we have seen. So, there is no mistake in this. We can play the front-foot drive like this.

See. So, we can play half or full extension. This is the reason why sometimes we play full shot, sometimes we play half shot or we teach the children, here we have done front foot drive, how did we do the front foot drive? What are the mechanics behind it?

What are the key points? As a coach, we have to keep this in mind. Because we have to base on these key points to drive our front foot. And the various faults and corrections that have been based on these key points Let me discuss this.

First of all, whenever I am in the stance, back lift, Leading with head and shoulder. Okay. So, the first point is leading with the head and shoulder. The front foot will go in the line of the ball.

Body weight will be on the back foot right now. Then body weight will be transferred. See my movement. Body weight will be transferred from the back foot to the front foot. Okay.

I have to look at the ball when the ball is pitched, I am looking at the ball. Downswing of the ball, meet the ball under the eyes. Just meet the ball under the eyes and follow through will be maintained. These are the key points of front foot drive. Side view.

Lead with head and shoulder. The front foot will go forward. Body weight will transfer from the back foot to the front foot. Bouncing of the back with the ball and follow-through will be maintained. These are the key points of front foot drive.

how we will practice front foot drive, In the coaching. Before that, we need to know some problems. We can face some problems during this shot and as a coach, we have to correct them. First of all, we have to see if the batter is leading with head and shoulder or not. It's very vital. Okay. Then, when he executes the front foot drive, where is the body weight? has he fully transferred the body weight or he is in half or on the back foot It is very vital. Now, is the body being transferred fully or not? How do I understand? How do I know if the body is being transferred fully or not?

For efficient body weight transfer, if the heel of the back foot touches the ground, if it touches the ground, then I will understand that body weight doesn't go properly to the front foot. So, if I want to reach, the heel of the back foot will be raised. Now my total body weight is in front. One more thing.

When I go to the front foot, then if the player lands on the ball of the feet or the toe, it becomes imbalanced. Keep this in mind. So, first of all, there will be a strike and then body weight transfer. Downswing of the bat. After the downswing, the bat will be lifted in this position and hitting will be done.

That is the perfect area for hitting the ball. If we hit the ball far away, then there will be a possibility that the ball will go into the air. Because I am overreaching and attacking the ball. These are the common faults of front foot drives.

How will I do the front-foot drive perfectly? How will I practice? There are various rules. I will discuss these. So first of all, our foot placement is important.

How will we do the foot placement? So, the line judge. The line in which the ball is coming, in that line, will my foot be going or not? First, I have to do that and show it. Okay.

For that, I will call my demonstrator. And the way I will say, my demonstrator will do it, from this we will be able to know how we will practice it. To take the foot in the line of the ball and to take it with the shoulder. Okay, demonstrator please come. The name of the drill is rolling ball drill.

Okay, good, very good. We know from this drill that when the batter sees the ball and comes, then the feet and shoulders of the body are in the ball line and she is stopping the ball. Here, there is a problem with foot placement. That will be solved. How to place the foot to the line of the ball.

Okay. Now, when I see that my foot placement is good, then I will go roll ball and drive. Okay. So, are you ready for that? Roll ball and drive.

Very good. Wonderful. Wonderful. Okay, no problem. Not an issue.

You are a beginner. Very good. Okay. The next one is the bubble ball drill. So, I have to hit the ball in such a way that it drops 2-3 times and goes towards the batter and the batter drives from there.

See, 2-3 drops are allowed to drive the ball. So, this is called the bubble ball and grip. The ball comes towards the batter with 2-3 drops and she will hit the ball. Why do we use this grip? Why not?

I am giving the batter the sense that why am I giving the ball in 2-3 drops? So that she can judge the ball at the line. So that when she drives, she can go to his position and drive. The next one is drop ball and drive. So, I will drop the ball and she will drive.

Okay, good. Very good. Okay, so you have seen the batter, how she drives the ball with one drop. So, roll ball drive, bubble balls drive, and one drop ball drive. in this situation, we can add one more drive

Okay That is again it is a drop ball drive. Okay. But the coach should stand just close to the batter and here she will hit the ball and the batter will drive. Come to the place.

The coach has to stand like this and she will toss the ball like this. And the ball will drop. And the batter will drive the ball. Okay

But where should the ball be dropped? That should be checked. To have this drill, we should have chalk in our hands. What will I do? What will I say to my player, to the batter?

You stand in a stance position. This is her comfortable zone from where she can drive the ball. So, this is her ultimate comfortable stride length for drive. So here I will mark it, okay We have a mark.

Now this will be the mark for off-drive. She is off-driving the ball. So as a coach, my position will be like this and I will drop. Very good. Wonderful.

Take the stance. Check your grip. Go back.

Yes. Check your grip. Okay. This is the role of the coach. Always he will insist the player check the grip, check your stance, and come to this drill.

Are you ready? Okay. Very good. Very good. Okay.

So, this is a new drill. You can apply it to the coaching field. One more drill is there. If I see, my player's shoulder and foot, front foot and shoulder, do not come in one line.

It means, leading with the head and shoulder does not come properly. It means, now I am doing front foot drive, my front shoulder and my front, you know, feet are in the same alignment. But if it is not like this, if it is like this, then there will be a problem. How to check this?

One more drill is there. Chin drops ball drive. Okay. This is a very effective drill for a batter to bat. What to do? This is the ball. You have to keep the ball over here. Under the chin. See.

This is under the chin. Okay. Now, I'm standing over here. Completely go forward. Body weight transfer. The whole body weight will be transferred. Okay. Then, slightly, you know, take time and drop the ball. This will be the drill. Okay.

It is a very effective drill to check the shoulder and the front foot. Okay. Now, we'll go with a different drill that is called the front foot drive drill. Where is that? Demonstrator, please come.

One more drill is there. Stand. If the batter is unable to drive the ball with the drive. And she is unable to drive the ball.

When I drop the ball, the batter cannot drive the ball by taking legs. Because of less coordination. When children are new to the game, they have less coordination and if the batter is less coordinated, then we should do this drill. the name of the drill is

Pre-set drill for front foot drive. The front foot goes forward. Okay. So, look on to the ball. Leading with head and shoulder swings.

Head and shoulder and feet are all in the same line. Okay. Body weight transferred. Already transferred. Now the back foot is raised. Now she is ready for the drive. Now I will drop the ball. She will drive. Okay. Come on.

Continuously. Very good. Come on. Very good. Come on. Very good. Come on. Okay. No problem. This is the drill.

A preset drill to develop front foot drive. One more pressure drill is there. Now, where only? Having difficulty in drive by transferring the body of the batter. If there is a problem with any of the batsmen, while the body weight is transferring.

The body weight is not transferred because the body weight is on the back foot. now she is on the front foot when the body weight is transferred and the batter is unable to drive the ball. What should be the drills for those who have this fault? Very good, let's go. All of you draw. So, this is a drill, a full-shaped drill to develop the drive. It's very easy to conduct this type of session. But whenever we are dealing with the children, when we are dealing with the children, when we are dealing with the children for front-foot drive, it is very difficult.

For children, the front-foot drive is very difficult because you know, they have individual characteristics. Children have individual characteristics. Every child quickly acquires the skill and performs it beautifully. Or perform the drills beautifully or perform the front foot drive.

some players can't get out the front foot. They are overreaching. Or he is making it smaller. In that case, I have to see how much she is reaching Comfortably. And there, I will mark it again and again.

And he or she will drive the ball. There are other drills. Stationary ball drill. The batter will stand with a stance. See, this is far away from me.

So, I will bring it near to me and mark it here. So that I can mark that area to place the cone again Okay. See. Okay? Again, I have already marked it. I will bring out my front foot near the marker. I placed the ball and the marker. I placed the ball and the marker.

I will stand against the ball and the marker. I will stand against the ball and the marker. I will bring out my front foot and drive the stationary ball drive. It can be done many ways, according to the line of the ball on side, straight off. How to do this? Here you can see I have placed balls on three lines. One is straight, one is on drive and one is off drive. So, I have three balls.

So, I have three balls. I have kept them. I can insist my player start with any of these balls. So, let's start with on-drive. Go for the straight drive. Go for off drive ok stationary ball drill having 3 lines. see in 3 lines my ball was there; I have been given one extra for a cover drive so how will I do it? I will use my left leg for on-drive straight drive Off Drive, Cover Drive, and the way I am leading with head and shoulder. I have shown in the video how I am leading the shoulder in the shot and performing the shot. I am getting a lot of power in this. Why? Because my total body weight towards the shot and total body alignment towards the shot.

Now this is a very important drill. if the batter is not doing the full drive see the batter finishing the shot earlier. Here also, from the side view, the batter is finishing the shot earlier. But it should be like this. For this, we have to channel drill.

Or hit the ball through the wicket. It was a very exciting drill and difficult also. If your batter is expertise on that, you can use this drill. The alternative drill is also there. See, I am hitting the ball, but the stump is not going away or it's not moving.

It means that the path of my bat is straight. If the batter is unable to drive onto this channel, you can alternate this. How? We can use the big cones if it is available. You can use it, we have already drilled also, if you have big cones, 20-inch or 12-inch cones, you can use the drill like this and insist your player drive the ball through the stump.

So, if it is not touching both cones, it means the bat is going straight and if the bat is touching the cones, it means the path of the bat is not straight. We can use three channels also. So how to create these three channels? We can create three big cones like this.

If the cones have a height, it will be very effective. Or if we put a stand with a cone-like this, it will be better. If we get this type of stamp it is very good for us. So how do you do this? It means I have used three cones.

It means that the bat swing will be far away from the direction of the ball. Then I am finishing the shot. How do you do this? It means, my bat is not straight in a straight path. For that reason, my bat has touched the cone.

See. This is the perfect one. The player has to insist that he does a straight bat like this. These are the drills to develop the front foot drive. We have discussed the mechanics of front foot drive and how to do front foot drive.

As a coach, how will I practice with my players? Along with that, we have different types of drills, and how they will be used in which situation for the development of the front foot drive, we have seen and learned. In conclusion, how will we play the front-foot drive? In which ball will we play? Batter, the ball which can be reached, half-volley ball, full-toss ball,

We choose that ball for the front-foot driver. If we play this shot, there are a few key points. Leading with head and shoulder, the front foot goes in the line of the ball, forward. Body weight transfer from back foot to front foot. From a high back lift, downswing of the bat, mid-double under the ice, and follow-through will be maintained after hitting.

A few words. A few mechanics. We have to remember it well. And we have to practice it. And have to teach it

For the development of front foot drive. After the front foot drive, I will go to the next session. That is front-foot defense. This is very important. Front foot defense.

Which ball do we have to play? How to play? I will discuss it in the next session. Thank you everyone. So be with us.

Thank you.