

LEVEL-0 CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 07: Front Foot Defense

Hello everyone, welcome to the next session. Vertical shot, front foot defense after front foot drive. We will now learn about the front-foot defense. We will discuss how to do the front-foot defense. And we will see and understand its mechanical points.

The front foot defense is played with which ball? The ball is pitched in a good length spot. The ball is out of the batsman's reach. The batter plays that kind of ball as a front-foot defense. That is what we call the batsman safely doing front-foot defense.

If you want to play this shot, you must keep some key points in mind. Through these key points, we can effectively perform front-foot defense. What are they? When we look at international matches or any type of match, we see that the batsman is in the back in the initial stance and at some point, when the batsman goes near the ball, safely plays this kind of stance, and then performs a skill. That is front-foot defense. This ball, after the good length spot, is outside the reach of the batsman; he has to play the ball as much as possible in the direction of the ball. What was the key point of the shot? In this way, we have seen earlier, So from the front view. From the side view. To demonstrate the front foot defense, I will show you. The key points are as follows. Leading with the head and shoulder, the front foot will go in the line of the ball. The batter has to reach as close to the ball as possible. The downswing of the bat. Meet the ball under the eyes. There will be no follow-through. Here is a coaching point. Where it is said. Figure 9 will be maintained. So, with an explanation. I will show it again. From the side view. From the initial stance, I went to the back foot.

Then from here, leading with the head and shoulder where the ball has been pitched, the front foot will go forward in the line of the ball. So, what I have to do here is reach the ball as much as I can, reach where the ball has been pitched, okay? Then the body weight will be transferred from the back foot to the front foot. That is the downswing. It will come from the back loop. And will meet the ball under the eyes. See.

You have to maintain this position. And there will be no follow-through. There will be no follow-through. And Figure 9 will be maintained. You can see Figure 9. I am here. See Figure 9. If you look at 9 with both hands. See. It is shown. Figure 9. If we see from the front view,

some common faults of front foot defense, what are they? As a batter, I cannot reach the ball line. I have missed the line of the ball. Why?

Because the batsman is unable to reach the ball. I could not reach the ball where it was pitched. What did I do? I took a small step and went to defend. This is a fault. If I go to make a correction, I will have to tell the batsman. As much as you can reach the ball, you will be able to defend it. So that after the ball is pitched, the time of movement will not be lost. What happens if I take a small step? If I take a small step, the ball... If I pitch here, this is my distance. If I take a small step, I defend here. Now the ball has time. How many of them will travel and come to the field? A lot of things can happen during this time. So, I am giving you an opportunity.

So, tell me, when you move there, where do you go? Which position in the field do you take? It can take edges. Or? Even if I hit the ball from the top, the ball will come up.

I will not be able to do this. For that reason, what I have to do is, as a batter, as much as I can reach, I will go to the ball and defend. After reaching the ball, I will not give much time to the movement. Number one. Number two is maintaining the body's balance.

How? Sometimes it is shown that a batsman; after defending, I could not maintain my body balance. Why? I had to fall backward. Why? Because my feet's alignment was not right. So, my feet's alignment should be down the wicket. See, my feet. It should be down the wicket. Okay? Then I have to maintain this position. If I can keep my body in the sideline position, I can maintain this position for a maximum amount of time. As well as the position of the back foot.

If I roll my back foot like this, then my body is in an open chest position. I am in an open chest with a wide stance. Same problem with all of them. I will not be able to maintain the balance here. Plus, sometimes the ball will pitch and rise a little.

If I keep the ball in the side-down position, then if the ball is not high enough, I can leave it here. That is why I have a lot of space. But if I go front-on, or if I open my chest and go to the front position, then I will not have a lot of space. There is a problem with the planner. That is why the back foot always has to be maintained in this position.

I should not open the ball. I will not judge the ball outside the body. I will not take the bat outside the body. What does it mean? I am batting here.

I am making a difference here. I am making a difference here. So, my body is outside the reach. So, I have to make a correction through a drill. It should be here only.

There are many drills, many correctional drills. We will go one step at a time. For the front-foot defense, the foremost important thing is whether my shoulder and foot are aligned with the ball. Whether they are aligned. If we have this problem, we can do a small correctional drill.

It is a very effective drill. There is no need for a bat here. So, we can do a defensive drill with a free hand. What is that? The batsman has to take the initial stance here, like this.

And the hand position will be like this. See, it works as a bat, just like a bat. And I will ask my partner to throw the ball at my level. When my partner throws the ball at my level, I have to try to catch the ball with the help of my top hand. I will catch the ball with my left hand like this, but my right hand will be like this. I will show you a demo. Okay, see. When I try to catch the ball, my body and my feet are aligned in the same line. Once again. See.

Okay. This is a correctional drill. The coach's responsibility during the coaching session is to do it. I will do it now. We have the live demonstrator. Please come. You have seen me. You have seen how I am doing. Okay. You stand here. You guard the leg stump. Both hands will come. Good. Good. Good.

Good. So now you can see how easily, without having the bat, we can progressively develop the front foot defense. So, this is one of the progression drills. The second drill is with the help of a stationary ball. How will I be able to drill with a stationary ball?

So, we know, we know that the batsman's reach is a little outside, the ball comes to defend, so I have taken the ball with a little height and I will try to reach. This will be the stationary ball grip. In this way, we have to perform it. Okay. Okay.

Our demonstrator is here. The demonstrator will perform. There are some small corrections here. We will address these corrections and make the necessary adjustments. During the coaching session, I will do this now.

First, you must see if the stance is correct, and if the two legs are in one line. Okay. Okay. You perform. See.

Here... The batter is too low in the front. But if we look at the height of the ball, it comes up a little. So, the batter's face should be here. In that case, what will I do with the batter?

I will motivate it to go higher, a little bit higher. So that the ball goes and hits the shoot pad or something in this area. This is the first phase of correction. That my batter, the line of the ball, and the height of the ball, can he defend it or not? Second one.

The heel of the back foot, the heel of the back foot, has he rested on it or not? If he does not rest on it, it means there is no efficient body weight transfer. Some of the body weight has gone

away. For that reason, I will motivate my player to lift the leg like this. If I keep my foot like this, the side position will be maintained.

I can see that the batter has maintained the same position for a long time. Why? Because of the side-down position he has maintained. There is another correction here. This elbow will be a little bit high.

And along with that, my head will be in the same line. And the batsman will try to see the ball from this position. If we go to the front view, we can easily see the position of the head and the position of the front elbow. See, here, the front elbow, the head, many batsmen try to show this side of the ball. This is our initial fault of the batter.

In that case, what should I do? I have to motivate myself in this way to go to the batsman and do the front-foot defense. And there will be no call-through. Any batsman, if he tries to come in front, just like this, then I have to stop him and show him the defense here. These are the correctional drills for the front-foot defense.

Okay, thank you. Football. With the ball, how will I perform the Frankfurt defense? With the ball means, my partner will toss the ball to me, throw the ball from the front, and I will go line-wise and defend the ball. So please look at me.

So, in this way, we can learn front-foot defense through one drop ball or drop ball drills. So, it is a very good drill to improve front-foot defense. So, our demonstrator is here, please come. Here you cannot chase the ball. The ball can move behind.

But as I am teaching front-foot defense, my responsibility as a batter is to Take the front foot in the line of the ball, and I will start my front-foot defense. After pitching the ball, if the ball goes too much to the back or the offside after overturning, I will not chase the ball. I will keep my bat there. See. See. According to the height of the ball, you must adjust the bat height. Okay? Very good. You have seen, that the ball is falling there after the drop. It means the ball is not going too far. One second. Very good. Wonderful. Wonderful.

So, we have seen how one drop ball can help the front foot defense and how it can be developed. Now, there are some preset drills. I am using the one drop ball, but I am not able to use the bat and pad at the same time. That is why I am using the pressure drill. The pressure drill is to keep the front foot out of the basket.

I will ask my partner to throw the ball. And in this position, from the front, I bowl to the defense. Ok? So how? This will be. Throw the ball. See. Ok? This is a correctional drill. The preset drill is called for the front-foot defense.

Now, the second one is. I have kept my feet in the position from the front. See, with back lift, with position. Now, my partner will throw the ball, and I will go for defense. Okay.

So, in this way, we can perform the front-foot defense, and pre-set drill. Through these tools, we teach the players about the front-foot defense and try to develop the qualities of the front-foot defense. What happens in this case? When they drive in the match, the ball will automatically come to the good lane spot, and they will defend that ball. Why?

Because in the practice session, we have improved their muscle memory. By improving his muscle memory, he will be able to achieve his performance in matches. Not only in matches but when he bats in the next session, he will be able to play with the front-foot defense when the ball is less good. Okay? In conclusion, we will now know what we have done with the front foot defense today.

First, we have discussed the key points. Leading with head and shoulder, the front foot will go forward in the line of the ball. As possible, you have to push the ball to the side. And body weight transfers from the back foot to the front foot. The Downswing of the bat.

Meet the ball under the eyes. There will be no follow-through. And for the coaching point, figure 9 will be maintained. As a coach, I have to see whether the figure 9 is maintained or not. I am showing a demo of how to check the figure 9. Please come. Go for the difference. See. 9. If it is like this, this is not a 9. If it is this, this is not a 9.

This is not a 9. 9 is this one. So, see, figure 9 will be maintained. This is a coaching point. Now we will proceed to the next batting skill, which is the front foot leg glance.

Thank you.