BATTLING DRILLS DOCUMENT
BATTING FUNDAMENTALS

BE BALANCED
Be in a position to pick up all the information you need
Ensure that you're able to move effectively

TRANSFER WEIGHT
Give yourself the best opportunity to execute your shot
Maximise control

CREATE POWER & FULL FACE
Use hands effectively to create energy into the ball
Control the bat face to maximise contact

BAT STANCE
Top Hand Drill
Bottom Hand Drill
Bat Face Squash

Weight Transfer
Playing Late
Bat Face & Late

Back Foot Playing Late
Identifying Length
Balance
FRONT FOOT PLAY VS SEAM

KEY POINTS

Push your head into the line of the ball. Play the ball late.

Be balanced and control the bat face. Offer a full face of the bat to maximise contact.

Create a base to allow your head and hands to work towards the ball. Avoid falling offside or leg side of the ball.

BATTING VS. SEAM

TEE DRIVES

BOBBLE DRIVES

FRONT FOOT DRIVES

MARNUS DRILL

PLAY & LEAVE

PLAY LATE GAME

FRONT FOOT

PLAYING LEG SIDE

THROWS FROM BEHIND

OVER & AROUND
BACK FOOT PLAY VS SEAM

KEY POINTS

- Get your head on line with the ball to help with control & balance.

- Get your hands above the ball to control contact and ensure you hit along the ground.

- Move back and across to bring yourself in line with the ball.

- Batting vs. seam tee cut shots
- Batting table cuts
- Batting vs. seam cut shots
- Batting play & evade

- Batting vs. seam tee pull shots
- Batting table pulls
- Batting pull shot balance
- Batting quick fire pulls

- Batting back foot balance
- Batting table punch
- Batting vs. seam back foot punch
- Batting play late game back foot
MOVING FEET V SPIN

KEY POINTS

KEEP EYES LEVEL TO IDENTIFY LENGTH
TRY TO AVOID GETTING CAUGHT ON THE CREASE

CREATE ANGLES & FIND WAYS OF MANIPULATING THE BALL
DON'T LET THE BOWLER SETTLE IN

MOVE QUICKLY AND POSITIVELY GET AS CLOSE TO OR AS FAR AWAY FROM THE BALL AS POSSIBLE

BATTING
IDENTIFYING LENGTH VERSUS SPIN
TEE HIT OVER TOP

BATTING VS. SPIN BACK FOOT
OPENING UP OFFSIDE
BACK FOOT TARGETS

BATTING VS. SPIN BALL
TEE USING FEET
USING FEET
DEFENDING V SPIN

KEY POINTS

- Push head towards the ball allowing yourself to play under your eyes
- Hands out in front of your pad angling bat & ball into the ground
- Take front pad into line of the ball press into the ball

BATTING TOWEL GAME
BATTING DEFENDING PROGRESSIONS
BATTING PLAY LATE V SPIN
BATTING DEFEND GAME
SWEEPING
KEY POINTS

HEAD TOWARDS BALL & EYES LEVEL
ALLOWING YOU TO WATCH THE BALL
AND CONTROL CONTACT

ARMS EXTENDED
ALLOWING YOU TO SMOOTHER THE BALL
AND HIT WITH POWER & CONTROL

STRONG BASE WITH FOOT TO
LINE OF THE BALL
SUPPORTS HEAD & HANDS

BATTING VS. SPIN
TEE REVERSE SWEEP

BATTING VS. SPIN
BOBBLE REVERSE

BATTING VS. SPIN
REVERSE SWEEP

BATTING VS. SPIN
QUICK FIRE SWEEPS

BATTING
TEE SLOG SWEEP

BATTING
SLOG SWEEP

BATTING
PADDLE SWEEP

BATTING VS. SPIN
TEE SWEEP

BATTING VS. SPIN
BOBBLE SWEEP

BATTING VS. SPIN
SWEEP
BATTING GAMES

- Batting Legside Only
- Batting Offside Only
- Batting Clean Contact
- Batting Using Space
- Batting Hitting Gaps
- Batting Round The Clock Versus Spin
- Batting Round The Clock Versus Seam
- Batting Four Shot Game
- Batting Offside/Legside
- Batting 3 Rules Game
- Batting Use Feet Game
- Batting Sweep Game
- Batting Behind/Infront
- Batting Back Foot Gaps
- Batting Towel Vs Spin