



THE BASICS





BATTING

How to hold the bat – **Grip**

Where to Stand – **Stance**

How to swing the bat – **Backswing, Straight bat shot, Horizontal bat shot**

Running between the wickets

Grip



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- 1 Pick up bat with both hands close together in the middle of the handle.
 - 2 Thumb and fore finger should be making a 'V' shape, pointing to the back edge of the bat.

Stance



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- 1** Stand side on in a comfortable upright position, with head and front shoulder facing the bowler.
 - 2** Feet are to be shoulder width apart and parallel to the batting crease.
 - 3** Head is still and eyes are level.
 - 4** Knees should be slightly bent and weight evenly distributed.
 - 5** The bottom of the bat is rested behind the back foot.

Backswing



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- 1 Head still and eyes level.
 - 2 Coordinate the backswing with the bowlers delivery stride.
 - 3 Swing bat backwards 'cocking the wrists', at the same time dip the front shoulder and step forward, swinging the bat down to hit the ball with the full face of the bat.

Straight Bat Shot



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- 1 Head still and eyes level and focused on the ball.
 - 2 When the bowler is in delivery stride, swing the bat back 'cocking the wrists' As the ball is bowled towards the batter, step forward with the front foot.
 - 3 Head and shoulders should move forward towards the ball.

Horizontal Bat Shot



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- 1** Head still and eyes level and focused on the ball.
 - 2** When bowler is in delivery stride, swing the bat back 'cocking the wrists'. At the same time quickly move your back-leg back and across into the crease.
 - 3** Having got into a stable base position the bat is swung horizontally from high to low from the backswing with the arms extended and the front foot acting as a pivot.

Running Between The Wickets



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- 1 Be prepared to run every ball.
 - 2 Hold the bat in the hand that is nearest to the bowler (standing side on with visual awareness of both the bowler and batting partner).
 - 3 As bowler is in delivery stride and about to bowl, begin walking towards batting partner, ready to run if required.
 - 4 Three main calls which need to be called loudly and clearly – ‘YES’, ‘NO’ or ‘WAIT’.
 - 5 If making a run, run fast and slide the bottom of the bat across the crease line.
 - 6 If running more than 1 run, always turn facing the fielder with the ball.



BOWLING

Bowling Grip



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- 1 Players should grip the ball with their thumb underneath and the first two fingers on top (making 'bunny ears' on either side of the seam).
 - 2 Grip is light and relaxed with the ball in fingers and not held in the palm of the hand.
 - 3 As the ball is bowled the seam will be upright, pointing towards the batter.

Basic Action

There are two main types of bowling action – ‘Side on’ and ‘Front on’. The bowling action referred to through the coaching resource is ‘side on’. This means that the bowler runs up and jumps into a ‘side on’ position to deliver the ball;

- Back foot lands parallel to the crease.
- Front foot, shoulders and hips point down towards the batter.
- Head looks over shoulder of the front arm.

Some players may have a ‘front on’ action. This is when the bowler runs up in a front on position to deliver the ball;

- Both feet point down the pitch towards the batter on landing.
- Shoulders and hips are parallel to the crease.
- Head looks inside a raised front arm.

Both actions are equally acceptable as long as they are safe and carried out correctly.

PHASE 1

- 1 Stand side-on
- 2 Feet shoulder width apart
- 3 Back foot parallel to the stumps
- 4 Head towards the batter
- 5 Hands together with the ball under the chin

PHASE 2

- 1 Stretch hands apart
- 2 Reaching high with the front arm
- 3 Look over the front shoulder
- 4 Push the bowling arm down towards the back knee

PHASE 3

- 1 Rotate the arms
- 2 Pull the elbow of the front arm down to the front hip
- 3 Swing the bowling arm over straight, brushing the ear
- 4 Release the ball at the top

PHASE 4

- 1 Swing the arms through
- 2 Front arm down passed the front hip
- 3 Followed by the bowling arm across the body to the front hip
- 4 Keep the head still, eyes level and focused on the batter

Walk/Run Up And Follow Through



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- 1** Start from three paces behind the stumps.
 - 2** Step right, left and right turning side on and swinging the left leg across the body to point towards the batter (left arm bowlers begin by stepping onto the left foot first in the step sequence).
 - 3** Reach high with front arm.
 - 4** Look over front shoulder.
 - 5** Push bowling arm down from under the chin to the back hip.
 - 6** Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
 - 7** Pull elbow of the front arm down to the front hip.
 - 8** Swing the bowling arm over straight, brushing the ear.
 - 9** Release the ball at the top.
 - 10** Swing the arms through, with front arm down past the front hip.
 - 11** Bowling arm comes across the body to the front hip.
 - 12** Step through with the back leg so the bowling arm shoulder points towards the batter.
 - 13** Follow through, keeping head still and eyes level, focused on the batter.

Progression



Progression from walking through the action is running through the action.

- 1** Measure the run up.
- 2** Run in gradually building pace.
- 3** Jump into the delivery stride, turning side on.
- 4** Reach high with front arm.
- 5** Look over front shoulder.
- 6** Push bowling arm down from under the chin to the back hip.
- 7** Make a windmill-like motion, bringing the non-bowling arm down and the bowling arm over.
- 8** Pull elbow of the front arm down to the front hip.
- 9** Swing the bowling arm over straight, brushing the ear.
- 10** Release the ball at the top.
- 11** Swing the arms through, with front arm down passed the front hip.
- 12** Bowling arm comes across the body to the front hip.
- 13** Step through with the back leg so the bowling arm shoulder points towards the batter.
- 14** Follow through, Keeping head still and eyes level, focused on the batter.



FIELDING

Ground Fielding



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- 1 Be alert and walk in slowly whilst the bowler is running in to bowl.
 - 2 Keep head still, eyes level and focused on the ball.
 - 3 Move in quickly to attack the ball behind the line of the ball, bend with knees and have both hands low and ready.
 - 4 Watch the ball into your hands.
 - 5 Stand and prepare to throw the ball.

Backing Up

Move quickly behind a nearby fielder who is attempting to stop the ball. The backing up player is ready to assist if the player fielding the ball misses it.

Move quickly behind the bowler or wicketkeeper to back up throws from other fielders to assist if the bowler or wicketkeeper misses the ball.

Catching



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- 1 Move into position quickly.
 - 2 Keeping head still and eyes on the ball at all times.
 - 3 Cup hands together with the little fingers touching.
 - 4 The palms of hands should be facing the ball, ready to cushion the ball as it is caught.

Underarm Throw



These are short distance throws and are used for speed and accuracy.

- 1 Extend throwing arm back with straight arm.
- 2 Step forward towards the target with the opposite leg to the throwing arm.
- 3 Swing your throwing arm forward and release the ball. Allow the palm of the hand to continue through towards the target.

Overarm Throw



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These are longer throws and are used for power and distance.

- 1 Stand side-on to the target.
- 2 Throwing arm moves back and up with the fingers on top of the ball.
- 3 The non-throwing arm points towards the target.
- 4 Step towards the target throwing the ball keeping the elbow high.
- 5 Throwing arm follows through across the body and the players should also transfer their body weight into the throw.

Wicketkeeping

Standing back - fast bowler



Standing up - slower bowler



It's important for the wicketkeeper to catch deliveries from the bowler that a batter misses or from throws that are thrown by fielders.

- 1 Crouched behind the stumps (at a comfortable distance from the stumps) with bent knees in a low position.
- 2 Hands together, palms open and facing the bowler and fingers pointing downwards.
- 3 Head still, eyes level and focused on the ball.
- 4 When receiving a ball from a fielder, wicketkeepers should be standing close to the stumps.