



BATTING BASICS

Sooner or later you are going to have a bad run of outs and some thoughtful soul will give you the cunning advice to go back to basics, and of course you will nod your head and move on without much ado. Probably because you are not really aware of what the basics are.

Well do you? Think about it for a bit and you should have answered

1. Watch the ball
2. Technique
3. Temperament

These are the pearls we have had thrown at us and to some degree they are true but let's look at a bit more detail

There are only three things that you need to really get right

- Decision making (did I select the right shot for the ball delivered to me)
- Technique (was the stylized choreography correct)
- Tempo (did I apply the correct amount of effort)

These are the things which keep us at the crease when they go right at the same time

The tricky one in this trio is tempo which invariably gets us out more so than the other two believe it or not. Often we are chastised by our teammates for hitting too hard (get your head down they say) but they never say the same when we hit too soft which is just as much out of control as having a big ding. And we will talk about and demonstrate it during the season

Old wives tales abound in cricket and "technique" is full of them. You only need to have knowledge of five parts of your body and that is all

1. Front foot
2. Back Foot
3. Top Hand
4. Bottom Hand
5. And believe I or not the front shoulder

No elbows, chins, noses, knees or hips just the above. The important thing is to know what they do, what is their role and function so come along to training to find out