

MASTERCLASS

FOR ANY
YOUNG LADS
OUT THERE...



THE BATTING DOCTOR

WITH GARY PALMER



SECRETS OF BATTING – PART 2

A SIGN OF A GOOD PLAYER is one who can hit the ball through straight mid-on and a sign of a good technical batting coach is one you can teach it. Follow the points here and you can master the techniques used by great attacking players, such as Viv Richards and Sachin Tendulkar. I must stress, too, that perfecting your technique is all about grooving: the more time you spend repeating the same techniques in the nets, the better they will work for you in the middle. For info on Gary's courses: ccmacademy.co.uk

PICTURES: PA PHOTOS



in practice

Hitting the ball through straight mid-on

Common fault Back foot stays too sideways. This causes you to lean slightly towards the offside thus effecting your balance and it also makes you slightly blocked off, affecting your alignment. When the back foot is too sideways your reach is restricted. This minimizes the number of deliveries that you can drive down the ground.

If the back foot is too sideways prior to the drive then it tends to finish up too turned in after the shot which causes the player to square up and the bat swings across the line.

Remember: point the feet early, prior to hitting the ball; hold the shape and swing the bat in a straight line to the ball with good balance and alignment.



2 WHEN PLAYING THE ON DRIVE take a smaller stride and place your front foot down the line of leg stump. This gives you good balance and alignment to play the shot.

Common faults 1) Too big a stride thus making it difficult to open up and hit with the swing or turn when the ball is moving in. 2) Putting the front foot wider than the line of leg stump thus opening you up too much and causing you to tip to the off side. This means you are playing across the ball too much and aiming it to square on the leg side, which is of high risk.



3 FINISH ALL DRIVES AND DEFENCE WITH HIGH HANDS AND LEADING ELBOW. This means the bat will swing in a straight line through the ball towards the target area while the full face of the bat will be presented towards the ball for the maximum amount of time. This will lengthen your hitting zone and allow you to drive more deliveries down the ground in the V with minimum risk of getting out.

Common Faults Dropping the leading elbow too early after striking the ball will minimise the length of time the bat stays on the line of the ball and will also encourage a closed face of the bat on contact.

Again this will minimise and restrict your scoring areas in the v making you vulnerable to getting out.

HOLD THE COMPLETION OF THE SHOT ie high hands and leading elbow with toe of bat pointing directly toe at the target. This ensures the full face of the bat contacts with the ball, thus improving consistency of shot. Look to always check drive in the V with a dominant top hand to help you maintain good technique.

Great players have a very dominant top hand when playing straight.

Common faults Swinging arms through with too much bottom hand and collapsing the wrists so elbows finish pointing downwards. This leads to closing the bat face just before or after contact with the ball thus minimising the number of deliveries you can hit straight. Hitting length deliveries over the top straight becomes very difficult to execute with a straight bat because the tight bottom hand restricts your reach.



4 DON'T TRY TO SWING THE BAT TOO FAST through the line of the ball when driving straight as you will compromise your technique. Swing the bat with a rhythmical flow so that technique is maintained to the max and timing is executed.

Common faults You hear the terms 'bat speed' and 'quick hands': these two comments are counter productive for straight batted drives as techniques deteriorate and timing is lost. Quick hands are more for the hook cut pull where it is important to swing the bat quickly.