



Batting Curriculum – Year 7 and 8 (11-13 years old)

There is no one way to bat. Some batsmen have techniques which are aesthetically more pleasing to watch than others, who have a slightly more unorthodox technique. In the end it comes down to the individual players desire to succeed and the coach's ability to guide that young player to gaining a better understanding of their own game. Young batters should be encouraged to hit the ball hard; keep it on the ground and hit it into gaps. The shorter pitch length means the batters will have less time to react to the ball. They should therefore learn to watch the ball closely from the bowler's hand. The flatter ball trajectory also enables the batter to play more attacking and defensive strokes off both back and front foot. Running between the wickets is also a skill to be developed.

Grip

- Understand implications of various grips.

Stance

- Generally, feet placed shoulder width apart.
- Aim for balance and stability.
- Head position – eyes level, nose pointing towards point of ball release.
- Understand implications of various stances.

Backswing

- Top hand to back hip (minimum).
- Bottom of bat to stump height (minimum).
- Swing path in line with the ball.

Watch the ball

- Emphasis on watching ball closely from bowlers hand all the way onto bat.
- Head position is important for balance and to watch the ball.

Watch the video below of Ricky Ponting on the grip, stance and watching the ball.

<https://www.youtube.com/watch?v=XojwVyX2UQA>

Front foot drive

- Attacking, vertical bat shot. Struck anywhere in an arc between mid- wicket and cover depending on the line
- Played to a full or over pitched delivery (full toss or half volley)
- Lead with head and front shoulder.
- Bent front knee, straight back leg.
- Stable base.
- Strike ball under eyes.
- Hit through the ball in intended direction of shot.

Watch the video below of Michael Vaughan on the front foot drive.

<https://www.youtube.com/watch?v=B5-4josCkxQ>

Front foot defence

- Defensive, vertical bat shot.
- Played to a good length ball on the line of the stumps.
- Present full face of bat.
- Bat and pad together.
- Stable base.
- Head in behind ball.
- Soft hands at impact.
- Only defend deliveries that threaten the wickets or the batsman.

Watch the video below of Michael Vaughan on the forward defence.

<https://www.youtube.com/watch?v=wsPBnY0GI8k>

Back foot defence

- Defensive, vertical bat shot
- Played to a short-pitched delivery bouncing between knee and chest high on the line of the stumps.
- Similar movements to back foot drive but played to tighter line – threatening body.
- Arrival point is higher on batsman than for back-foot drive.
- Defend straight.
- Practise leaving the ball as part of the learning progression of the shot.

Watch the video below of Michael Vaughan on the forward defence.

<https://www.youtube.com/watch?v=wsPBnY0GI8k>

Back foot drive

- Attacking, vertical bat shot. Struck anywhere in an arc between mid-on and cover depending on the line
- Played to a short-pitched delivery bouncing between knee and waist high on or just outside the line of the stumps
- Back foot across to off stump with toes facing point.
- Natural stride back with head in behind line of ball.
- Front foot moves to back foot to assist balance.
- Hands high to get above ball.
- Hit ball with high front elbow and still head.

Watch the video below of Michael Vaughan on the back-foot drive.

<https://www.youtube.com/watch?v=Jkt1Gc8Y4Wo>

Pull shot

- Attacking, horizontal bat shot
- Played to a short-pitched ball bouncing between knee and chest high on middle or leg stump or outside leg stump. It could also be played to a full toss on leg stump.
- Move back and across.
- Head still and forward.
- Hands high to enable high to low swing path.
- Arms fully extended at impact.
- Weight moves in direction of shot.

Watch the video below of Alistair Cook on the pull shot.

https://www.youtube.com/watch?v=HU_qXcF8s18

Cut Shot

- Attacking, horizontal bat shot
- Push off inside of front foot to get back.
- Toes ideally facing behind point to allow correct shape and get back hip out of the way.
- Hands high to allow high-to-low swing path.
- Strike ball with full extension of arms.
- Transfer weight to intended direction of shot.
- Consistency of bounce is crucial to playing this shot effectively.

Watch the video below of Alistair Cook on the cut shot.

https://www.youtube.com/watch?v=A5xq_4C0kVk

Running between the wickets

- Expect to run every ball.
- 3 calls: YES, NO and WAIT.
- Call loudly and clearly after every ball.
- Run hard and straight down each side of pitch.
- Low body position while turning – full extension of arm with hand at top of handle.