

Learning Outcomes:

- Grip the bat effectively
- Adopt a good batting stance
- Hit with consistency and control

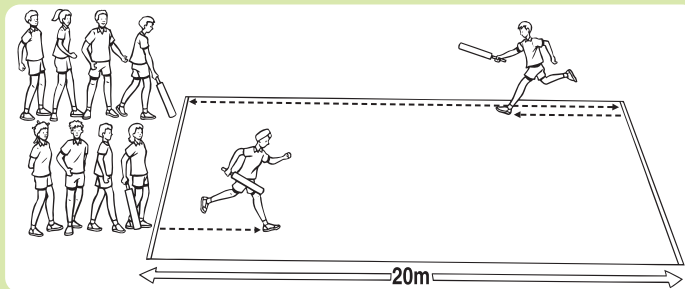
Starter

What do you think are the qualities of a good batter?
Can you think of a famous batter or perhaps your favourite batter? What particular qualities do they demonstrate?

Warm-up and Stretching

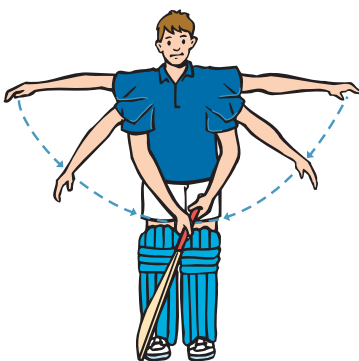
You should start the session with simple cardiovascular exercises to get your heart and lungs working, followed by some static and dynamic stretches. Here is another warm-up exercise to get you used to holding and running with the bat.

Run Batter, Run



- Each team of five stands in single file behind a start line. A second line is marked out 20m away.
- The first member of the team must run with the bat and place the bat over the line and return to the team.
- As soon as that team member passes the start line, the next team member repeats and so on. First team to finish wins.

Tip

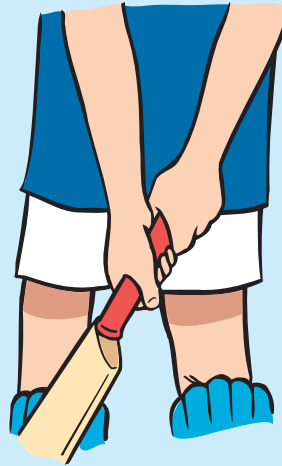


Before working on the skills, here's a tip to get you started on how to grip your bat. Rest the bat against your inside leg, swing your arms to the side and bring your hands down. The top hand should grip the upper section of the bat handle with the other hand gripping the handle below the 'top hand'. Hands should be close together with all the fingers curled around it.

Skill

There are three essential ingredients to good batting.

Good 'Grip'



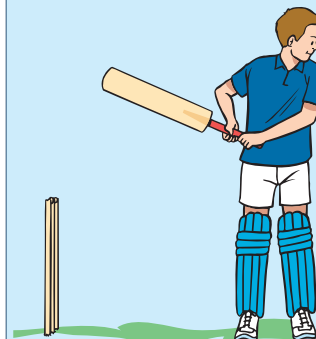
- The grip should be firm but allow the arms to be relaxed.
- Fingers and thumbs should be wrapped around the handle. The V formed by the thumb and forefinger of each hand should be in line.
- Make sure the knuckle of the first finger of the top hand is in line with the outside edge of the bat.
- Hands close together in the middle of the handle so that they can act as a single pivot point.

Good 'Stance'



- Stand sideways on to the bowler with feet comfortably apart, one foot either side of the crease, weight evenly distributed on balls of feet and knees slightly flexed.
- Face the bowler with your eyes level.

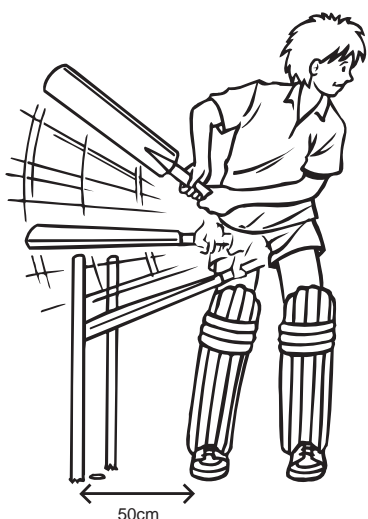
Good 'Backswing'



- Swing the bat back straight above the stumps.
- Front shoulder rolls down as bat is lifted.
- Bat and hands remain in line with the shoulders.
- Hands stay close to the back hip, top hand in control.
- Look forward, keep your eye on the ball at all times with your head steady and level as possible.

Have a go

- Work in pairs and take it in turns to be the batter.
- Practise the backswing by lifting the bat up and down so that it taps the ground, using the wrist and arms only.
- Your top hand should be in control. Make sure your hands remain close to the body and that the bat handle is in line with the shoulders.
- Keep your head still and eyes level. Tap the bat behind you ten times.



Once you are confident you are tapping correctly, remove the centre stump and mark a point 50cm away from the stumps for the batter to stand. Each batter should attempt five backswings.

How many times does your bat go straight through the gap in the stumps? Score 3 points for every time. And remember to make sure your grip and stance are exactly as shown.

Assessment Opportunities

- Using a digital camera, take it in turns to photograph or video the batter so that you can see their grip, stance and backswing.
- Self check your technique – are you standing correctly?
- Does your grip look the same as the one shown in the picture on ‘good grip’?
- What could you do to improve your backswing? If you hit the stumps rather than swinging through the missing middle stump, can you see why this happened?

How can you use this to improve your batting technique?

Note: If you don't have a digital camera, you can act as the camera for one another. Comment and advise on the batter's technique.

Extensions: Striking the Ball

Level 1 – Place the ball on a volcano or striking tee. Batters take it in turns to strike the ball five times. Score a point for every ball you strike. Any batter hitting the ball at least three times can progress to the next level.

Level 2 – Work in pairs to drop feed the ball to the batter so that it bounces once in front of the batter. Score 2 points for every ball you strike. Any batter hitting the ball five times out of five can progress to the next level.

Level 3 – Work in pairs to throw the ball directly to the batter's bat. Score 3 points for every ball you strike.

Curriculum link: Maths/Numeracy
How many did you score?

Some Batting Rules (playing Inter Cricket outdoors)

- 50% of the team bat in the first innings and the remaining 50% in the second innings.
- An innings is closed when an agreed number of overs have been bowled or all batters are out.
- A single remaining batter may continue batting, changing end as necessary to receive strike; a partner must run with the remaining batter; either batter may be run out to end the innings.
- LBW may only be given if a batter deliberately blocks the ball to prevent it hitting the wicket.
- A batter retires on 15 but the last scoring hit counts (i.e. if on 14 and score 6 on next hit the batter retires on 20).
- A retired batter may resume their innings when only one batter remains.
- Each team has one innings. An innings is closed after an agreed number of overs or if all batters are out.

Normal cricket rules apply except;

- Non-striking batters wait level with and to the side of the ‘running crease’ and may not interfere with any bowled ball.
- Batters change ends at the end of each over.