

## Cricket Victoria's Coaching Clips: Batting Skill Drills

- 'Batting Skill Drills' are a good alternative training activity for batters
- Operating in pairs, players take it in turns to strike a nominated amount of balls delivered by their partner towards designated targets
- Balls can be hit off a tee, delivered by under arm, over arm or dropped from close range
- Batters score a point for each ball that enters the designated scoring zone
- Once all balls have been hit for the round, players collect them and swap roles with their partner
- Batters hit to a number of targets, from different positions, which requires different cricket shots to be played
- This activity encourages batters to learn to play strokes implicitly; with the target being nominated and the batter finding a way that works for them to get the ball through the scoring zone
- At training, this type of drill can be done as routine practice or in a competitive environment to add to the challenge
- Coaches can use these drills to focus on bat swing, to coach specific shots, help batters concentrate on finding gaps, create repetition of strokes and to instil confidence with batters getting used to the ball hitting the middle of the bat
- Coaches can use these drills to break up a training session, add variety or as an option for players who may not bowl much in the nets
- So start hitting lots of balls and remember to enjoy your cricket!!!

