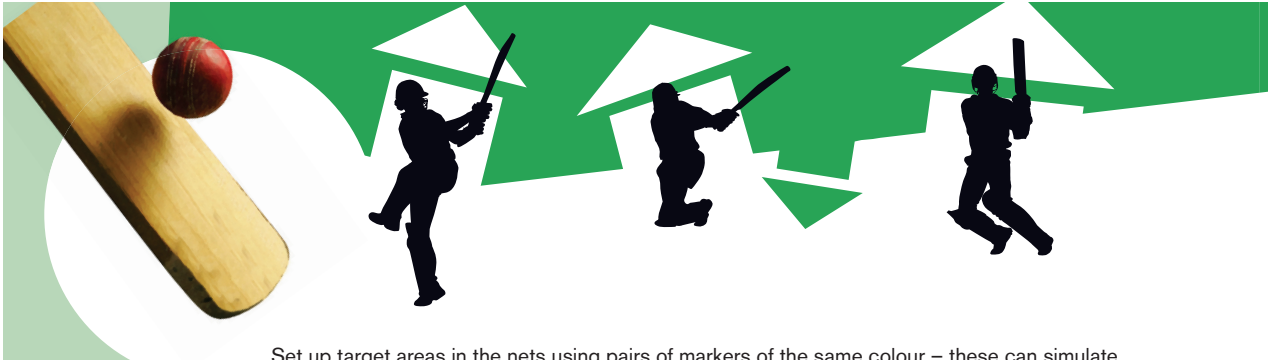


NET PRACTICE – BATSMEN



Set up target areas in the nets using pairs of markers of the same colour – these can simulate gaps in the field for picking up singles or boundaries

ADVANCED

Challenge 1 – how many balls out of a set number bowled can the batsman manipulate into the gaps.



COACHING TIP

Ask player to think about how they could get the ball into the gap whilst still keeping the maximum amount of bat presented to the ball. You can get the ball safely behind square simply by playing it late.

Challenge 2 – can the batsman manipulate the balls into the gaps in a set order, i.e. work around the gaps in a clockwise fashion. Count how many times in a row they hit the gaps.



COACHING TIP

Discuss the role of the feet in trying to manipulate the gaps. Lining up the feet towards the target will give a better chance of success.