



VALLEY DISTRICT CRICKET CLUB INC.

KEEPING YOUTH BUSY IN SPORT

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AFFILIATED WITH THE QUEENSLAND CRICKET ASSOCIATION

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Coaching Batting Technique



- Only through discipline may the master reveal himself

Wolfgang Goethe

- The more technique you have, the less you have to worry about it. The more technique there is, the less there is.

Pablo Picasso

- The most perfect technique is that which is not noticed at all.

Pablo Casal



The Role of the Coach

- As Coaches we need to have a thorough understanding of all the components of technique within any given shot.
- Without this basic knowledge of Technique you can't coach a player effectively.
- Know what perfection looks like!
- With this Technical knowledge you can step in and make a positive difference when a player needs help.



Communicating your knowledge

- To be able to get your coaching points across to a player effectively you need to be a good communicator.
- To be a good communicator you need to build good working relationships with the players you work with, where player and coach can work in harmony.
- To build a good player coach working relationship the coach need to fully understand his/her self and be able to quickly understand there players they are working with.



Fast Development of your players.

The following areas can speed up the building of player coach relationship and ultimately effective communication.

- Knowing your and your players MBTI type. (Character Type)
- Having a good Understanding of the various questioning styles
- Knowing you players Learning styles.
- Knowing your players Learning preferences. (VAK'S)
- Exercise humor where possible. (Ice breaker & Enjoyment)

Is no good being a very knowledgeable cricket coach if you can't communicate effectively.

Building the RELATIONSHIP and good COMMUNICATION are essential for quick development of a player to their full potential.



Regular Reflection

As a coach always reflect on your sessions so you can constantly strive to improve.

- It's not what you say it's the way that you say it.
- It's not what you do it's the way that you do it.

THAT'S WHAT GETS RESULTS.



To correct a student's technique the coach must:

- Have a specific reason for changing it
- Know precisely what needs to be changed
- Identify the source of the technical fault
- Adjust technique in order of priority
- Demonstrate and explain correct technical change
- Explain the benefits of technical correction (i.e. how the fault is limiting the development of the player's potential).
- Patiently correct the technique and let the player feel and see the improvement in his/her shots.



Identifying a Fault in Technique

- To fix a technical fault you need to find its source.
- The fault needs to be identified to the player, otherwise it is impossible for the problem to be corrected.
- Fully taking in this negative information (the fault) is the premise to the player grasping and implementing the change of technique.
- The fault serves as a reference point, so you and the player know what to address, at what point in a sequence, how to correct it and why.
- If players understand these things, they are provided with the awareness and reference points to sort things out in the future should the same fault arise again.



Key stages to analyze technique

- Set up (Grip stance)
- Backswing (Most Important part of Technique)
- Leaning in and stepping forward or backward
- Contact with the ball
- Completion of shot

In all the above phases of the stroke components of Technique should lead to perfect BALANCE & ALIGNMENT coupled with a full COMPLETION OF SHOT.

This is the ABC of correct Batting technique and what all great



players do very well.

A,B,C of Batting

- Alignment
- Balance
- Completion of shot - Broad Focus

- When assessing a batters technique you need to monitor the following areas.
- With in these areas you adjust the various components of technique to achieve the the ABC'S of batting. - Narrow focus



Alignment- Balance-Completion

- Alignment – Direction
- Alignment of the various body parts allows the bat to swing in a straight line from the top of the Back Swing to the target area.
- Balance= Control & Power
- Allows you to control your shots.
- Completion of shot =Consistency & Good Contact
- Makes shots more consistent and also lengthens the hitting zone allowing you good contact with the ball.



Always coach Front Foot Attacking Drives First

WHY? This procedure encourages

- High backswing
- Full Completion of shot with high hands/Elbow
- Good momentum in to the shot
- Good Technique (You can play a defensive with a flawed technique but to play an attacking drive, those flaws can be exposed and corrected)



First Master Playing Straight in the V

The best shot to teach first is: Front Foot On Drive

Why?

- Because it encourages good Balance & Alignment.
- The head stays wicket to wicket and the feet are encouraged to be well aligned rather than blocked off.
- The head is encouraged to the ball rather than the shoulder. (This minimises tipping to the off side)



Constructing the foundations of Batting Technique.

The key shots to construct first when building a players batting technique are :

- Front Foot Drives (off Straight & on)
- Back Foot Drives (off Straight & On)
- Forward Defence
- Back foot Defence.



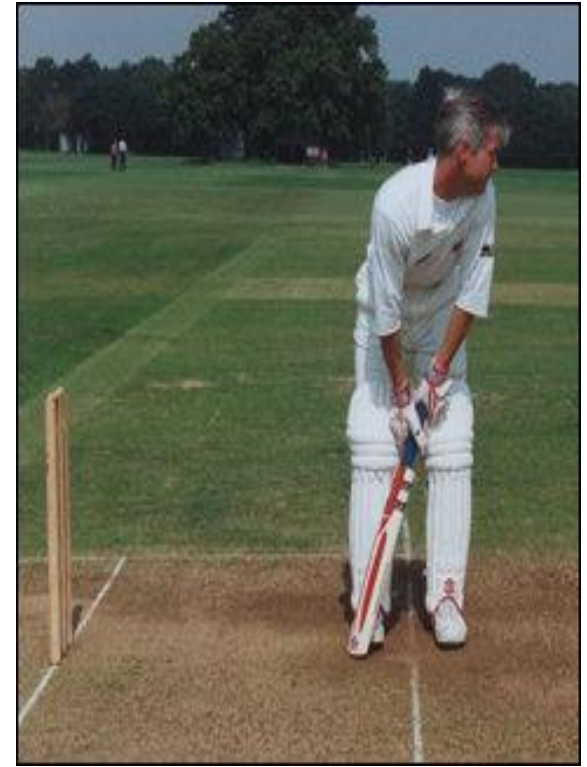
Repetition of perfection is the key!

- Repetition of perfect technique over prolonged periods of time against all angles of feed or delivery results in fast development of skill levels.
- Repetition develops the following key areas of batting:
 - Muscle Memory – Know what perfection feels like with ability to reproduce it.
 - Prolonged periods of focus.
 - Patience.
 - Concentration
 - Discipline
 - Work Ethic
 - Mentally tough training environment.
 - Attention to detail and an understanding of your own technical development
 - Finally the ability to self correct your own faults



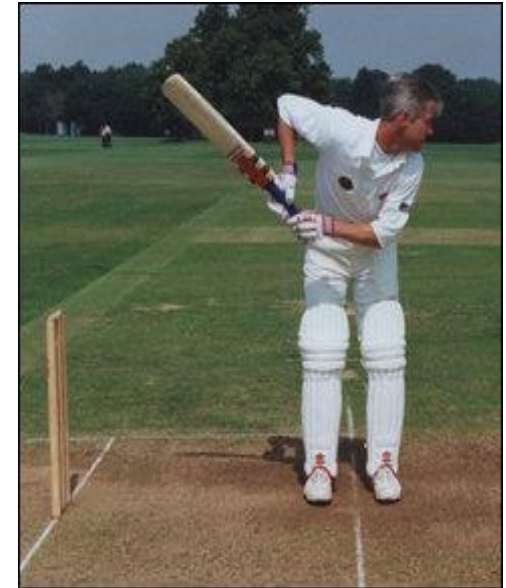
Components of Technique

- Grip / Stance



Backswing

A poor backswing is the source of most Batters dip in form.

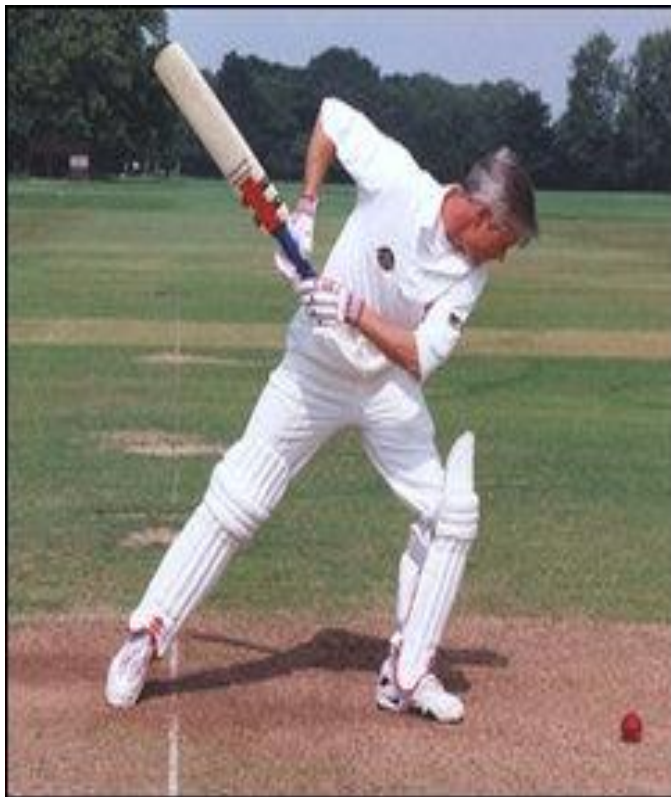


- BACK SWING SHOULD GO BACK OVER OFF- STUMP OR SLIGHTLY WIDER
- ULTIMATELY THE HEAD SHOULD LEAN TOWARDS THE BALL.

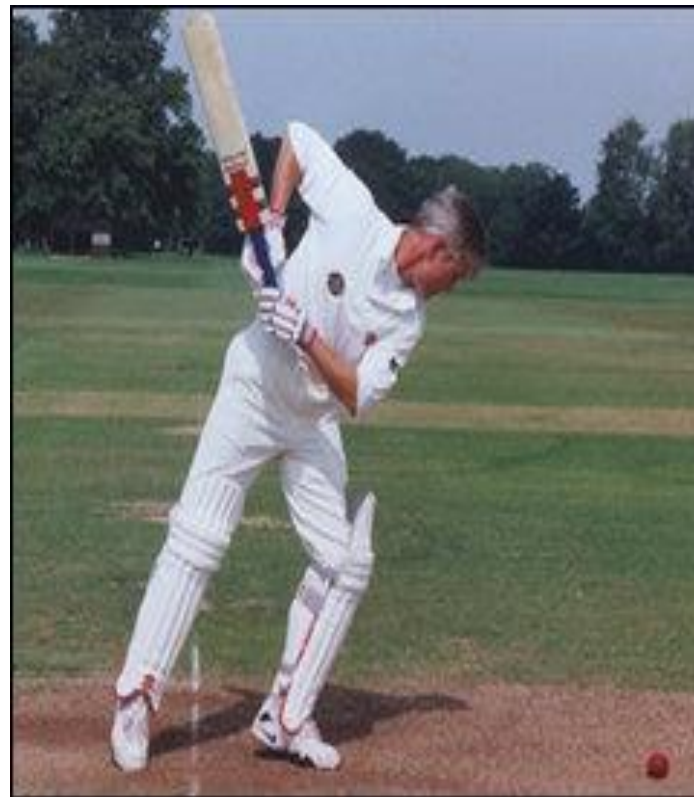
Back Swing should NEVER go back over middle or Leg stump.
Leading shoulder should NEVER point directly towards the ball.



Leaning in Stepping Forward



OFF / STRAIGHT DRIVE

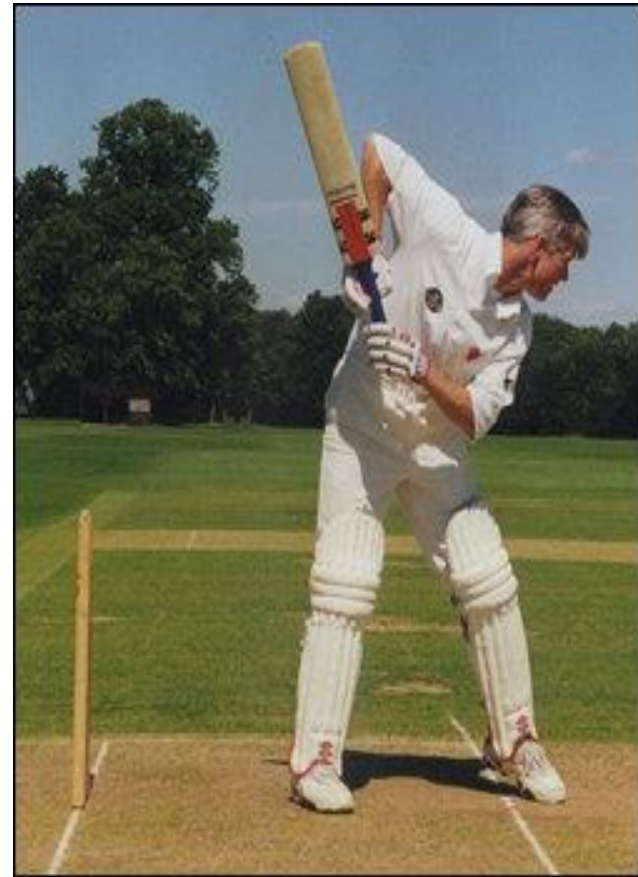


On Drive

Leaning in and stepping Back & Across

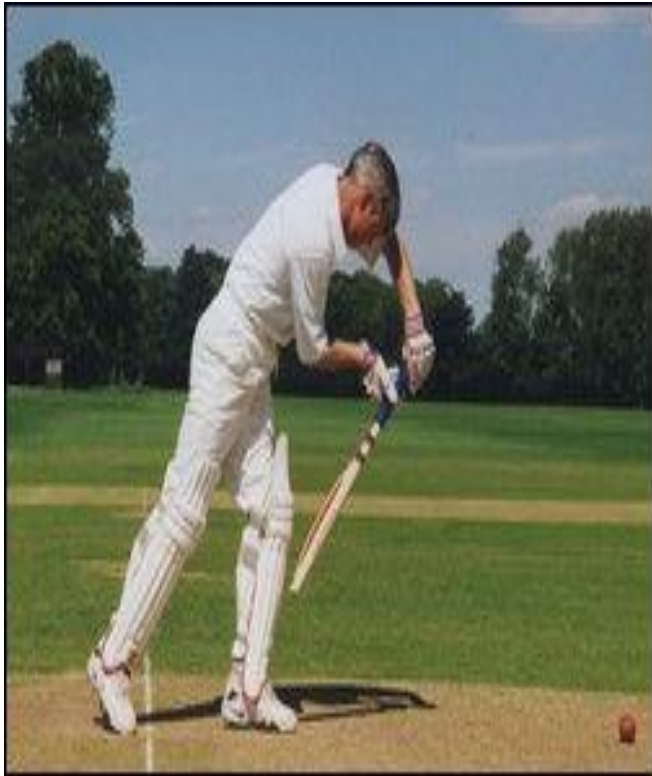


Off / straight Drive



On drive

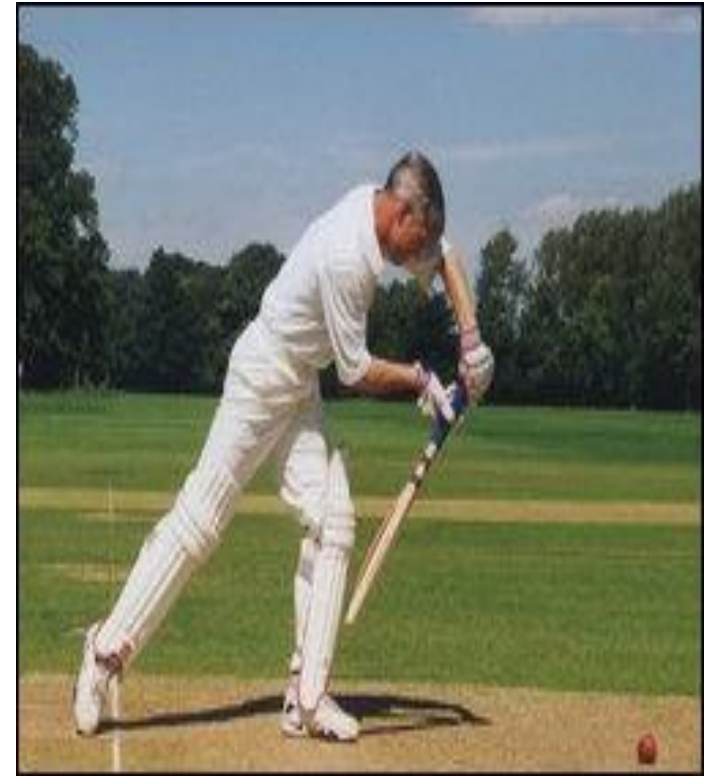
Contact With Ball



On Side Defence

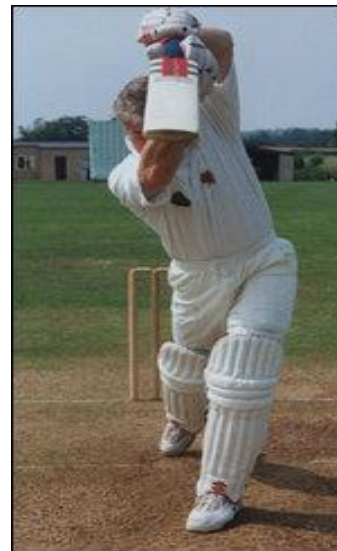
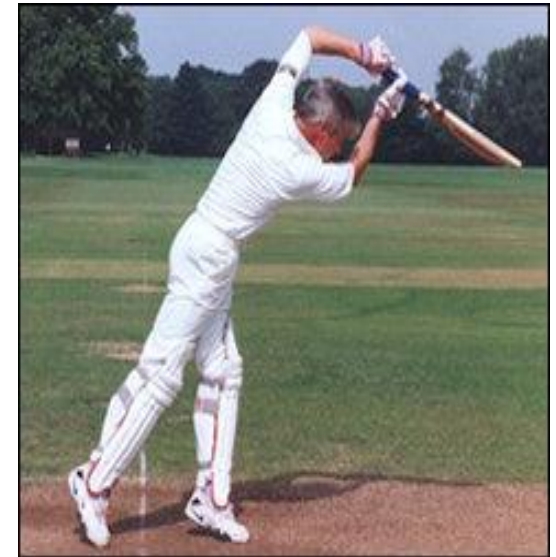


Straight
Defence



Off / Straight Defence

Completion of shot



Coaching Technique

When coaching technique it is important to:

- Use target areas that supplement the technical input you are giving to a player. (Target areas can help to identify positive improvement or flaws in technique.)
- Show a player the Correct Shapes (Demonstrate)
- Give the player verbal explanations & stress the benefits of the correction
- Get the player to shadow shots so they can feel the correct technique.



Programming a player with audio running commentary.

Why?

- Coach constantly reminds player when they make a mistake.
- Player begins to spot mistake themselves.
- Coach give expert advice on the correction.
- Player understands and learns how to self correct.
- Player learns what perfection looks and feels like and knows how to reproduce it.
- Coach passes all his/her knowledge and experiences on to the player very quickly so player becomes self sufficient in their own development.
- Coaches high standards are quickly passed on to player.
- Player has repetition of best practice and therefore messages to the muscle memory are clear and development of technique is fast.



Perfection when Grooving

- It is important to strive for perfection when grooving.
- Never let a player play a technically flawed shot without giving the correction.
- After the correction work with that player to get back to perfection.
- The more detailed you are as a coach correcting technique the higher the players technical standards become and the more they learn about their own technique.
- Repetition is important to develop a shot only when each repetition is perfectly correct.
- Grooving flawed technique is counter productive.



Challenging the New Technique

- Once Technique has been reconstructed it must then be challenged and put under pressure.

HOW?

- Increase the pace
- Introduce a different angle
- Introduce a type of swing or spin
- Introduce a conditioned game practice (Survival or Various run Chase targets)

If you have a good technique it is easier to survive challenging spells of bowling and also to deliver a wider variety of game plans successfully.



Once players have the tools of good technique they can begin to express themselves within their game plans.

- The Coaches job is to lead the process of Constructing a players technique.
- The players job is to lead the development of their game plans with input from the coach.
- Through experiences of success and failure in pressurised match situations the player will work out what game plans he or she is most comfortable with.



There is only one way to play a technically perfect shot.

- This means there are no mixed messages and coaches and players all have the same information to work with.
- Simplicity is the goal.
- Lets make Robots of correct technique so batting looks and becomes more natural and efficient.
- Robots give the correct information perform efficiently and this equates to good performances.



TECHNIQUE IS THE KEY TO DELIVERING A WIDE VARIETY OF GAME PLANS SUCCESSFULLY

- Technique gives you a wide variety of game plan options.
- Technique is the key to surviving challenging spells of bowling.
- Technique helps you play the swinging and turning delivery effectively
- Technique is the key to consistency
- Technique is the key to match-winning innings
- Technique gives you confidence and self-belief



CONSISTENT AND POSITIVE PERFORMANCES DEMAND MASTERY OF THE CORRECT TECHNIQUE TO PRODUCE THE BASIC SHOTS

- Once technical mastery is achieved it must be regularly serviced and maintained.
- Only when this is done does the mental side of batting become of paramount importance
- The mentally strong players who can handle pressure will become the best players.

“In extreme situations, the entire universe becomes our foe; at such critical times, unity of mind and technique is essential - do not let your heart waver!”

Morihei Ueshiba



ROBOTIC TECHNIQUE VERSUS CREATIVITY

- These are COMPLEMENTARY
- To be creative and innovative in delivering your game plans successfully, the player **MUST** have the systems of a mechanically sound basic batting technique.
- Players need to be precise and detailed when constructing these basics
- They need to be striving for perfection, hardwiring these basics into their game through robotic repetition.
- This robotic repetition over time will begin to flow until the basics become natural and flow.
- Once this has been achieved players can be creative and innovative within their individual flare.



Beyond Technique

Coaching cricket is the art of channelling passion for the game into technical mastery, so that in key moments players become better than their technique

- And there is a time where you can be beyond yourself. You can be better than your technique. You can be better than most of your usual ideas. And this is a whole other category that you can get into.

Dave Brubeck

- Great dancers are not great because of their technique, they are great because of their passion.

Martha Graham



The good coach: listening to the 'voice' of the cricketer

When I had my first voice lesson I was 15 years old. And I had a really good teacher. This is what made all the difference. A good teacher will teach you the technique, but also how to listen to your voice.

Cecilia Bartoli

Great Players are Great Practisers

Gary Palmer ?



Measuring Kit for the - A,B.C'S

- ALIGNMENT -  (Horizontal Lines)

Aligning the Bat path and body to target area, using straight line

- BALANCE -

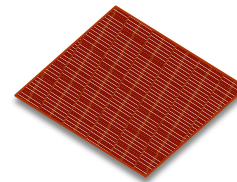
Tram lines to vertically measure balance

I.E Alignment of Head , Hands & Feet

(Vertical Lines)



- COMPLETION OF SHOT.



Diamond Shape made by arms, from backswing to full completion of Shot. (Diamond = area within arms)

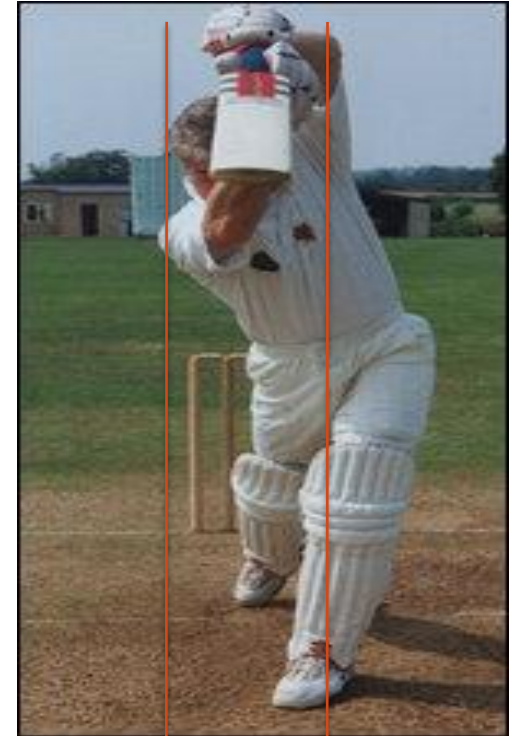
Identifying the A,B,C'S



Alignment
Horizontal Lines



Completion – Diamond Shape



Balance
Vertical lines

Perfection

- If you are always searching for perfection, its never going to be far away.
- Aim for perfection, but don't expect to achieve it completely then you will stay motivated.
- If you expect total perfection all the time you will be setting an unrealistic goal that you will never achieve and this will lower your energy, enjoyment levels and overall motivation.
- Aim to be close to perfection but don't touch it, keep a very small distance.
- The best chance of Achieving perfection is by not aiming for 100%



You can only be a craftsman if your tools are sharp.

- A batters craft is scoring runs in a variety of ways and in various match situations.

This can only be achieved if that batters technique is sharp just like the craftsman's tools.

To be a world class batter you must have good technique.

