



# HOWZAT!

## Batting Practices

**Name:** Back Foot Defensive

**Aim:**

To acquire and develop the skill of playing the back defence.

To select and apply the back defence according to the line of the delivery.

To evaluate performance by observing others and listening to and following instruction. By using self analysis to identify which technical and tactical areas to improve.

**Organisation:**

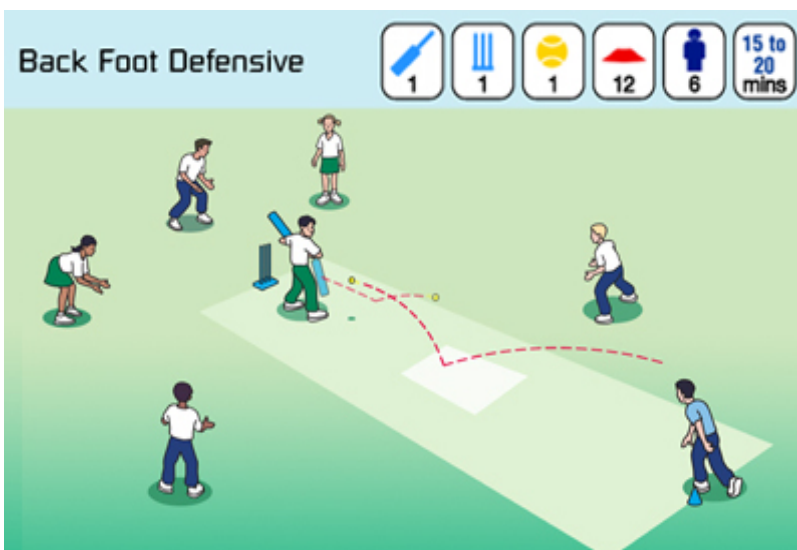
Players are organised as illustrated ensuring appropriate fielding regulations apply for year groups. The coach or teacher serves a ball on back of a good length to player number 1 who is acting as a batter. Fielders attempt to catch the batter out. Players rotate after a set number of goes or until the duration of the time allocated. When established you can encourage players to take it in turn to serve.

**Technique:**

When batting: Adopt stance position – head level, balanced, include bat tap; Backswing and step back and across; Watch the ball and make a decision on the direction to hit the ball; Figure 9 shape with bat and arms; Bat swings through line of ball; Bat decelerates on contact; Bat angled down; Maintain balance.

**Adaptation/Variation:**

Use bobble serves; Use over arm throws; Use different balls; Fielders can catch the ball; Increase / decrease the size of the target; Add another batter.



**Equipment:**

**Players:** - groups of 8;

**Cones:** – 6 per group;

**Tennis balls:** - 6 per group;

**Stumps:-** 1 set per group;

**Bats:** - 1 per group;

**Time:** 15 - 20 mins;