



HOWZAT!

Batting Practices

Name: GSB Step

Aim:

To acquire and develop the skill of how to hold a bat and how to stand in a batting stance position correctly.

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

Organisation:

Players working in pairs or as individuals (depending on the amount of bats available) watch the coach or teacher practice how to hold the bat, stand correctly and step forward or back correctly. Players copy and work with one another to check to see if this is being done correctly.

Technique:

The grip: Fingers and thumbs wrapped around the handle; "V" in line – between splice and outside edge; Hands close together; Top hand rests against inside of front thigh. The Stance: Feet parallel to crease approx a foot length apart; Weight evenly distributed; Knees flexed; Side-on position; Eyes level over toes. Bat Tap: Use wrists and arms only; Top hand control; Bat handle close to body. Backswing: Front shoulder rolls; Figure 9 shape with arms and bat; Bat handle close to body – inline with shoulders; Hands close to back hip; Backswing and step: Co-ordinated movement; Comfortable stride; Smooth head movement towards the ball.

Adaptation/Variation:

Practice step and backswing forward and back; Shadow a front foot drive; Shadow a back foot drive; Add a ball; Use appropriate size bats.

GSB Step



Equipment:

Players: - up to 24;

Bats: - 12;

Time: 15 - 20 mins;

