



HOWZAT!

Batting Practices

Name: Lofted Drive

Aim:

To acquire and develop the skill of playing the lofted drive.
 To select and apply lofted drives according to the line and length 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:

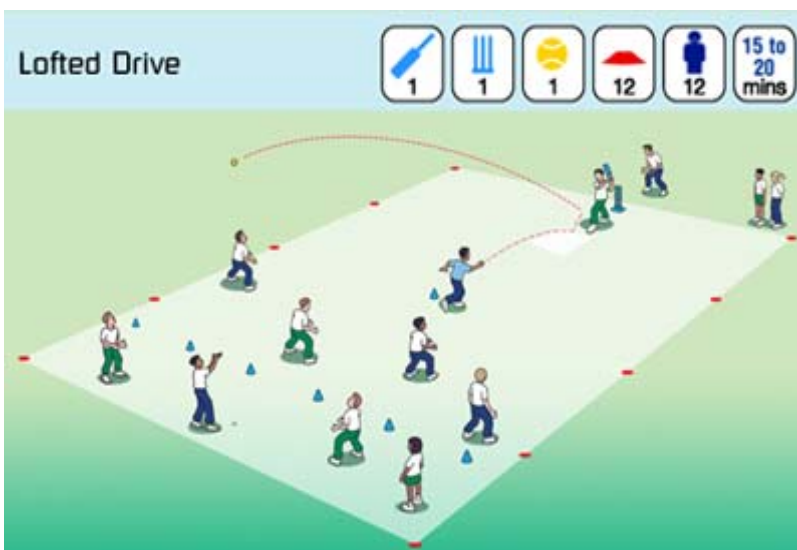
Groups are organised as illustrated. In 3 teams of 4 the batting team stand behind the striking batsman in a safe area. Fielders field behind the coned areas. Fielders must not encroach cones will be approx 30 metres away. The coach or teacher serves the ball so it lands on a length. Player 1 attempts to hit the ball in the air toward the coned area. Points can be awarded for successful attempts. All players should have an opportunity to have a set amount of goes each. Rotate the players quickly to avoid queuing. 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 forward or back; Watch the ball and make a decision on the direction to hit the ball; Base established – front knee bent; Comfortable stride; Shoulders rotate vertically to begin downswing; Figure 9 shape with bat and arms; Bat swings through line of ball to complete follow through; Hit the ball slightly early to allow the ball to be lofted; Maintain balance with weight slightly behind the ball.

Adaptation/Variation:

Hit the ball off a batting tee; Use bobble serves; Use over arm throws; Use different balls; Increase / decrease serving distance; Fielders can catch the ball; Increase / decrease the target; Add another batter.



Equipment:

Players: - groups of 8;

Cones: – 6 per group;

Tennis balls: - 6 per group;

Stumps:- 1 set;

Bats: - 1 per group;

Time: 15 - 20 mins;