

# **LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING**

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## **Lecture 01: How to Grip a Bat (Set-up)**

Hello, dear students. Welcome to the first online level O under the NPTEL cricket coaching session. We are going to start this session with setup. It is very important to do this before going for batting.

When a batter comes to bat, what should be their aim? What are the aims of batting? The first aim of batting is scoring runs. When a batter comes to the crease, they should make runs.

Singles, doubles, triples, if possible fours, and even convert the shot into a six. So, the batter can continuously score. Scoring runs is a very important aim for the batter.

Secondly, I am scoring. Along with that, I have to stay on the pitch for a long time. I have to stay on the pitch. So, staying on the pitch for a long duration is the second primary aim of the batsman. I will not throw my wicket.

I have to stay on the pitch with good concentration and good technique. I have to bat with good concentration. These are the aim of a batter whenever he comes to the crease for batting. Setup in cricket batting.

So, in technical aspects, the batting setup consists of three mechanical parts. This is called the grip, this is called the back-lift, and this is called the stance. So, grip, stance, and back lift. By combining these three, we can determine the setup of batting. So, what is set up?

The setup is, I am a batter. I will play front-foot shots. I will play back-foot shots. I had to prepare myself through some technical aspects or points. What are they? That is, whether I have gripped it well or not.

Am I standing in the right place in the crease? That is the stance. And, am I able to lift the bat in the right way before hitting the shot? It's very important in cricket batting.

These three aspects, if there is any aspect, if there is any problem, if there is any fault, the effect of that Later on, will affect the next phase of batting skill. If I want to play on the front foot, it will affect the technical aspects of the front foot. If I want to play back foot shots, it can cause a problem. For that reason, batting setup is very important.

Because this is the preparation phase of cricket batting. How did I manage to prepare myself? This preparation is done with grip, stance, and back-lift. To develop these three aspects further, we do some drills so that it can be improved with the player in a very beautiful way. So now we will see how to do the batting grip of cricket.

So, we have all seen good batsmen. When they take the stance, they check their batting grip and then bat with that grip.

How do I achieve this grip? You can see how I am holding the bat. In our coaching field, we can practice the batting grip in two ways. We will see these two parts now.

First of all, we take the bat. I will place it on the ground. Okay? Before gripping, I will stand two steps behind the batter. Now, what I will do is, I will keep both my hands like this and reach for the batter. This is the first method of how to grip a bat.

While holding the bat in the middle of the handle, keep one thing in mind. There should be no gap between my two hands. These should be close to each other. We can see the V in both hands. How I will keep these two V in the batting grip, is also important.

Have to check this. So, what is this? If I'm right-handed, my right hand will be the one closer to my body, and my left hand will be on top.

There are two types of roles for both hands. The top hand always controls the shot and controls the bat. And, the bottom hand provides power. Okay.

Now, if I get these two together, I have to hold it in the middle of the handle. How will I hold it? I have to check it. The right hand, meaning the V of the bottom hand, should always be in line with the splice.

This is called the splice of the bat. Look at this. This is the splice. This is the V of the bat splice. When I grip the handle, I have to see if the V of the bottom hand is near the splice, Okay?

In the top hand, I have to see if the V is near the splice and the outer edge of the splice. Okay? This is the V position.

After fixing the V position, I have to check this properly. Is there a gap between the two hands? Is there a gap between the handles? And is there a proper alignment of the V, Okay.

So, again, I am showing you how I will grip the bat from this position. Stand behind the bat and go. Pick up the bat. Okay. Now I am checking.

I am checking. Is my V in the right line? And is there any gap in the middle of my hands? I am checking. Okay.

Now I have checked the grip. I have a demonstrator with me. Please come. Now she has gloves with her. We don't have gloves.

So, when the batsman grips the bat with gloves, how does he reach the bat? How does he grip the bat? How to coach? What is the role of a coach when a player grips the bat? That I will show you.

Because this is a part of this coaching course: how to coach. Okay? So, the bat is now on the ground. You come back from the bat. Okay.

Come forward at the bat. Pick up the bat. Now, see, here we can see that it is a little bit in the middle of the handle. If I pull the handle a little bit more, it will be in the middle of the handle.

How did I understand? Now, as far as I can go, I can go. That means it is in the middle of the handle. Now, she will check the V the bottom-hand V, and the top-hand V, in between the splice and the outer splice, Okay.

So, there is a kind of feeling on the gloves. When we see some demos with bare hands, there is a kind of feeling. So, that's why, in the how-to coach session, I showed that when gloves are on a batsman's bat, when there is no grip, at that time, my gripping position is like that of the bat.

Second method If I am a right-handed batsman, so with my bottom hand or right hand, I will hold the bat. Assume that I am a right-handed batsman. So, with my bottom hand, I will hold the bat right in the middle. Now, with the help of this V, the top-handed V,

I will form the V from the toe of the bat and move it. I will move it and grip it in the middle of the handle. Okay? Now, bottom hand and V. I will bring the V on the splice and I will move it down. And I will bring the V in line with the splice from this V. Okay.

It's very simple. Pick up your bat with the help of your bottom hand. Make your V with the help of the index finger and the thumb. Place it here. Make it down. Grip it. Make a V. Make it down. V. And grip the bat in the middle of the handle.

See, the grip key points that we discussed earlier. There will be no gap between both hands.

In the middle of the handle, you have to grip it. Both V should be aligned with the specific area. So, again, I am showing you. In my coaching session, I will motivate the children to grip either in this method or in the first method, Okay.

So, again, our demonstrator will come and show you how to do it. Please come. Now, what you have to do is: pick up the bat with your right hand. Hold it with your right hand.

Throw it to this side. Push it forward. Okay. Now, make your V from here. Okay.

And down. See. Tightly, she is holding the bat in the middle of her hand, and she is taking the bat from the splice line.

Okay, now she will check. You check the points.

Now, she is checking how to grip the bat. So, this is how to coach. When you, as a coach, teach a child how to grip, then the players, the beginners, will do the batting grip. As a coach, he has to follow and see if he has done the grip correctly if there is a gap in the middle of the handle, and if the bat is in the middle of the handle.

And what he will do is, she will check with his hands. She will check. The batter will check if the grip is correct or not. Okay? Now, okay, you may go.

This is the grip of batting. What is the importance? To control the shot. To control the shot, I should have a good balanced grip. Shot selection.

To make any shot selection, grip is very important. If I play the shot off-stump, the ball will go to the off-stump. If I off-drive, the ball will go to the off-drive area. If I cover-drive, the ball will go to the cover-drive area.

Why? Because I have gripped well. I have gripped very well. And power and balance. I have to use power with the ball.

That's why I need a good grip. How to grip the bat? We learned it in two ways. What are they? Conclusion part.

What did we do at first? We kept the bat on the ground. And we picked up the bat with the help of both hands. There, I checked if there was a gap in the middle of my handle between my two hands. If I was holding the handle in between.

I have checked if there is a V in the alignment. This is the first method. The second method is, if I am a right-handed batsman, my bottom hand, which is my right hand, I will hold with the right hand, and with the bottom hand, I have to hold in the middle of the bat. Now with the help of this V, I have to take the V from the top hand, the toe of the bat, I have to take it down and from the top of the bat, I have to grip it and I have to check it.

I have to check whether my V has proper alignment or not. I will check it.

Okay? So, what are the points of grip? And how will I take the grip and how will I practice it?

We saw those two drills. So, if you have, you know, above 10 students, 10 batters, 20 batters, make them in a line or two or three rows, we can put the batters there. And in each batter, we can make an area with a 10 feet gap. Then we will motivate the batters to keep the batter on the ground and then do the gripping techniques of the batter.

He or she likes, the batter likes, which method he or she will apply. So, as a coach, what will be my command at that time? Okay, we have learned in two ways. Now, we are going to choose a grip according to our wishes. We will grip the bat.

Just like the example I am giving, my demonstrator will come, and I will show how an action coach will give a demo to the players and will also give an explanation of how he will grip the bat. I have learned two methods, and how he will take one. Please come. So, we have learned the grip in two methods. One is to keep the bat on the ground, directly pick up the bat from there, check the grip, and

If you are a right-handed batter, look at the bat from the right-handed side and see how you can grip the easiest method for you, the one that you think is the easiest method, keep doing it now. As a coach, this is your responsibility. So, the second method, the one that I had learned, I think is the easiest for this batter. That is why batting grips are used in the second method.

See how she is checking the batting grip and preparing herself for the next phase of batting setup. She is preparing herself for the next phase of batting setup. So, the next phase: is stance.