

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

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**Week 03**

## **Lecture 13: BACK FOOT DRIVE**

Hello everyone. Welcome to the next session of batting. That is vertical shots and backfoot drive. Earlier, we have seen some back foot defense key points, how to play the shot, and skill-related drills. Back foot drive is the extension of back foot defense. What is it?

Back foot defense shot. We were playing earlier in the shot of good length ball, putting backhand across, we were defending. The difference in back foot drive is the ball will come in a short pitch, outside the off stump, or in the line of the off stump and will stay. That ball, I am getting the room. It means, short pitch ball, I am getting enough time, and I am staying outside, and I am getting room. I have to drive that ball and play.

So, drive is the extension of defense. In defense, I am defending the good-length ball. In drive, whenever I am getting the room, it is a scoring shot. That is why I must hit the ball. I am doing the defense to stop.

Here, I have to play with an extension. So, score runs. So, a very good-looking shot. A very important shot in cricket. The ball will be delivered by the short pitch.

Height. Mid-wicket and waist. In the middle of the level. Which ball will come? With that ball, we will play a back-foot drive.

We will choose and play the shot. Now, from the front view, I will show you some demonstration, and from the side view, I will show you some demonstration to understand it beautifully. From the side view. Here, when I saw the demonstration, I gave two types of demonstration. One from the front view and one from the side view.

From the front view, I gave two types of demonstrations. I gave one demonstration. We played a half shot. I gave one demonstration. I played the full shot.

The difference is, in the front foot drive, As I said, I will repeat it, I will insist that children play the full piece of the bat and full shot with proper follow-through. Because the amount of energy, the amount of power, is required for this shot. Children's muscle power and their techniques are not like adults. For learning, we will insist that children play the full shot.

And we have seen some kids in coaching; some kids have a little bit more strength than others. They can demonstrate the half shot beautifully. So, we will not stop them; we will play the half shot, but it depends on the speed of the ball. If the ball is at a very high speed, then there are some technical changes that we call the back foot punch. We will discuss this further because I have already said that nowadays in cricket, some advanced shots are included with basic shots.

In that case, we often get confused between a backfoot drive and a backfoot punch. We will discuss the backfoot punch at the end. We have just introduced these techniques. Now, with the ball, I am showing you a demo from the front view to see how my back foot drive will be. Now we have seen how we will play the shot in a backfoot drive.

Here, I have done a half shot and a full shot. And I have seen the difference in how powerfully I can hit the ball in a backfoot drive. Why? Because we score runs. Then, what are the key points?

If I break the skill part by part, then there are some key points. What are the key points? One is that the back foot will go back and across. By dipping your front shoulder.

Okay, back and across. Now here, my foot will be slightly open. See? I am crossing back, but my foot will be like this—slightly open.

Okay, then a high back lift. It's happening automatically. My front foot is slightly close to the back foot. Come high, back, and lift. I have to move in this position "When I drive, the bat will come from my waist like this. See? I have to play the shot. The downswing of the bat must be in line with my body. My direction, where I am looking, where the ball is traveling. That should be mentioned. How will we practice this? We can practice this skill by breaking it down. See, one, two, and three.

Okay? We can practice this skill by breaking it down like this. We have a demonstrator; I will call him to execute this skill beautifully. Along with that, these two areas,

We will see the common errors of the back foot drive in our demonstration. And we will also see some drills for correcting the shot. So, you perform the back foot drive. Okay, good. Once again.

What we can see in this case is that if we look at the back foot, it is facing towards the point. But we have to keep our back foot slightly open. Because the shot is going towards the cover. Or towards this area. The shot can go there.

That is why if I keep my body too wide, then if I take a shot, my shoulder and hip will not have any alignment. That is why I have some problems with power production. That is why... I need to keep my feet slightly open for my shot, for the flow of my bat. Keep your feet slightly open.

Yes. Now, this part. Next. The batter is trying to bring the front foot slightly toward the back foot. The problem with this is imbalance.

In that case, what should we say? There will be a slight gap in the back foot for body balance. Maintain. Okay. Good.

Once again. Okay. Good. When the shot plays, it will see the batter should see the ball under the bat.

Where the ball is traveling, the batter will see. The batter should see the ball under the bat. This is the key point. Coaching point. Now, we will do this shot part by part.

Come to this position. Okay. First, the back foot will go back and across. Yes. Second, with a high back lift, the front foot will move in. Yes. Two, the front foot will go close to the back foot. Yes. Good. Now, he has to downswing the bat and hit. See. This will be the position. Okay. So, how will we practice this skill? So, one good back foot is a little bit open. Two. Very good. Three. Now, see.

This will be the actual scenario whenever he goes for a backfoot drive. Now, he will practice with the ball, and we will see how he practices with the ball. Good. Okay. Very good. Wonderful. Good. As per the ball, the back foot is planted. Very good. Very good.

Okay. So, we have seen here how to practice with the ball. Now, here, some common faults occur in the batsman whenever he hits the ball. To deal with these faults, we have to do preset drills.

What are preset drills? So, back foot, back and across. So, from the front, the batsman is at the back and across. From here, he will push. The front foot will go to the back foot and the downswing of the bat.

"Start. Start. Very good. Once again. Go again. Good. Once again. Good. Again. Now take the bat. Take the bat from here. Come on. Very good. Come on. Once again. Very good.

Now, this is a pre-set drill. With the ball, we will do this for better understanding. Do the same thing.

Take the bat from the front. Take the bat from the front and come here. Okay. Now, I am putting it on the side with the stump, not with the off-stump. On this line, yes.

Rotate your foot. Put it on the side, put it on the side. Yes, it is done. Very good. Come on, move your leg again.

Show your deep shoulder. Very good. Again, show your deep shoulder. Excellent. Once more, show your deep shoulder. Show your deep shoulder. Wonderful. This is very beautiful. Very good. Very good. Once again, very good. See? So, this is pre-set drill number one. If there was a problem with the foot position, I would fix it in pre-set drill number one. Now, if I look at the coaching, I have a problem with the downswing of the bat. The same drill will be applied as Pressure Drill 2, which we did in back-foot defense. What will happen here? He will be in this position.

The bat will be here. The high backflip will be here. Deep shoulder Looking toward the ball. The ball will come. He will just hit the ball. Okay? Like this. So, move it a little. Move it continuously.

So, if you find there is a problem in the back foot drive backswing, this pressure drill will be applied. See. Okay? Now, are you ready? See.

Very good. Very good. Very good. See? So, if there is a problem with batting or the bat swing, then use this pre-set drill. This drill will be applied. Sometimes, we try to practice by staying stationary. If we have the facilities, we can use spring stumps. Alternatively, if we have suitable facilities, we can practice with these stumps for children.

If we practice with these stumps, what we have to do is, see, that flexible stump, we will keep two stumps here. We will keep one stump here. See. And this cone.

And this cone, we will keep here. See. Okay. Now we will focus on the children. See. How close? How close are you? A little before, I will do back-to-back, back-cross. So that I do not go too far. What will be done in this case?

See, I am taking a stance from here. Then, I am moving backward. See? The hitting position is coming. I am hitting the ball. Okay, So, if you have these kinds of facilities, we can use this kind of technique in the coaching session for the development of a back foot drive. So, we learned about the back foot drive, how to practice these techniques, how to apply them, what to keep in mind while coaching, and how to coach. We saw all these things. In this case, what did we learn briefly?

If we conclude the back foot drive, what will we learn? Back foot drive is the extension of back foot defense. A short-pitch ball is in range, and there is a little room in that ball, so we will place it in the back foot drive. You will stay here near it. If the ball is low, there is spin in this case.

When spinners bowl, if a short pitch ball comes, my height will be low, so I will come like this. When they bowl with a pace ball, my height will be a little higher, so I will go like this. In the lecture, I mentioned one thing. Back foot punch. What is a backfoot punch?

Nowadays, it is a very common term, back foot punch. So, back foot punch is a modified form of Back foot drive. So, in the back foot drive, we are playing a full shot or a half shot here. Back foot punch.

When will we do it? Who will do it? Back foot punch is not good for children. This is not a fundamental skill. We will insist that children play the full shot.

In a backfoot punch, the ball will come very fast, a very fast ball. But the batter will react very quickly and will make a backfoot punch. The ball will come out with the punch by using the speed of the ball and the speed of the bat. That is the backfoot punch. Usually, the kind of batting that children do, the kind of bowlers who play, aged 13 to 15, do not have that much muscle power.

So, the bowlers cannot play the ball at the speed that I would teach for a backfoot punch to the children. So, the back foot punch, A high-speed ball will come, depending on the speed of the pitch and the speed of the ball. When the ball comes very fast and near the batsman, the same ball will go to the batsman at the back foot. Just a punch, see, at the back foot he will punch, and with the same punch, the ball will go. This is called a punch, but the punch will never be introduced to the children during the coaching session. We will teach the

children in a copybook style. We will teach them fundamental skills, and we will teach them how to drive. The things that we discussed earlier.

These key points are very important; these key points need to be discussed, these key points need to be thought through in our coaching session, and these key points need to be worked on. At the same time, children need to be given drills for the development of this skill. This is a very important skill in cricket. Mainly in a match situation. Children who play ball, girls who play ball, or bowlers who play ball, if they do not have that kind of speed if they cannot play the ball very fast if there are short-pitch balls in the off-stump line, and if I want to hit that ball, I have to learn the back foot drive very well. To score runs. So that is all. Next session, we will learn the back foot leg glance.