

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

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## **Lecture 15: Backfoot Leg Glance**

Welcome to the next session. Today, we will focus on the back foot leg glance. Previously, we covered the back foot shot, back foot defense, and back foot drive. Now it is time for a backfoot leg glance. We did front foot leg glance. And there we saw what front foot leg glance is. Same thing. Same technique.

But here, instead of going front foot, we will go back foot. Good length ball, meaning a shot of good length ball, the ball will come to the leg stump. To the body. That ball, without back foot defense, if we do back foot leg glance, meaning tilt the back foot in front, so the ball will touch the bat, and when it touches the bat, the ball will go towards fine leg, I can get a run. So, in back foot defense, if I cannot run by defending the leg stump, but if I tilt the bat a little, then I can get a run here.

This is also a variation of back-foot defense. The key points: everything is the same as in back-foot defense. What is that? I am showing you a demo of the front view and side view. So, front view.

So, for the back foot, the leg glance is a very simple technique. If we learn the back-foot defense very well, then we will work on the back-foot leg glance. Now, the key points are: from the stance, I will go back by lifting and dipping the front shoulder, and then the back foot will go back.

See. The back foot will go back. The feet will be open. The foot of the back foot will be open. Why?

Because I must completely transfer all my weight to the back. That is why I have to keep my body open. See, if I want to make my body open, I have to do that. The back foot will be back. And the front foot will be open.

So, from a high back lift, same condition, the front foot will touch the back foot, and the bat will be pinned along the line of the ball. You must use the speed of the ball, while touching the bat, you have to see towards the ball. The batter should look onto the ball, and in follow-

through, the face of the bat will be towards the bowler. So, these are the key points of the back foot leg glance. I am showing you how to do this with the ball.

Okay. So, we have in the demonstration, we saw how the ball was coming to my body line and still going for defense, we were leg-glancing the ball and playing it from the back. And how I was keeping my body mechanics for an effective leg glance. There are some common errors in the back foot leg glance.

What are they? If I do not open my back foot, if I take my back foot back, and if the toe is close to my point, then it will be quite impossible for me to open my body and hit the shot. Number one. Number two is, if my back foot goes back and across, then it will be a little difficult for me to play. Tip number 3 is, from a high back lift, when I play the shot, my front elbow should be high.

My top hand should be firm, and my bottom hand should be relaxed. The face of the bat should be slightly tilted, and the face of the bat should be close to the ball. These are the common errors and the corrections that I discussed. Now, we have our demonstrator. I will show the demonstrator for the effective execution of this shot.

So, I will show you how the demonstrator performs the shot, and if there are common faults, and how to correct them, we will do it on camera. In this case, when he is batting, we can see some common faults while playing the leg glance because the leg glance is not done properly. What is that? The back foot comes across. The back foot comes across the off stump, but it should not.

Here, the back foot will come back in line with the incoming ball. For the ball that comes in the body line, my leg will come here. The batsman fails to bring his backfoot back. What will be done from there? I have to use this marker.

I will put the marker on the back. Now I will tell my player if your back foot touches the marker. Look at the marker. Yes. If your back foot touches the marker, it means you are going back.

If you are going back, the back foot touching the marker means you are going back. It means you are doing it right. Okay? Now, perform it. Is it touched?

Not yet. Look at me. What are you doing? Okay? See?

I don't think I can do it. What I can do is focus on the middle stump. Okay? Good. Good. Good. Let's go. Good.

Okay? So, the problem with the back foot, we can solve this problem by pressing the marker like this. The second important thing is, the back foot should not have a high back lift. The

front shoulder should be deep, and the back should be inclined so that the high back lift comes. Okay?

Now, see, the batter is unable to move his upper body rotation. Cannot open the back foot totally. That is why, hip and shoulder... So, our feet will be... Our feet will be like this. See. See.

I am open right now. But the batter shows his feet over here. He is keeping his feet behind. He is opening his feet again. When he is taking a shot, his body is blocked.

His body is blocked by the ball. That is why the ball is moving behind and it is moving toward the square leg. That is the main thing. These problems arise when we teach how to play a leg glance to the batter. We have to practice this by doing different drills.

So, we can use preset drills like the backfoot drive and backfoot defense. So, in this case, we will go to the preset drill of backfoot defense. So, I am doing this. What should I do? I will keep my foot in this position at the front.

"Okay. Insist that he goes like this. See? So that it will open. Okay? Do it. Do it. Good. Now. Good. Do it. Do it. Open your body. Your feet will move. Your toes will move. Everything will move. Now, my back foot is not going back. In that case, I will see.

Okay? Do this. Good. Good. See? He is performing the foot movement.

Now, the third drill: Here, only a leg glance will be performed.

Okay, good. You can see where the bat comes from and where it hits. That is the problem. Yes, do it. Very good. Do it. Good.

So, we saw that with the foot movement, there was a problem with the batting flow. We can fix this problem with the number 3 preset drill. Now, with the ball, we will practice here for effective execution of the shot. Good. Wonderful.

Very good. So, perfect execution of this leg glance. Once more. Okay. So, we were seeing that there were a lot of problems.

We were seeing in the shadow that there were a lot of problems. The balls that were in the range, when they touched the ground, the leg glance was executed beautifully. The leg glances on the back foot. Okay. So, in conclusion, what can we say?

As far as variations of the backfoot defense. So, the back foot defense, the skill, we will perform.