

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 17: Key Points

Today, we will talk about the key points of vertical batting strokes played on the back foot and the common errors associated with them. Let's start with the backfoot defense.

Backfoot Défense is played on a ball pitched at a good length, with the height of the ball between the waist and chest level. At this specific height and pitch, a batter can choose to play a backfoot stroke.

The ball comes in the line of the batter's body or towards the stumps. Here are some key points on how to play the backfoot defense. First of all, the back foot will move back and across towards the off-stump, creating a stable base. Then, the front foot should align with the body's line, with the front elbow high at the point of contact. The top hand should be firm, while the bottom hand should remain relaxed. As demonstrated in the practical session, observe the correct back position. Note the high front elbow and the relaxed bottom hand. By following these key points, a batter can effectively play backfoot defense.

On the other hand, the backfoot drive is a shot that extends from the backfoot defense. This shot is played when the ball is short and slightly outside the off-stump, with the height of the ball between the knee and waist level. To execute the backfoot drive, the backfoot goes back and across towards the line of the ball. The bat is extended from the point of impact to generate power and control. It is essential to have enough room to play the shot effectively. By adhering to these principles, a batter can execute a successful backfoot drive.

According to the line of the ball, the batter should decide how to go back and across in line with it. Once the back foot stabilizes, ensure the back toe is slightly open, meaning it points slightly towards the cover area. The bat should come down with acceleration. Observe how the bat accelerates downward. It is essential to project the full face of the bat towards the direction of the shot for as long as possible. Notice how I keep the full face of the bat directed towards the shot's path for an extended period.

Now, at the point of contact, the upper body is slightly bent forward. If I show you from the side view, you can see that my upper body is slightly bent forward. Also, the front elbow will

be high. Look at this position—the front elbow is high. These are the key points of the backfoot drive.

Next, we will discuss the back foot leg glance and how it should be played. This is a variation of the backfoot defense.

What is it? It means here the batter, instead of defense, the batter should clutch the bat like this, and tilt the bat like this. The ball will kiss the bat, and it will go towards the final leg. The batter should use the speed of the ball. It should be kept in mind by the batter that he should not use the bat speed.

The batter should use the speed of the ball. He will place the bat in the line of the ball, glance at it, and the ball will go towards the final leg. The batter has to look towards the shot. The face of the bat will be towards the ball. So, the batter goes back in the line with the incoming ball.

So, the ball is oncoming. So, the legs come. Instead of going for the defense, the batter should glance at the bat. The full face of the bat is presented to the approaching ball. Look at me.

Properly, the full base of the bat is coming toward the approaching ball. See. Okay, at the time of impact, the top hand wrist is rolled. See, rolled. And the ball is turned toward the final left.

See. From the full base of the bat, I am rolling my front wrist. And it will, you know, create a glance. The ball will touch the bat and will go toward the final leg. Clear the front foot by taking it back and turning the body toward the shot. It means, look at me. So here, the shots will be like this. Now, we have talked about the backfoot defense, backfoot drive, and backfoot glance.

As a coach, I have to check it out. What are the common errors a batter can face during matches, and coaching sessions? So, our coach should understand. The coach should know the common errors. So, there are several common errors.

The first common problem batters face is moving across rather than back. This creates a front-on position. Moving across means that the back foot goes laterally, which is a mistake. Instead, the batter should move back and across. This helps maintain balance and positioning.

Additionally, the batter must take the front elbow high. Failing to do so can compromise the effectiveness of the shot.

If the batter fails to take the front elbow high, this will be a problem for the batter. If the elbow is like this, the movement of the bat will be different. Backing away and using a cross-bat position. You know, backing away, cross-bat position like this, this may be a problem in back-foot shots. Allowing the bottom hand to control the shot.

Sometimes we have found that the batters allow their bottom hand, using their bottom hand to play this kind of shot. Failure to provide a stable base. You know, the base is very important. That is why, you know, the batter is unable to provide a good, stable balance. So sometimes we have seen that whenever they go for back-foot shots, they fail to provide a solid base during the shot.

And, failure to transfer weight forward. So, whenever a batter is playing the shot, sometimes we have seen batters play like this. The upper body goes back. No, the upper body should bend forward. Weight transfer should be like this.

So, these are the common errors that a batter might exhibit during their batting technique. A coach should understand these common errors and address them appropriately. The drills and techniques demonstrated in the practical field should be applied to correct these mistakes. This concludes our discussion on back-foot shots with vertical strokes and the common errors associated with them. Thank you, everyone, for your attention.