

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 19: Sweep Shot

Hello everyone! Welcome to the next session on horizontal batting shots, focusing on the sweep shot. After mastering the vertical shots like moving out and driving, we're now diving into the sweep shot, which is a key horizontal batting technique. So, why did I choose the sweep shot before diving into other horizontal batting shots like the square cut? In horizontal batting shots, we have a variety of options, such as the sweep shot, square cut, spoon shot, and hook shot. These shots involve the batsman hitting the ball in a right-to-left or left-to-right motion, making them horizontal batting shots. The reason I chose the sweep shot after the vertical shot is because both require a similar footwork approach. In vertical shots, like moving out and driving, you need to bring your front foot forward. The same principle applies to the sweep shot. This footwork is crucial, and that's why we're starting with the sweep shot.

Now, let's break down how to perform a sweep shot. First, the batter takes a stance. In vertical shots, we place the bat behind. For horizontal batting strokes, like the sweep shot, a high backlift is essential. You need to bring the bat from the front to the back, creating a high backlift. Then, the front foot moves straight to the line of the ball. As the ball approaches, both knees should bend, with the back foot's knee touching the ground and the front foot in a kneeling position. From this high backlift, you'll swing down low, ensuring your whole body weight shifts forward for power. Your batting position should be close to the ground, ready to hit the ball as it bounces. Your eyes should be straight ahead, and both arms should remain straight during the shot. Follow through by rolling your wrists, and keep your face towards the sky to track the ball's direction.

Common errors to avoid when playing a sweep shot include lifting the bat to the back instead of the front for the backlift. Not reaching the ball fully by taking too small a step is another common mistake. Attempting a sweep shot on a ball pitched too low can lead to an LBW. Playing the shot on a ball that's too close to the stumps also risks an LBW. Lastly, hitting with your body weight going backward instead of forward reduces power. To practice the sweep shot, you can use drills with a stationary ball. As a coach, you can drop the ball and have the player practice hitting it. This helps build muscle memory and perfect the technique.

In conclusion, the sweep shot is a powerful horizontal batting technique. The key points to remember are using a high backlift, stepping forward with your front foot, bending both knees with the back foot's knee touching the ground, keeping your arms straight during the shot, rolling your wrists in the follow-through, and keeping your face towards the sky. We've covered the key points and common errors to avoid. In the next session, we'll move on to the

square cut. Thank you for joining, and I hope this session helps you understand and master the sweep shot!