

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

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## **Lecture 23: Square Cut**

Hello everyone. Welcome to this session. Horizontal batting shot, square cut. Before this, we discussed back-foot defense, back-foot drive, and back-foot leg glance. We learned how to do coaching and covered various key points, drills, and errors. Today we are going to talk about the square cut. The square cut is a scoring shot. It is a very good-looking shot. In this shot, the batsman is able to score runs when the ball is off-stump, and the batsman reaches outside the pitch. Then the batsman chooses this shot for the square cut. Generally, we will know about the square area; this shot is played on the off-stump. We can divide a cricket ground into three parts. One is the cricket pitch; one is the outfield and one is the boundary. So, if we divide the cricket ground into two parts, we can divide it into straight and square. The straight is the end of the cricket pitch. The straight at the end of the cricket pitch is the straight, and the end of the cricket pitch is the right and the left side. The area at the end of the cricket pitch is the square. So, the square cut is when the batsman hits the ball from the square area of the outfield. Use the cut technique. Then we say this is a square cut. Now, which ball do we play this square cut. The square cut is for a short-pitched ball. The batsman will get room on the off stump. The batsman will play the same ball with the square cut. The height of the ball to play the square cut is between the waist level and the chest level. The balls that come will be played with the square cut. Here, the things that need to be kept in mind will be discussed. The things that we call key points. Before stating the key points, I will show you a demo. How to make a square cut from the front and side view. If we look at the side view in this case, we will keep in mind the key points when we perform the square cut. So, first, when there is a back lift, a high back lift, how will I lift the back lift. This is very important. We use this in coaching. So, I have to lift the back lift like this. See the way we saw in the sweep shot; I had to lift the back like that. Then, the back foot will go across. The back foot will go across to the line of the ball. Okay across it should be towards the stumps. From a high back lift, from a high back lift, meet the ball. When I meet with a high back lift, both my arms will be straight, and my wrist will roll. Because I have taken the shot from a high back lift, automatically my two wrists will roll. And follow-through, the face of the bat depends on what my follow-through will be. This is the follow-through. The body weight is totally on the back foot when I execute the shot. Here, a very important matter is what we give to the foot. How should the feet position be kept. I will say it again the back foot always goes across to the line of the ball. I will show you how to perform a square cut with the ball. See, after playing the shot, my body weight is totally in front

of me. For more power, while playing the shot, I am totally playing the shot from my high back lift. The ball, totally when the ball is at eye level, across the foot position, and at eye level, when I am in one position, then I hit the shot. In this case, I have to apply weight to the knees. On both knees, my body height should transfer from high to low. For example, if I hit a square cut, if the ball is at this height, between chest level, then I have to play the shot at this level. Similarly, if the ball is at a low level, at this height, then I have to play the shot at this level. Why because when I am hitting the shot, the ball's plane and the bat's plane should be in the same line. Only then can I execute the shot perfectly. Otherwise, we have seen that sometimes a batsman can't hit a low-height ball in the same way, knee-high, and the ball can be bowled on the stump with the help of edging. This is the reason why I can't play the ball on the same plane. Because I am playing on this plane and the ball is on that plane. So, the ball will get stuck on the stumps. In that case, the possibility of me getting bowled will go away. So, whenever I hit the shot, the plane of the ball and the hitting plane will have to be in the same place. On the same plane, a hit will happen. In this case, I will get power and I will have less chance of hitting the stump. So, we have a demonstrator with us. I will call the demonstrator. The demonstrator will perform well. We will see how he performs and how he corrects the errors during coaching. Show me, perform. Good. In this case, we did the entire shot. Now, we will break this shot. We will break it into 1, 2, 3. So that the batsman can bat easily. So, you are coming here. Take a stance on the leg stump. Okay, so one will be the back lift. You will have to do the back lift like this. You will have to do the back lift like this Okay. Then, what will happen in two the back foot will come across. Okay, in three, you will hit on that extension. Yes, that is where I am going. Okay, do you understand. Now, see, play with the counts. So, one, high back lift, yes. Two, three. Very good. Once again. One. Two. And three. In this case, you have to feel the current situation. To feel the actual situation means when the batter takes a stance, he or she should look toward the bowler. So, when you take a stance, you have to look toward the bowler. Once again. Two and three. Good Once again. 1, 2, and 3. Very good. Okay. Now, in this case, some common errors are found in the square cut. What are the common errors: body weight efficiently does not come to the back foot. Okay. So, if body weight does not come to the back foot, if the ball does not come, then I will not be able to hit efficiently with the power of the shot. This is the first point. The second point is that when I hit the square cut, if I hit like this from the back, it means that I have put all the energy and power that I need towards the back. That is, there is not much power towards the ball. Sometimes we see a player like this. This is a common fault. So, we have to ensure that the whole body is on the back foot and the shot will be in front and the front will be leaning. See. When you play the shot, then the ball will come down from the high back lift. So that the ball stays on the ground. After playing, when I play the shot, as I come from the high to low back lift, my wrist will roll automatically. If my wrist does not roll, it means I am taking the back lift from the bottom to the top. It is a common fault. The ball can go this way. These are common faults. If any batter performs well, then we have to do this with different drills. So, with the ball, the demonstrator will do it now. And we will see in it, if there are any corrections, we will make some corrections with the help of drills. See, here is the batter taking a high backflip, or is it taking a high backflip. In that case, you will be hit with a high backflip. One position like this. Okay. Very good. Okay. Now, whatever we have seen, the batter could not take a high back lift at first. Later, it was shown that the batter was hitting the shot from a high back lift and was going into

the correct position. The back foot's weight was distributed. In this case, the hand swing should be done in a slightly more beautiful way. A little more smoothness will come to the square cut shot. How will you bring this? We need a preset drill. So, what will you do, what will you have to do to the batter. First, you have to bring the back foot across. Now, you have to bring the batter into this position. This is preset drill number one. The ball will come from the front, and the batter has to hit the ball. Why is this done, if it is shown, there is a problem with foot placement. There is a problem with the back foot placement. The batter makes a mistake in the back-foot placement. In that case, we will pre-set from the front and take it here. Okay. So, how, has body weight not transferred yet. Do not transfer the body weight. Looking forward to it. Now this will be the position. The body weight is on the back foot. Now, she will try to hit the ball. Very good Once again, Very good Once again, Very good Once again. Very good. So, this is the position where there was a problem with the placement of the body. We transferred the pressure completely to the body and stopped the force. Now, if I have a problem with my wrist, at the time of rolling the bat, the batsman is only rolling the wrist, but this is low to high. If it is low to high, then the bat will go like this. If this problem is with the batsman, then what we will do is, we will bring the batsman up and, from there, he will practice the catch shot. Practice the catch shot. Yes, bring your leg. Bring your leg. Good. Stay in that position. Yes. Continue. Hurry up. See, good. Very good. Now, in this case, the problem of wrist movement and arm movement. If you continuously do this practice, this problem will be solved slowly. And we will be able to see a beautiful development phase of square cutting. Okay. Now, if okay, if a batsman, again and again, the back foot is not going across. The back foot goes across. I can see that my player is not moving across. In that case, what drills I can use, I will take the marker. This is the line of the off-stump. And I will insist the batsman stand here. And I will go this way. So that the batter will get a sense that it is taking a little water in the right line. Demonstrator. Will it perform here No. Good. Once again. So, I saw that my batter was taking the back foot back and across. So, if he takes the back and across, the direction of the shot will be in the opposite direction. The direction in which I have to hit the shot will be in the opposite direction. It will not be in the perfect direction. It will be late in the shot. That will show that the ball will go in the direction of back out points and the gallery. We have to play the shot across so that the ball goes to the correct path. Very good. We have practiced this, or we have done it. We have done drills. We have learned how to do a square cut. We have discussed these three points. And we have done different drills. Pre-Set drill 1, Pre-Set drill 2. This is very important for the square cut. Now, in conclusion, the square cut is a good-looking shot. That's when batsmen hit the shot beautifully. As a run-scoring shot, we have to keep in our mind that the shot will go through on the ground. Because if the shot is a little low too high, then the ball will go to third man by edging on the bat. If the timing is wrong, I can get the ball at the slips, wicket keeper, or point. And I will have a chance to get out. In that case, I have to execute the shot in a perfect way. If I execute it in a perfect way, I have to keep in mind that the back foot will go across from a high back lift to a low back swing. The back swing will be high to low. The body weight will be totally on my back foot. And after hitting the shot, the wrist will roll, and the follow-through will be maintained. That's all. So, we will know about the square cut and how to practice. We know how to take the drills and correct the errors. In the next session, we will discuss and practice the pull shot. The pull shot is also a scoring shot.

It is a very good-looking shot. It is something that we will discuss. So, in the next session we will discuss the pull shot. Thank you.