

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

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Lecture 24: Pull Shot

Welcome to the next session on horizontal batting shots. Today, we will explore the pull shot, an elegant and practical scoring shot. Building upon our previous discussion of the square cut, we now focus on the mechanics, key points, drills, and error corrections associated with the pull shot. The pull shot is performed by batsmen who await a short-pitched ball, selecting deliveries that pitch high—ranging from elbow to chest height—or slightly lower, between waist and thigh, when delivered by spinners. This adaptable shot requires the precise judgment of the ball's merit and a keen understanding of its mechanics.

From a front and side view, the pull shot involves several key movements. First, the back foot moves across while keeping the feet open. The front foot positions slightly forward, with the back lifted to prepare for impact. The ball should be struck along the correct body alignment, ensuring that both arms remain straight during the hit. The wrist rolls over for a follow-through, accompanied by a bent knee, and the body weight transfers entirely to the front foot to complete the shot. Practising these phases helps players develop clarity and accuracy in executing the pull shot.

Errors commonly associated with the pull shot require careful correction. Players may fail to align their back foot correctly, leading to instability. If the back limb moves too high during the hit, the ball may mistime, resulting in aerial shots and potential catches. Insufficient body weight transfer to the front foot reduces shot power and can cause a mishit. Addressing these errors involves targeted drills focusing on high-to-low bat movement, wrist rolls, and proper weight transfer. Repeated practice, both in shadow and with the ball, ensures balanced execution and minimizes the chances of mistimed shots.

The pull shot can be divided into phases for systematic practice. For example, players can begin by focusing on back-foot positioning and progress to hitting the ball along the high-to-low trajectory. Coaches may use pressure drills and live demonstrations to emphasize correcting associated errors. Continuous practice enhances players' ability to deliver pull

shots effectively, keeping their body balanced and the bat movement precise. Incorporating drills where players hit the ball repeatedly ensures that their technique aligns with the shot mechanics.

As players refine their skills, the pull shot becomes a powerful tool in their batting arsenal. Whether aiming for mid-on to mid-wicket or square leg, the pull shot can deliver results when played with confidence and precision. Through structured coaching sessions, error corrections, and targeted drills, players can master this horizontal batting shot and elevate their overall performance.

During the coaching session, it is crucial to ensure that batsmen develop a clear understanding of proper foot placement. The front foot must align with the back foot, and any discrepancies must be addressed during the correctional phase. One common issue involves the batsman struggling to execute the back-and-across movement with the feet open. To correct this, coaches can use a cone as a marker and instruct players to keep their feet open while practising back-and-across movements without performing the full shot. This drill reinforces proper foot positioning and improves overall technique.

Markers play a pivotal role in this process, helping players focus on maintaining open feet during the back-and-across motion. Coaches can repeatedly guide players through this drill until the movement becomes natural and fluid. Another common error observed during coaching sessions is the failure to lift the bat continuously during preparation. To address this, coaches must insist that players consistently lift the bat in alignment with their movements, ensuring readiness for the shot.

The role of the coach extends beyond correction to fostering confidence in the players. It involves identifying and addressing errors, feeding the ball appropriately, and assisting batters in making the necessary corrections. Through these guided interventions, players can improve their accuracy and develop a platform for executing a successful pull shot. Observing how players react to these corrections is essential to evaluate their progress. When the batter adjusts their movements and hits the shot seamlessly, it reflects the effectiveness of the coaching approach.

In conclusion, mastering the pull shot requires attention to several key aspects: the back foot must cross, the front foot must remain open and align with the rear, and the body weight must transfer entirely to the front foot during the follow-through. These fundamental techniques are vital to executing the pull shot effectively. By applying

structured drills during coaching sessions, many issues related to the pull shot can be resolved, enabling players to perform confidently during matches.

As we wrap up our discussion on the pull shot, the next session will delve into the hook shot. This horizontal batting shot is visually appealing but poses a considerable risk for batters. We will explore its mechanics and strategies in the upcoming session. Thank you for joining today's session!