

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

Week 05

Lecture 28: KEY POINTS

Hello everyone, welcome to this session on the theoretical aspects of the square cut. As we have already demonstrated and explained the whole part on practical grounds. But today we will talk about this square cut in the theoretical mode, the key points, and the other aspects of this shot. So, we are going to the main topic, the key points. We must know about this square cut and which ball we have to play. The ball is, you know, a short-pitched ball outside the off-stump, and the batsman, you know, gets a chance to play the shot in a square cut mode on the off-side, and the height of the ball is within the range between the waist level to the chest level on that particular ball. But if the ball comes slowly or speeds up, if the ball comes slowly between the waist level to the knee, in between that, you know, the lower part. This particular shot is also a better choice for a square cut. We have seen in international cricket a crowd who has played a wonderful shot on the square cut whenever he played against the spinners. So, you know, to play this shot, we must know about the square cut. So why is it called the square cut. As we know, you know, in a particular cricket ground, there are three parts. One is the outfield, one is the cricket pitch, and the other is the boundary. See, if we convert it, we can get two straights. You know, in front of the batter and behind the batter, we can see two straight, and the other two sides, it means the off-side and the left side, are not as square. So, whenever a batter chooses a ball which is outside the offside, and he wants to cut the ball out of the square area, but that particular shot we can say this is our square cut. Keep in mind some important points because of the key points. So, to play this square cut, we must know that the back foot will move across to the off-stump. Why cross to the off-stump. Towards the line of the ball. So, towards the line of the ball, the back foot will go across to the off-stump. We have already mentioned that on practical grounds. Now, take the ball. In front of my eyes, see, I'm looking, and it is in front of my eyes to play. Extend arms from high to low. It means that whenever I am going to play the square cut from a high back lift, my arms will be extended from high, see, from high to low. Okay. Why Because keep the ball, you know, at ground level. So that the ball will go towards the ground, not onto the heel. So, at the point of contact, you know the shot will be in front of the eyes. It means from this view, if I want to see this view, if I want to play this shot from here, see the shot is played in front of my eyes. See both arms are extended from high to low, then the point of contact is in front of my eyes, and the body weight part will be on the back foot. This means the whole-body weight will be carried on to the back. So, these are the key points of the square cut on how to play. Now there are some common errors in the square cut which are to be kept in mind whenever a coach should go for coaching for the square

cut. So, slicing the ball whenever a batter goes all the way to slicing the ball. It seems that he is unable to hit the ball properly for the square cut. Okay. So, slice with this one. So sometimes the batter goes for the square cut like this. Slicing. And if he goes for slicing, the ball will go to the batter, and it will go into the air. So, it is not slicing. It is a cut shot. See. Cut. Okay, and moving the body away from the shot means whenever I am playing the shot, see, my body goes back when I am trying to hit the shot. This should not be so. These are the common errors. If I want to hit the ball, my body will run to the shot. The body will not move away; it should run to the shot. So, these are the common errors of a square cut. Let's talk about a pull shot. It's very vital. You know, it's a good-looking shot. It's a scoring shot to play a pull shot. We have seen numerous batsmen who are very good at pull shots. Pull shots, we can understand by seeing the videos of great players that the pull shot is made for them only. In the current days, if we see the pull shot of Rohit Sharma, it was a wonderful pull shot. We can see Ricky Ponting in the earlier days, very good at pull shots, proud of him. So, there are so many players who are very good at pull shots. Here, what are the key points. So, before going to the key points, you must know that the ball is pitched on a short pitch play, and the ball comes onto the middle leg and at the height from waist to chest, on that pretty much ball, the batter should choose to push up. So, here, what to do. The back foot will go back and back cross in the high back foot. Okay, the front foot comes in the line of the back foot. See, if you see the Practical, you know, session, whenever I have demonstrated the experience of the practice round, I have shown you how the front foot goes in the line of the back foot. So, I have opened right now. Okay, and take the ball in the line of the body. See, the ball will come into the line of the body in this section. Okay, head steady. See, whenever I am going to hit the ball, my head is steady like this. Arm extended. See, look at my arm from high to low, my arm extended, rotate the shoulder, roll your wrist, and transfer the front weight onto the and transfer the body weight towards the direction of the shot, how it should be, okay So, in this way, you know, the pull shot is to be played now. There are some common errors whenever a batter goes off. What are they moving back rather than across at the time of delivery. So, whenever a batter goes back rather than across, it should be back and across. But if he goes back now, it will be difficult for him to make room to play this shot. It will be difficult, but we will learn to play this shot. So, if he wants to play this shot, he has to go back and across. Now, see, my body is open, and from here, I can get a very big room. From this, you can see a wide range. I can hit the ball. Okay. And failure to transfer weight onto the front foot. So, if I want to take the shot, body weight after the shot will be onto the front foot. The finishing time. Look at the video I have posted on practical grounds. And playing the shot to the ball which is not pitched to shot. It means if the ball is shot, then only choose to play the shot for a pull shot. But if it is not, if it is, you know, a little bit, you know, not pitched deliberately. Then it will be difficult for the batter to go for the pull shot, and it may take you a weekend if you try to go for the pull shot. So, these are the common errors to keep in mind for coaches to play this shot. And to teach this shot, to coach this shot whenever a batter is playing the pull shot in the next session or in the practice session. Now, similarly, I will talk about the hook shot. There is a similarity between the pull shot and the hook shot. Here, the shot comes from shoulder level to head level, meaning the ball you are learning will be from shoulder level to the head, so in this area. The batter should hit the ball like a pull shot. The whole thing will be like a pull shot, but here, judging the line and pace of the ball is very important. To play this shot, the batter has to judge the line,

whether it is a particular ball to play this shot, and the pace of the ball. Whether the pace of the ball is good for the batter to play a hook shot or if it's too fast, the batsman will be unable to time it and may go for it. So here, the back foot, backhand, and cross will be similar to the pull shot. If a batter wants to play a hook shot, the back foot will go backhand, just like in a pull shot. So here also, take the ball in line with the front shoulder. In the pull shot, this is the body; here, it is the shoulder, the front shoulder. If I want to play the hook shot, see, I am taking my back foot back, and I cross, I am taking the ball in front of my front shoulder, and what I do from high back, I will take the ball down, hit the ball down where possible. It is a very difficult shot for the batter to maintain body balance. So, whenever a batter tries to hit a hook shot, he should maintain his body balance. The perfect body balance will enable the batter to perfectly hit the shot as a hook shot. Now, in the hook shot, there are also some problems. What is their failure to move quickly at an efficient pace if the ball is too fast. It is difficult for the batter to move quickly into the position for the hook shot. This is a failure. Failure to take the ball in line with the front shoulder. Why will the ball be too fast. It is not possible for the batter to move tightly to take the ball in line with the front shoulder. And taking my eyes off the ball. So, it is very difficult. You know, point that onto the ball. He should look at the ball properly, taking the eyes off the ball. Failing to pivot onto the back foot. It means, here the common error is that the batter will be unable to pivot onto the back foot to play this shot. So, these are the common errors in the hook shot. So, these are all about the pull shots. Let's talk about the importance of running between wickets. So, now we are going to talk about running between the wickets. What is the importance. In fact, one call. In fact, one can't hit 4s or 6s only. As we know, a batter can't be able to hit 4s and 6s all the time. That's why a batter should go running. It helps to disturb the rhythm. It helps to disturb the rhythm of the bowler continuously. If the batter runs 1 and 2, 1 and 2, then the rhythm of the bowler will be disturbed. It demoralizes the opposition as it gives the impression that it is impossible to score a point. It seems that if the batter scores run through the wicket, one, two, single, double, single, double, okay. Then it demonizes the opposition on how to stop them. And also, the scoreboard is always moving because of the running between the wickets. First, we'll talk about the calling in running between the wickets. Calling must be made immediately after playing. So immediately after playing the shot, the calling should be there from the batter or from the non-striker. There are three types of calls. Mind you, there are three types of calls when running between the wickets. Yes, no, and wait. Yes, no, and wait. These are the three calls. Now, the striker is to call on most occasions. On most occasions of the innings, the maximum time the striker is to call. The non-striker calls when the striker is unsighted. So, whenever a batter plays a shot and the shot goes behind the batter, at that time the striker can call. And whenever a batter plays a straight drive, round drive, or on drive, it is unsightly towards the non-striker. So, at that time, the batter the call 'wait' should always be followed by 'yes' or 'no.' Mind it. The call 'wait' should always be followed by 'yes' or 'no.' Backing up is very vital. Backing up. The non-striker should carry the bat with the hand closer to the wicket. The non-striker moves forward when the ball is delivered. After the ball reaches the delivery stride, and short strides for balance and reaction time. The third one is turning correctly. Whenever a batter, you know, goes for a run, running between the wickets, they turn correctly. They should turn correctly. When carry the bat in the correct hand for easy turning. Have a turning back. It seems that whenever I am turning from the right side, whether it is the ball or to the wrong side, the bat should be carried by the right

hand. So that he can watch the ball and run. Low body height. Low body height. Whenever he is trying to turn correctly, his body height should be low. Accelerate out of the crease like a sprinter, short run inside, building up. Ensure the back crosses the crease line along the ground. The next one is sliding the bat. It's very important to prepare early. Use the bat face down. It means whenever you are running with the bat, this part should be used. Whenever you go running with the bat, sliding the bat most of the time, we have seen the batter run like this. So, this is the point. It can touch the ground; it can stop. It will hinder you from going for a good run between the wickets. So, this is a wide area, so you can easily go running between the wickets. Decrease the distance to be dribbled by providing greater reach extension for the batter. See, as much as for as long as possible, extend your arms with the bat so that it will decrease the distance. This is. What are the points to keep in mind whenever you are sliding and turning? The first point is to decrease the body height while moving into the crease while sliding. And increase body height while moving out of the crease after turning back. These are the points to keep in mind. Now there is the philosophy of running between the wickets. Sliding the bat hardly puts pressure. Turning correctly, a series of runs including the first, second, or third run. So single runs, double runs, and triple run turning correctly are very important. Backing up, focus on the position of the non-striker in relation to the delivery. Calling judgment, how long to run a single, making decisions about when to run, placement and pace of the shot, these are the running between the wicket philosophy. Now, how to go for the running between the wicket drills. There are numerous drills for running between the wickets in the back, you know. How to use the bat whenever he is using the flat surface of the bat. Using a chair behind the chair, the ball will be there, sliding the bat, hitting, and coming back. We have shown on the practical ground how to go for the drills in running between the wickets. Next one. Next one. So, thank you. These are the key points of running between the wickets. Thank you.