

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

**Prof. Abhijit Thander**

**Sports (Cricket Specialization)**

**IIT Kharagpur**

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## **Lecture 03: Back -Lift in Batting**

Hello everyone, welcome to the back-lift session today. In the last class, we had a talk regarding the grip and the stance. How to take the grip, the different key points of the grip, how to practice the grip, and the stance of the player as a coach. Why do we need a stance? What are the key points?

And how will I practice the stance? In my coaching session, we discussed that in the last class. The last technical point of batting setup is the back-lift; we will discuss that today. Before going to the discussion, I will show a demonstration. How to do back-lift

So, from the front view, side view So for back-lift I showed you from two planes, the side view, and the front view, how to do the back-lift. I did the back-lift with some key points in mind. What are the key points? From the stance, when I lift the back-lift, I have to initiate the back-lift with the help of my top hand.

So, I have to initiate the back-lift through the top hand. And when I initiate, when I initiate the bat back, the wrist of my top hand should be cocked. What does it mean, that cock? Cock is, see, right now, my batting position, the face of the bat is down the pitch or the ground. The bat faced towards the ground.

Bat face is to the ground. Now, I have cocked my wrist, but that face is not on the ground. It is towards the point. Okay, So, this is a cocked wrist and this is a cocked wrist.

So, you can find the difference between uncoked and coked. So, at the time of the back-lift, when I'm taking the bat behind, I have to make my wrist cocked. Okay Now, the toe of the bat should be close to the back shoulder. When I lift the bat, the toe of the bat should be close to the back shoulder. See.

Far away from the back shoulder, close to the back shoulder. In time of back-lift my both hands, both arms, that should be close to the body. Look. That should be close to the body. It should not be far away from the body.

Okay? It should be close to the body. And, I am lifting. I am lifting the back. Where? Where am I lifting? It should be off the stump and within the second slip. Second slip and off stump. In between, someplace, my bat will swing.

The downswing of the bat. The back-lift will be in this position. These are the key points. Now, how will I practice the back-lift? So, first, I will tell the players to come to the stance position.

In the last class, we talk about the stance in three counts, then stance in four counts. I'm making a revision once: One, two, three, slightly wait, and four. This should be the back-lift. So, I have to practice this.

So, the player has to know, to stay in the stance position. So, he will stay in the stance position. Now on command lift the bat, he will lift the bat. At that particular time, you have to check and correct. During this time, if he makes any mistake, then you have to correct him.

Okay, Now I have a demonstrator. Please come. She will perform the back-lift. And if she makes any mistake, as a coach the responsibility of the coach during the coaching session, I will show you what the role of the coach is?

So, come to this stance first. Show your stance. Okay, Now, from this position, lift your bat back and initiate the back with the help of your hand. So, you have initiated the bat with your top hand.

Okay, So, I can see here that some amount of the bat is in front. So, what will happen is that some of the bat will go to the back, like this. Okay, And I have to follow the batting phase to see if I have an off-stamp or a second slip.

So, at first, I saw that the bat lift of this demonstrator was taken from the back. So, what I have to do is to make a correction. I have to motivate the player so that his bat goes off-stamp to second slip. Okay Now, several key points are there regarding corrections and faults.

There can be some faults and corrections in this back-lift for example, sometimes the player keeps his back-lift much higher, in this case, the player may face problems when playing the next step. If the back-lift is too high, it can be a problem for the defense or the bowler can make it easier.

If he has made a big back-lift or a high back-lift, the bowler is allowing him to go for a blocked ball. Okay, If he does such a high back-lift again and again, how will I correct that? So, I need a good back-lift at this height. So, as a coach, I will stand back.

So, I will take my hand in this position and I will tell the player to lift the bat. So, lift the bat. You should not touch my hand. Now what will you do with the bat? You should carry the bat like this.

This should be your position. You just lift the bat like this and your bat. The toe of the bat should not touch my hand. Okay, Do this.

Okay, See. It's touching my hand. Now you can see. The bat is not touching too much in my hands. It means the batsman is getting a sense.

So, when I continue to do this, the batsman senses that I have to lower my back as much as possible. Okay? So, in this way, I can do a correction in the correction phase. If the back-lift is too high, I can do a correction in this way. Number one.

Number two is, that I had seen at first that the back-lift of the batsman was brought more towards the back. But where should the back-lift come from? Off-stump and second slip. So, this is also a, you can say, fault. How can this be corrected?

So, we can take a pole. Pole, you can see, this pole is in front of us. We can use this pole. So, I took this pole, which is off-stump.

Okay, So, if it is off-stump, what was my demonstrator doing, while back-lifting she was bringing the bat from the middle stump or leg stump, out of the off-stump? So, if we take it as an off-stump, what will be my position? I will lift my bat from here, okay, And, again and again, I will lift and down my bat If my bat touches this pole.

It means my back is getting intense from the inside. So, how will I practice? I will stand like this. I will stand one foot away from the pole. I will stand and lift my bat, and I will practice. see

What does it mean? I brought my bat to the back. It gives me a sense. So, whenever a coach prepares a drill to develop the skill, there should be a reaction.

The batsman should get a reaction. If I don't get a reaction here, then I won't be able to understand if my bat is coming in or not. It means I am getting a sense that my bat is coming back. I don't need any extra coach here to tell the batsman that your bat is coming back. In this case, automatically, my player is getting to know that my bat is coming back.

See. Now, my bat is not coming back. This should be a drill, pole drill. Or you can also do it against the wall. To correct the back-lift.

What else can happen in the back-lift? My bat comes out too much. It comes out too much. So, what does it mean? I am batting here, but my bat is coming from here.

And the bat comes from here. But as I said, middle of the off-stump and second slip. But when the bat comes, the bat comes from the gully. Yes, the bat comes from the gully. If the batsman has this problem, how to correct it?

The correction I will do is, again you can use a pole or a wall. So right now, we don't have a pole wall, so we can use this net as a wall or this pole as a wall. So, pole drill again. I am assuming it is my second slip position.

The last position is the second slip. Okay, And here I will go one foot away from the wall. Okay, And I will lift the bat here.

See. Now, the bat is not touching the pole. It means, my bat is going down, from the off-stump and in the middle of the second slip. Now, that means the batsman is trying to take the bat out of the off-stump and the second slip. The pole is stopping him.

He gets a sense that the bat is going out. He will try to avoid the pole from getting touched. So, at that time, he can go for this. Again and again, he has to lift the bat and do this. This will help to correct the fault.

And this is the role of the coach during the coaching session. I can have 10 to 20 batters, of which 5 to 6 batters may have this difficulty. So, you can easily handle the situations. How will I get off them from this problem? Because if the position of the back-lift is changed, the problem can arise in the next technique. The next one is the key point that I discussed earlier. My body, at least my two hands should be close to the body.

Both arms should be close to the body, and should not go far away from the body. But I have seen in my coaching session that some players are there, they are lifting the bat like this. So, this is a fault. How to correct it?

This is a ball. You can use a dyes ball or you can use a tennis ball also. Okay, How to do this? Place the ball onto the forearm of the top hand of the batsman.

Okay, And tell him to place it on the belly. Like this. Look at me. Okay,

And tell him to lift the ball. Lift the bat, sorry. Lift the bat. See. Now, this ball is giving sense to the player not to, you know, go far away from the body.

Okay, Now see. Automatically, the player will be unable to move his hand away from the body. If we do that, then the ball will close down. It will fall.

And the ball will give him a sense that as I have let my both arms far away from my body, I have taken the ball out of my body, and because of that the ball has fallen. So again, what will he do? He will take the ball. And do this. See.

Like this. We have done drills like this. Okay, So, these are the faults and corrections. And there is another very important thing.

That is, by which drills of the back-lifts will I go in the next step? It means, that when we were practicing stance, we saw in the stance. Stance in one count, stance in two counts, stance in three counts, then stance in four counts. The stance in four counts was progressive to develop the back-lift. The situation of back-lift was understood by the players. Lift the back.

In the same situation, some drills in the back-lift will help us to take the next step. What is the next step? The next technical session is the front foot drive. There are some drills in the back-lift. One hand picks up and one hand drive.

One hand pick-up and two hand drive. And two hand pick-up and two hand drive. You have to develop that skill in back-lift and develop it slowly towards front foot drive. How to do this? I will tell my player to stand like this with the help of the top hand with the bat.

Okay, And the top hand picks up. So, he's picked up the bat. The top hand picks up. And top-hand drive.

Okay, Or you can say one hand pickup and one hand drive. Okay, The next phrase is one hand pick up and two hand drive. Okay,

The next phrase is Two hands pick up and two hand drive. Batters practice it well; it will develop the front foot drive. So, we will discuss the key points of the front foot drive. But for that, there will be a development in the progressive way.

So, the demonstrator will come and she will do that. I will show you how I will deal as a coach. You stand here, now put your bottom hand behind and pick up the top hand. If the bat is heavy, obviously when the kids are batting, it will be a little bit heavy for them. So as a coach, I have to motivate them to put the bat in the middle of the handle so that they can carry the weight of the bat.

She's lifting the bat. Now, not lifting the bat. Okay, One hand picks up. Okay,

And a one-hand drive. See Yes. Once again, come. One hand picks up. And a one-hand drive.

See Okay, Now, the next phase. You don't have to practice once. You have to practice this phase continuously. When you see that you can do one-hand and pick-up and one-hand drive beautifully, then we will go to the next phase.

What is that? One hand pick-up and two hand drive. So, one hand picks up. One hand pick-up and two hand drive. Very good.

Okay, once again. One hand pick-up and two hand drive. Yes. I will practice so many times, so that it will come to her muscle memory.

Result for continued practice. The next one is two-hand pick-up and two-hand ride. Go for that. Okay, So, two-hand pick up and two-hand ride.

Here I have demonstrated fully. So, I am saying you to continue the demo for your help. But in the coaching session, I have to give a demonstration before each phase. As a coach, I have to give a demonstration and then my players follow it.

These are the developmental phase drills for back-lift. Back-lift is very important. In batting, I know that if we go to the conclusion of back-lift, what will happen in that case? I learned something from back-lift. That is,

I will stand in the stance, I have to remember some points, I will put my bat behind me with the help of the top hand. The wrist will be cocked When the bat will carry with the bottom hand Then my thumb and index finger will give more support to the bat. The position of the bat will be with the off stump to the second slip. And the toe will be Close to the back shoulder. Okay, So, these are the key points of back-lift. So, when we practice back-lift, we have to keep these things in mind.

In the next phase, we will go to the front-foot drive. As it is, you know, just after the back-lift, we are doing some development drills, and we will go to the front foot drive.

