

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

Prof. Abhijit Thander

Sports (Cricket Specialization)

IIT Kharagpur

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Lecture 72: Revisions of Batting Setup & Front Foot Shorts

Hello, everyone. In the previous lectures, we have discussed batting technique, bowling technique, fielding technique, and wicket-keeping technique. There are four different ones. You know, we explained a lot during that session. But today, we will revise that with the faults and errors and specifically discuss the coaching points. All the key points related to the faults and errors we have seen in a coaching academy, where children are not able to execute good shots due to problems in various technical aspects. So, how to develop those skills or techniques, or how to progress further by identifying the problems, faults, and errors—that we will discuss today. So, first of all, we'll talk about the setup of batting. What is the setup. We have already discussed in previous classes that the setup is the combination of three particular techniques: how to hold the bat (which means the grip), the proper stance, and the third one, the back lift. Combining these—grip, stance, and back lift—these three together are known as the setup of a particular pattern. Now, we'll talk part by part, starting with the setup and grip. So, in grip, what a batter should check whenever they go for a batting session. First, he will check the leg stump for taking guard. As you know, taking guard is very important. We have already mentioned before why taking guard is important—it means the batter should know where he is standing, which is very important, and on which stump he is playing. Basically, we have seen that players take guard at the leg stump. A batter should go for a leg-stump guard. In this way, whenever a batter comes onto the field, look at my technique. So, the batter will first check his leg stump and ask the umpire for one leg set or middle leg. So, between middle and leg, he can go for a line, leg stump, or middle leg. So, if it is a leg stump, he will go for the leg stump; he will make a mark onto that particular area with the inner nail; he can mark it. Some batters we have seen collect the bail and put a mark onto that particular cricket pitch for marking, for taking guard. Now, after taking guard, the batter has to check his grip in the particular batting session in a cricket coaching academy and make it, you know, a habit of this particular technique. What is the technique. After taking guard, he will put his right leg—if he is a right-handed batter, he will put his right leg on that mark—and he will see the fielders, ok, and check his grip. Check his grip. Now We already know what a check grip is. You know the batter has to grip in the middle of the handle; there will be no gap in between the hands, and

you know the top hand will control the shot and the bottom hand will give power, so whenever he will give the bat as a coach, as a coaching point, the coach has to think of several things. If the batter will bat and he will give the bat close to the handle, it means that you know the bottom of the handle like this, so it will disturb him to bat in a particular way. He will get much more control on the shot, but he will not get enough power to play. The question is how we can identify whether the batter has gripped the bat at the bottom of the handle. How to check if the batter sees my grip If the batter grips the bat at the bottom of the handle, it means the maximum amount of handle will remain open after the grip. See, okay, now the thing is that when we should motivate him to grip the bottom hand, it is also a correct technique to grip the bat, but not in every situation. If the batter will see that he will not go for any longer shots or higher shots, he wants to concentrate on singles. Okay, then he can grip the bottom of the handle, and he can control the shots he can make, you know, shots, and go for single runs, so this will help him go for a particular shot that is the easy-going shot. singles, doubles that's all sometimes we have seen that the batters scripta wear the top of the top of the handle see if the batter will bat like this the top of the handle so it will give him maximum power to play why because of the long handle long lever he is taking the advantage of long lever and he will play lots of big shots but he will unable to go for you know controlling over the bat that is the main problem so I have seen in the IPL matches also or in our coaching academy or in a matches during matches that good batters whenever they wants to hit long hits big hits on that particular time they grip in the top of the handle and take turns or whenever they play because of the long handle and long leverage you know function they get advantage of big shots and this will help them but this is in a particular situation not in every time i mentioned that the two roles of the two hand top hand's role is to control the shot And the bottom hand's role is to give power. Now both will want it at the same time. At that time, you have to grip the middle of the handle. So that both hands will work together and there will be no gap. If there will be a gap, it means the role of the two hands will be distributed. So, the step will be closed whenever they make shots. These are basic points regarding this. During the grip, these are the coaching points and errors batters can make, and as a coach, you have to identify Now, the second one is we have seen that during taking a grip, batters, you know, with the bottom hand, they grip the bat with the bottom hand inside of the edge Sometimes we have seen batters grip the bat like this. So, if it is like that, then if he does like this, whenever you play the shot, the bat face will be closed. Bat face will be closed, and there will be a problem in batting. So what to do. Tell him to grip the bat as in the key points we know; the bottom and V should be in the line of the splice. You have to teach him to grip the bat like this. And if sometimes we have seen those batters grip like that bottom hand V, it is to go out towards the outrage. Too much outrage and they are acting like this. At that particular time, the bat face will open. And if it is like that, the ball will come to the bat, the ball will touch the bat, and it may go to the wicket people or to the slip, and he may go down. So, it is better to tell him to go for a good grip. Now, how to go for the

gripping technique. There are certain drills. So what are those. You have to mark the particular bat. I am showing you how to mark the bat for effective gripping. Okay, now we have a marker with you as a coach. On the splice, you have to mark it. And in between the outer splice and the splice, you have to make a mark. Right now, the batter will understand where the bottom hand grip and top hand grip will be. So, insist that whenever they go for a bat, the bottom hand will be in line with the splice, and the top hand V will be in line with the middle of the outer splice and the splice. They will grip like this, and the grip should be in the middle of the handle. Do I understand whether the batter will grip the middle of the handle or not. That is very vital. So, there is also a drill to mark the particular grip. So, ask each player to mark the grip so that whenever they grip, they will hold the bat in the middle of the handle. How to do the marking. I will show you. See, this is the tape I have with me, and you should mark the handle. You have to mark the handle in such a way that... See the marking. See the bottom. The marking will be like this with the help of the tape, okay. And also, on the top of the handle, one mark or one piece of tape should be there for properly understanding where the batter should grip in the middle of the handle. So, let's watch. Another technique, see. The top of the handle will be marked with the help of red tape, green tape, black tape—whatever the colour of the tape. Now, see, I have a clear identification of where to grip the bat in the middle of the handle. So, insist the batter, whenever you grip the bat, it should be in the middle of the handle, in between the two caps. So, this is a very good drill for a batter to practice the grip. This will help them to overcome the error whenever they are gripping the bat to Play a shot. Let's talk about the second phase of the setup, that is, the stance. Okay, the second phase of the setup is the stance. Stance is very important because if you have a proper, good stance, the role of the stance is to help the batter go forward to play or go back to play. So, whenever the batter will go for front foot shots, they will go forward and play. And whenever the ball comes towards the back, the batter can go back. This will help them to play forward and backward shots. If you have a proper, good stance, it will help you. There are certain techniques to achieve the proper stance, as we have mentioned earlier—stance in two counts, stance in three counts, and stance in four counts. This should be identified. How to do this. First of all, the batter will stand with a proper grip, as I am doing. Ask your player to do this. He will go for the stance. He will check the leg stump, taking the guard. Okay, leg stump. Then they will check the grip and take the stance. Now, this is stance number one. One and two. See, stance in two counts. One and two, one and two here, one position only—they have to stand like this—and two positions—they will push their hip only two times. Okay, now stance in three counts. one, two, and three here How to go for the three: it means that you watch me carefully. The batter shot comes to the three positions by pushing his hip back, and he'll try to sit on a particular chair and will come to the stance position. See one, two, and I'm pushing the hip back to try to sit three. So here it is. So, if you go through this technique, your total, you know, line of stance will be good. Your flexion of knees will be in a proper way. Sometimes we have seen in the cricket coaching camp that the

players' first time whenever the batter comes to bat, they will bat like this. They will stand like this. So maximum body weight will be carried by both knees. Like this. So, they will be unable to go forward or backward like this. So, to avoid this, if they push their hips back and sit, see that the knees are in proper alignment. They will not go further than the toes. The second one is, we have seen the players giving their body weight onto the heels of their feet. Whenever they are batting, their body weight is on the heels. If the body weight is on the heels, the body will fall back. And they will be unable to maintain a balanced stance. A balanced stance is very important. Why. Because it allows for good movements. And also, at the same time, if the batter goes for a stance with the body weight on the toes, it will create problems. So, it is better to have most of the body weight carried by the balls of the feet. Where. The balls of the feet. Now the question is, what are the balls of the feet. Now see. This is the heel. This is the toe. The middle part is the ball of the feet. So the ball of the feet will be carried. Whole body weight. Maximum body weight carried by the feet. by the ball of the feet. The weight will be distributed. But, maximum body weight will be carried by the ball of the feet. So, the body weight will be on to the ball of the feet. Why. Because, for quicker movements, you go forward, forward, and backward. Now, in stance in four counts. Why are we teaching four counts. Because, after that, we will go for a back lift. So before the back lift, we will have a progression drill on stance in the foreground. So what is that. So the batter will come for the bat. He will take the guard. He will check the grip, the middle of the handle, and all the things that are good in a position or not. Then what will he do. One, two, three. Then he will wait for a time. One, two, three, four, five. Lift his back as a back lift. Like this. Okay. Transcend four counts. One, two, three, wait for a while, and four. So tell him when the bat will rise. Tell them to go for a visual. You know, in their mind, the imagery line imagery video is that the bowler is coming towards the batter to bowl, and whenever the bowler is in the loading position and he is watching the ball in the loading position of the bowler's hand, at that time he will pick up his bat back; that is a backflip. Okay, so stance in four counts is the pre-progression drill for the backflip. We can do it like that, so these are all about the stance and his faults and errors and how to develop now. Before going that far, sometimes we have seen that before the back lift, batters move their head further away from the body. So, they are taking a stance like this, but the body, you know, the body is falling far away from the body, like this. This will hamper their stance. The body and head will fall onto the offside. So, playing offside, offside, offside, it will be good, but whenever a ball comes towards the leg side, it will be, you know, difficult for the batter to play onto the leg side. So, the drill is, you know, if the batter has to fall his head forward, far away from the body, the drill is whatever will go for this stance, that is, one, two, and three. So, if the batter will take a stance like this, the body will not fall. See, I'm standing straight from here, push the hip, try to sit onto the chair, and come on to the stance position. If the batter will take a stance like this, then the head will not fall, or if you have a middle, you can hang it on to the neck. Now, if you have the, you know, head fall problem, the

second drill is to hang a middle like this. Okay, now if the batter has a problem of head fall, see, in head fall, the middle will hang onto the air and from the body. This is the head fall. Okay, now if it is straight, now the head has not fallen, see. See, the medal will be close to the body, so in this way you can teach the help of the medal. Tell him to go for a particular stance with the help of the medal. Now, the second thing is that if the eye will not level, it means the batter is watching the ball or the bowler. By watching like this, it seems that the batter is not watching the bowler with the help of two eyes, so if he wants to watch the batter bowler with the help of the two eyes, he has to bat like this. See. Okay, watch my head, so this will be the position Why. Because The batter should watch the bowler in a particular plane. Why. For a proper view of the bowler and to accurately judge the line of the ball. If you see, you know, if you observe this one, by using one eye, the line of the finger will change. And when you watch the finger from the other eye, the line of the finger will change. So, to watch the specific finger with both eyes, it will stay on the same line. That's why you must watch the ball with both eyes in the same plane. So, how should this be practiced in a coaching session. Ask your player, see, head, I'm moving forward. Basically, players bat like this. Okay. It should not be. It should be, see. It should be like this so that he can watch the bowler properly. So, next stance, position. Next stance, position. position Okay, thank you regarding this task and its falsification and correction. How to do how to practice in the coaching session we have already discussed. Let's move forward towards the third phase of the setup that is back. Let's talk about the third phase of setup, which is the back lift, so we have no key points of back lift. That is, initiate the bat with the help of the top hand, and the bat should come from offside to the second slip, and the back toe should be close to the back shoulder. The wrist should be cocked. So, during these key points, whenever a batter practices this shot, we have seen that the batters have some problems, some errors; they show some errors during the coaching session, and it will hamper their batting performance because from the back lift, the bat will swing down to make a proper shot, whether it will be defence or whether it will be a forward push shot or any type of shot. Back lift is very important in cricket batting. Proper back lift the errors whatever a batter will create during the batting are whenever they, you know, initiate the bat, they show late initiation. Late initiation means why is its late initiation. They don't know when to lift the bat up. So, we have a survey in the coaching academy among the players, and the maximum number of players told us that they, you know, go for the back lift earlier, or they are lifting the bat whenever the bowler releases the ball, so whenever the bowler releases the ball, it will be in the air, and the batter will lift the bat back. It means there is a delay in back initiation, and if the bat is late initiating at that time, there will be a problem of having You know, good timing—we know the importance of good timing in batting. We have seen the international cricketers with very good timing. The ball will go so fast, it will go for six, it will go for four. The good timing, it depends. So, if you want to have good timing, you should have properly timed initiating your back bat as backward. So what is the Correct technique to initiate the bat—that is, I have told you earlier

that you are in stance position. So, whenever you are lifting the bat, the bowlers are in the run-up. So, whenever the bowlers go for loading, the batter should lift the bat back. Drill is four counts. The first drill is this four-count stance: one, two, three, and four. Once again, one, two, three, and four. Okay, so—you have to practice this stance in four counts again, again, and again so that they will have practice of a good back lift technique. Now, in a practical scenario, you have to teach—this is a particular cricketing net. So, the distance from the first pole to the second pole is around 12 feet. Arrange your batters to stand behind the net so that they will have a clear view of the bowler. Ask your bowlers to bowl. So, whenever bowlers bowl—and they come to the loading position—all the batters behind the net will lift their bat. This is a very good drill to improve your timed initiate back lift because net back lift is very problematic in batting performance. Why. Because the batter will not get much more time to play the shot. It is timed. So, to have very good timing in a cricketing shot, you should have very good timing initially in batting. So, the batter will stand behind the net in a stance position. Stance in three positions. They will stand like this. So, whenever the bowler comes to bowl and is in the loading phase, they will lift the bat up like this—see. Okay. This is a very good and particular drill to develop initiating the back lift during batting. Now, the second most important error—created by the batters during the coaching session during batting—is that whenever the batter comes to the back lift, they back lift like this. So, there is a huge gap between the hand and the ball. If there is a big gap between the hand and the body, then whenever it comes time for the shot, there will be a huge gap between the bat and the pad. So, whenever the bowlers bowl and the ball come to the pitch after pitching, if the batter comes for the defence and has a gap between bat and pad, the ball will come inside, and the batter may lose his wicket. So, it is better—to teach him to back lift close to the body—like this, close to the body—and go for the trick. How. See, close to the body. Okay. Now, how to keep it close to the body. There is another important trick. So, if you have a tennis ball—if you have a particular tennis ball with you, keep it—on the top hand's forearm and tell the batter to back legs. See if there is a tendency that the batter will move the top hand away from the body; the ball will fall. So, the batter will keep the ball touching his body. This is the sense of the drill. Automatically it will develop this error. The third one is also a very important error for the coaches to understand: that the bat is coming away from the body. That is from the gully the bat is coming. Where I have told from first slip, from off stump to the second slip in between the bat, in between the bat will come. Okay. But the bat comes from here. So, whenever the bat comes from here, the shot will be on to the next side. This blocks the shot. Offside shots will be a problem. How to check this. It's a very important drill. It's a wall drill. So, wall drill I already have, you know, mentioned earlier that if this is a wall, a particular wall, if this is a particular wall and you have to stand one foot away from the wall, he will lift the backup, see. So, if the bat touches the wall or the net, it means the batter is moving the bat away from the body, from the ground. So, it will hamper the batters from moving their bat away from the body, and it will help, you know, to keep their bat in the

particular area. Automatically, the problem of the back lift will close. It will increase, and the fourth one is controlling the bat from the bottom hand, so if the batter controls the shot or back lift with the help of the bottom hand during the batting, the ball may go up in the air, so whenever he drives the ball, the bat will move into the air, and as he is using his bottom hand, the ball will be in the air, and he may get out, so the drill is very important. Drill the progression drill that is, initiate the bat with the help of the top hand and drive, or you can use a golf ball on the palm. Use a golf ball on the palm and in the gloves whenever he will bat so the golf ball will create a non-disturbance for the batter to have a touching to the bat. If the whole palm will touch the handle, the bat will be gripped like this, so the bat should be gripped like this. So, if the golf ball will be there inside the gloves onto the particular area, this will, you know, help the batters to control the bat onto the top hand, not by the bottom hand, so use that drill. So, these are all about the back lift and its problems. Now there is a specific progression in back lift. We have already discussed earlier what that is, so top hand picks up and top hand drive, or one-hand pick up and one-hand drive, okay. Then one-hand pick up and two-hand drive, or one-hand pick up and two-hand drive, okay. The third one is one-hand pickup, two-hand pick up, and two-hand drive, or two-hand pick up and two-hand drive. So, this will help to develop the backflip during batting. Thank you, everyone. We have talked a lot about the basic setup of batting, which is very important before going to particular shots, front foot or back foot. We have to know about the setup of cricket batting. We have a very good revision on this setup. Thank you. Hello, everyone. Let's come to the next session, which is the batting shots, vertical batting shots. So before, we already talked about the setup of batting and its errors. This is also a revision of the front foot defensive stroke, front foot drive, and front foot leg run. So, all are the same kind of shots, but you know the principles of these shots are different. So, when we play the front foot defence, leading with the head and shoulder, the front foot goes forward in the line of the ball, reaching up to the ball and going for the defence. The option of the bat is to meet the ball under the ice. Whereas the same principles will be followed here, the extension bat-up will be there to go for a drive, and in the leg glance, the same things will be applied to the leg side, just like front foot defence, and you can tilt your bat and have a leg glance. This has already been discussed. Now, to play this shot, several principles you have to follow as a coach whenever you are coaching a particular child. What is that. Now, first of all, I will talk about the front foot defence. So, in front foot defence, we have seen players are going for front foot defence like this. Okay, here. It looks like front-foot defence, but you know if he practices this front-foot defence like this, then during the match situation he will have a problem. Why the problem will be. Now see where the ball will be pitched and in which ball the front foot defence will be played. That is the good length spot. So basically, we judge the good length spot like this. This is the popping crease or the patting crease. So, one step forward and one step forward. So, two steps we will take. And here will be the good length spot. Now the batter will reach maximum length to meet the ball. But sometimes we have seen players move their

front foot short, and go for it. Here, the line of the ball will be misjudged by the batter, and what will happen. It will miss the line, and the batter may go for LBW ball or LBW, or So here's the thing: you have to teach The players get maximum reach up to the ball so that the ball will not move maximum towards the batter. So, if this is the good lane spot, the batter has to take a stance, maximize reach, and go for the defence. Now whenever they are defending the ball, we have seen players in the defence in a particular position. That is, sometimes the bat, their defence from here, back of the feet, sometimes their defence is away from the feet. The correct phrase is in between the heel and toe. The bat will be placed heel and toe. The height will be adjusted according to the ball; the height of the bat will be adjusted according to the ball height, but the positions will be here. okay Now, if the batter will move his bat forward, it means he is advancing the shot before coming to the ball. He is advancing towards the ball here. One particular point should be kept in mind. That is, let the ball come to you and play. If this particular point is applied by the batter, then he will be in a good position during batting. Now, here is the specific role of leading with the head and shoulder. It's also very important. So, whenever a batter will lead his head and shoulder, it means he is leading. Wherever your shoulder will go, your leg will go. So, it will create an alignment towards the shot. Sometimes we have seen that players move their foot forward and they go for the defence. But shoulder is different way and leg is different way. So, in the same alignment the batter should move towards the line of the leg. That's why we have to teach first lead with head and shoulder. Then the front foot will go forward. So, this will help the batters to keep a good alignment. And another problem is the error that is batters whenever they bat their elbow will be like this. But instead of this, the elbow becomes like this. See. Why. Because he is breaking his wrist. So, the pattern has to stick on this that they should go for a good defence with having their wrist straight so that their elbow will be like this. See. If it is break, elbow will be like this. So, this is a specific point. It should be kept in mind by the coach while coaching front foot defence. We have just finished discussing the front foot defensive stroke, its errors, detection, and how to improve the errors for better performance. We have already discussed in the previous section the practical aspects regarding the front foot drive. Now, we'll talk about the basic faults and how you, as a coach, can correct them. That's very important. As you know, to play a front foot drive, you require a half-volley ball or an over-pitched ball so that you can drive well, whether it may be a straight drive, off drive, cover drive, square drive, or it may be an on drive. The ball is the same; the line will be changed from straight to off, cover, square, and on side. The basic principle is the same here. The same principles will be followed: your front shoulder will be deep, leading with head and shoulder, and the front foot will go forward towards the line of the ball. Body weight will be transferred, keep the ball inside your leg, and meet the ball under your eyes. Follow-through will be maintained. So, during this phase, in basic coaching, whatever we have seen is the foot movement of the players. Whenever the players play the front foot drive, they play like this: the ball will come here, and the batter places the foot here,

away from the bowling line, and they want to drive the ball. So, there is a foot movement problem. The foot should be in line with the ball. So, how to develop this movement of the foot is very vital to correct this. So, first of all, whatever we taught was the stationary one, two, and three. But here is a very beautiful drill named roll ball. So, what is it. Your partner or the coach will roll the ball, and the player will hold the ball with the help of this form so that he or she can understand where the ball line is. So, I'm demonstrating how to play the ball with roll ball. Here, it is necessary to wait for the ball. Whenever it comes towards you, place your front foot in a comfortable area and hold the ball with the feet of the bat. Once again, see, the ball comes, and I am playing. So, this one is the line of the ball. So, what the players have done is, whenever the ball comes, if you tell them to drive the ball, how will they play. They play like this. The ball is here, and the foot is here. To develop this problem, what should be done. Roll the ball and tell them to hold the ball with the help of the base of the feet to judge the line. So, once again, I'm showing you. Okay, and touch the ball. Now, whenever this drill is improved or you have seen that your player automatically has judged the ball, he can, you know, place the foot well in the line of the ball, he can hold the ball properly, and you are satisfied as a coach. Then tell him to drive the ball with roll ball. How is it. So, to play, to practice this skill, you know, you need to have so many softballs, injury-free balls, so that the players will not get injured. So, what is this. Roll the ball. See. Roll the ball and drive. Roll the ball and drive. See. So, whenever your player understands where the shoulder will go in the line of the ball, the feet will go in the line of the ball, lead with the head and shoulder, and he should drive the ball. This is another drill that is called roll ball and drive. Roll ball and drive is very important. Because he is understanding where the ball is coming from, and he is hitting the ball now, the next drill is bubble ball and drills. Bubble ball and drive: What does bubble ball mean. Bubble ball is, you know, where the ball is coming in a rolling form. Now, in bubble ball, the ball will come two to three drops, so the ball will come two to three drops to you like bubbles. And you have to hit the ball. This is a progressive way of batting. So, I'll show you first. The ball is coming to me with two or three drops. Very good. It's a very good drill. So, this is a bubble ball drill. You should... Go for practice again and again so that he will develop his drill. One second, I'm showing you. See where the ball is going with bubble form; I'm driving the ball. It's a very good drill to improve your front foot drive. Now, whenever you see that your player has developed the bubble ball, then you have to use the lob ball drill. So, in the lob ball drill, one drop ball will come towards the batter, and the batter will hit the ball. So here as a coach you have to mention the feeder, or as a coach you should know where the ball should be dropped. So, this is a drill, first of all. Tell your player to stand like this and take a position, a comfortable position. and make a mark over here. Make a mark over here that will be the position where the ball should be dropped, okay. And you have to drive the ball with the help of the marker. This is a very easy task. What is that. Ask your player to stand in a comfortable position. From the stance position, you have to take one step forward. You will have chalk in

your hand. You have chalk in your hands. Please give me the chalk. Yes, chalk in your hand now. As a coach, this is your player's comfort zone where he can drive well, so here a mark should be there. Okay, or from a side view I'm showing you So if this is the place from where the batter is batting, this is the comfort zone, this is the comfort zone, and here is the marksman. Okay. So, as I am demonstrating to you from the front view, I have to stand like this, take position, my feeder is ready, and the feeder knows where the ball should be dropped. Okay. Now I am also ready to bat. Very good. Insist your player play a full shot. Once again, I am showing you. See. So, this is called a lob ball drill. So, you have to drop the ball. To that particular area, the batter will stand accordingly. The ball will come to this place, and it will be a very good drill to strike the ball. Now, more drop ball drills are there. Please come now as a coach. As I'm the batter, and as I think that she is my coach, she has to drop the ball here, so this is my comfortable zone here. Okay, toss the ball. So, you insist your player toss the ball like this. Okay. And she should stand. She should stand. This position will be in between the two legs. Okay. The position should be like this. And she will drop the ball like this. And, the batter. I am showing you. Okay. The batter is ready. See. So, in this way we have to develop this wonderful drive that is the front foot drive, and this wonderful drill you can go for further development. One more, more drills. Is there a place to put your leg forward here. Transfer your body weight, and the ball will drop, and you can drive the foot now. The thing is that if you have a specific problem in front foot drive, what is that. While driving the ball, your head falls, and you are unable to drive the ball properly. So, at that time, you can use the chin drop ball drill. What is the chin drop ball drill. I am showing you. So, place the ball here and take position, pull body weight, transfer, and release the ball and drive. We have already been shown in the previous practice, but today we are working on the revision of error detection and, you know, correctional drills, so I'm showing you if your bat is not coming in a particular path, in a straight path, if it is not coming, okay, so what should be done. What should be done. So, channel drill you have to apply. So, channel drill is, you place your stump over here. Okay. So, this is a cone and batting tee. So hit the ball through the stump or channel drill method. If your bat is not coming in a particular path, in a single path, your bat is coming over here, or whenever you are, you know, down swinging the bat. The bat is, you know, not moving here and there. Here, you can start with this drill. You can drive the ball in the middle of the staff. So, how to do this. Please give me the ball now. See, you have to place the ball here. We have already been shown in the previous sessions. Press the bat, okay, and this is a channel drill ball. If your path is good, as you have seen that my batting path was good, that's why it is not touching the ball stump. So, during batting, if you think that your batter's bat is moving and it is going here or there, you can use this wonderful drill, the channel drill, to drive the ball. So, there are other very specific drills you can also create for the sake of the players. These are the basic fundamental drills. You can use it. Now, stationary ball drill is very important. You should have two or three batting tees. So, two or three batting tees you should have. Place your

cones like this. Okay, and you should have a ball with you. So, see, you have to place the cones like this in front of you, and you have seen that this is the straight-off and leg. You can drive from anywhere. Place your bat and drive. Okay, place your leg. So, these are the stationary ball drills. You can make it more, you know, more variable by using the cones. More cones can be applied, and you can develop the front foot drive drills. Let's talk about the front foot leg glance and its errors and its correctional drills.