

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

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### **Lecture 73: Revisions of Cut, Pull & Hook Shots**

Let's talk about the leg glance. You know, this is one of the variations of the front foot defensive stroke. As we have earlier talked about, in the front foot defensive stroke, we are defending the ball when it is pitched on a good length spot. But if the ball is pitched in the line of the leg stump, there is no need to defend. You can defend it, but tilt your bat back. The ball will touch the bat and go towards the fine leg, and you will get a run. So, there is a specific technique to play this shot. What is this shot. See, just like in the front foot defence, your front foot will go in the line of the ball as it is pitched on the leg stump. Okay. Now, the leg stump. Now, your bat should be placed as in the front foot defence, but you have to tilt your bat. Tilt your bat back. The ball will touch the bat, and you will use the speed of the ball after the meet. Your whole body will open up, okay. Your whole body will open to play this shot. Whenever you are touching the ball, your face should be towards the ball, and the face of the bat should be towards the ball. This is the technique to play this shot. There are different types of errors that occur, and you have to develop. The main problem is that batters are unable to bring their front foot towards the line of the leg stump. Sometimes, they place their front foot towards the middle stump. But if the front foot is on the middle stump, you have to bring your bat from the middle stump to the leg stump. It is quite impossible. So, with the help of the line drill—what you have to do is make a line over here with the help of chalk—you have to play this shot so that your foot will be in the line. Whenever there is no line, it will be quite impossible to play this shot. Now, what to do. For this drill, you need chalk. We have a bat also. You can use your bat also to mark. See. So this is a perfect line. Ok. Make a line. As a coach, you have to work hard for the sake of the players because you have to prepare players for the future. Now this is a specific line, and it is towards the left. Now the batter will understand where his foot should be placed, so now I'm a batter, so I know. If I want to play this shot, my foot should be in the line of the ball. That is in the leg stump. See. But in errors, what players do is, if there will be no line, players move their front foot to the middle stump. And this will create a problem. It will block the shot. Now, the second thing is whenever you are playing front foot leg glance, place the bat

and tilt it. See, this one. This one is very vital. So, pressure drill from this position, bring your full position over here and downswing the bat and see, downswing the bat like this. Okay. so that they can play the ball well in the line of the final, so rotation of the wrist is very vital. How to do this: place your front foot in the line of the ball. Okay, now see. Okay, so ask your player to motivate your player regularly to rotate their wrist towards the final to develop this error because players are unable to rotate their wrist to rotate their bat to tilt their bat, and here with the help of this drill, they can use the speed of the ball, not the speed of the bat, simply downswing the bat, and meet the ball close to your body and leg loss. If you are playing too far from your body here, okay, then it will create a problem to play the shot properly because you are playing early, early judgment, so misjudgment will be there. The ball may touch the leading edges and all, and it may go anywhere. If closing filters will be there, you may get out. So it is better, you know, to teach them, ask them, let the ball come to you, and play this shot. This is very vital. Now the follow-through is, the bat should be, the final place will be towards the batter, towards the bowler. Here, after placing the shot, whenever they will easily do the shot, tell them to come to this position. See. specific drill preset drill You have to teach them the players should practice the pre-set drill again and again so that the whole phase will come automatically and they can play, so we have already talked about the front foot defence and its correctional drills. front foot drive and its correctional drills and front foot leg glance and its correctional drills What else. Moving out and driving and flipping shots will do. Moving out and driving is a, you know, very technical skill. Ball, which is on the fist, onto the good playing spot. The batter will move forward, cross their leg, and hit the ball. To play this shot, the whole mechanics will be applied, like the front foot drive. Here, what to do. The stance you have, very first, you know, starting very first on this skill, stance, that stance you have to create like this, see, here. And from here you have to move your front leg to where the ball will be pitched, and you have to drive the ball. Now, what are the faults made by players during Bredis' shot. Sometimes we have seen the players are coming by jumping. What should it be. You know this one should not jump. Why. If you jump, then the plane, the plane where you are seeing the ball, will be disturbed, and you may fail to judge the line of the ball, and you may get out. You may be stumped. So if you see that your players are, you know, doing this movement by jumping, ask them not to jump. Go forward by keeping your head still and your eyes in the same line so that it will be easy for them to play the shuttle, okay. And Drive them now. Sometimes in the coaching session we have seen that players move their earlier-stage front foot not straight but In cricket, moving out and driving, we ask our players, as key points, to go straight forward. But players, what they do, if off-spinners come, they think that off-spinners always spin the ball from off-side to leg-side. That's why they thought that the off-spinner would piece the ball onto the off-side. That's why, what players do, a player comes to the offside and tries to play in the line of the ball. This should be avoided. The basic fundamental rule is, see what I have told you earlier, that is, this is your stance over here; you have to create this stance here and

play this shot. So, if the off-speeder will bowl here, whenever you are standing in the actual stance position, the off-spinner will ball over here, and you can easily drive. So, if the off-spinner will spin the ball over here, pitch the ball here. So, if you create the stance over here, you can easily reach up to the ball. It is not necessary to prejudge the line of the ball and go forward accordingly. No, your front foot will go straight first, then judge where the ball is pitching, and then try to hit the ball here. Also, you can teach your players a shot like this. Please throw the ball now. Whenever you are in the drill as a feeder, you should know where the ball should be pitched. Okay, so if this is my particular stance position, okay, it's my stance position, so this is the good lay spot. Okay, if this is the good lay spot, so anywhere in the line, you can ask your player to feed the ball. As a coach, you can feed the ball anywhere on this course. The thing is that your front foot should go straight and long to reach up to the level. Okay. What to do. The feeder will throw the ball. So, you know, you have to reach the ball. Whenever you are approaching the ball, the first leg should be long enough. Then the back foot will go back behind the front foot by crossing the heel. And this leg will follow where the ball is pitching and throw the ball and drive the ball. These are all about the correctional drills and how to practice this skill in the coaching session. That is moving out and driving. Thank you. Hello, everyone. Let's talk about sweep shots. Now, a sweep shot is a cross-batted shot, or you can say a horizontal batting stroke. Now, to play this shot, the choice of the ball is very important. Choosing a ball. The ball is pitched in the good length spot. Okay, the middle leg. And you can reach up to the ball, and you can go for a sweep shot. We have already discussed this earlier. Why are we teaching you the sweep shot before other horizontal batting strokes. Because previously we have gone for the front foot shots, so it is also just related to front foot shots. It is that you have to place your front foot forward and then play this shot. That's why we are starting with the sweep shot here, the things that are to be followed. That is, the execution of the shot is very important. As this is a very good-looking shot, every player wants to hit this shot against any ball. But you know, choosing a ball is very important, and passing your front foot, kneeling down on both legs, bouncing the bat, bat position, hitting position, and follow-through—all are very important aspects in a sweep shot. We have seen different types of players play different types of sweep shots according to the ball, but in the fundamental skill, we will know the basic principles of the sweep shot so you know how to play this shot. Actually, you are in a stance position. Now here, the backlift will be different. In front-foot shots, the back-foot backlift and downswing of the bat were always from top to low—that is, the vertical position. From vertical position, top to low. Okay. Straight bat. But in a sweep shot, as it is a cross-pattern shot or horizontal-pattern stroke, the bat will come from right to left for a right-handed bat. The backlift in front-foot shots is back-foot backlift here, but in a sweep shot, the backlift will be here—how the backlift will be is very important, and most players make errors on this backlift because they do not know the fundamental key points of this shot. So, let's talk about the backlift here. From this position, you have to go for the backlift like

this—see, both elbows will go away from the body and make the position like this. See. Okay. Now, the front foot will go forward, and the kneeling position will be on the line of the ball. From a high backlift—see, this is the high backlift—meet the ball, the body will be forward, meet the ball, and after hitting, follow-through will be maintained. So, you know the placing of the bat as backlift is very important. So here, some drills are there that you have to follow. So what are those. One and two. One and two. One and two. One and two. Okay. So in this way, first you have to coach your players; you have to teach your players how to go for the backlift in a sweep shot. This is very important. Then the kneeling positions will be there; the front foot goes forward, hitting the ball. Now the second phase is placement of this front foot leg. We have seen different players who place their front foot sometimes here. No, it should be straight in the line of the ball. maximum reach, then your back foot knee will be on the ground, both knees will be in a kneeling position, and from a high back lift, you'll see you have to teach this one okay to meet the ball here. Also, one key point is very important: that is, bring your bat from high to low. Sometimes coaches You know, They talk to the players that roll the wrist whenever you are hitting the ball. So this is, you know, a myth, I think. The truth is if you hit the ball from high to low, automatically your wrist will be rolled. Okay, how to do this. See, the position is here. Now, from high backlift to low, if you make a high-to-low bat swing automatically, the ball will go down; the ball will not be in the air, but if you play from low backlift to high, then the ball will go in the air. That is the main key thing you have to keep in mind: whenever you are hitting a ball through a sweep shot, you have to keep in mind that the bat should be brought from high to low automatically; the wrist will be rolled over the ball so the ball will be on the ground, not in the air. It's a very important skill. How to develop this skill The pre-shot drill is there. That should be mentioned. What is that. See. First of all, place your front foot and back foot in a kneeling position. See from here. From a high back lift, keep the position over here. And your feeder will drop the ball. And you have to hit. I'll show you. The leader will drop the ball as a coach. I'm the player, and my feeder will come towards me, and I have to hit the ball. So again, this is my meeting point. This will be the meeting point. So okay, now see, I'm from here, and she will drop the ball, and I will hit. Okay, so this will be the drill to develop this flip shot. Whenever this drill is applied, ask your feeder to throw the ball from a little bit away from you as a lob ball. So, throw the ball as a lob ball. Okay. So from a lob ball, you have to hit. The point is, if the ball is pitched not up to the good length spot but is close to you, it means here, if the ball is pitched over here and you are trying to hit the ball, then there will be less chance to hit the ball. The ball will come to the front pad or back foot, back leg, and the bowlers may call for a little bit of... So whenever you are trying to hit the ball in a sweep shot, it should be in front of you, away from you, to hit the ball, not closed. If the ball will close, reaching to you, and you are trying to hit like this, missed chances will be there. Okay, so avoid that ball, which is away from you. That ball can be played as a sweep shot. Okay, so these are the faults made by the players, and we can teach them accordingly. Now

you can use a stationary ball. Also, you keep a ball with a cone; you can place it, and you can have the positions like this, okay, and tighten. You can use the stationary ball also to hit the ball. One more thing is that there is a pressure drill. One now pressure drill two, so ask your player to come to this position, okay, from high back, and the ball will be thrown, and you have to hit the ball. How to do it. See, the player will be like this, and see, okay, this drill will be applied whenever you are from a stationary ball drill. Then ask your coach to hit the ball in front of you, and they will play. This is the preset drill 2. This is very vital. This two drill can be applied to hit the ball in a sweep shot. another ball with another ball with another system you can develop the drill of sweep shot for the development. Thank you, everyone. Let's talk about the square cut drill, its errors, and development rules. Thank you. Hello, everyone. Let's talk about the square cut. Why is it a square cut. So in a cricket ground, we know that two straights and two squares have the ball, which is played onto the right side or left side of the right-handed batter; that's the square area. So whenever a ball is pitched on a short pitch delivery outside the off stump, the batter is getting, you know, room towards the off side, and they can easily play the shot that is known as the square cut. Now here it is also a cross-batted shot, and to play this shot, you have to know some basic points: that is, the back foot will go back cross. Now we have already discussed the square cut and how to play it in the previous videos. As this is a revision video, here we will talk about the errors and correctional drills. So in the first key point, it is mentioned that the back foot will go across to the line of the ball. Not back and across. But some players, whenever they are playing square cut, play the shot as the back foot goes back and across and play. Here's what happened: whenever the ball moves, the body of the batter will move towards the, you know, point. And whenever they play the shot, the ball directly goes to the point area, and the point fielder may hold the ball. So there is less chance of the shot going straight away towards the boundary or run. That's why it is better to play cross. The foot will go across to the line of the ball. Whenever the foot goes across the line of the ball, you have to play this shot. It will go straight to this line. How to develop this drill. That is very important. You have to use a marker that is placed just straight to your back foot. Now, whenever from a high back lift you are placing your front back foot across to the line of the ball you have to touch the cone so that easily you can verify that my leg is going towards the across to the line of the ball so whenever the ball will comes like this easily you can play this is the first error it is made by any cricketer during playing so as a coach it is your right to check the error of this foot movement and correct the actual foot movement and place your cones here and you have to play the shot now the second point is we have seen that players during their early days the players the square cut as back the bat will go from low to high so this is a common problem of a batter they played like this like that so it should not be it should be from high to low so if you bring your bat high to low automatically the wrist will be rolled and the ball will go towards the down, and easily you can go, you can play the shot, so the pre-shot drill is there to develop this technique, so ask your player to come to this position with the

back foot across to line up the ball high back lift and tell him to make the shot like this, okay. So automatically your batting bat swing and the problem of low to high back lift bat swing will be improved, and it will be modified as high to low back. Now the third important point, which is an error made by a batter, is whenever the playing cut shot is playing like this, it means chop the shot. Okay, so back foot, back arch—they are arching their back back, and they are playing like this, arching the back here. Their whole body weight is not going towards the line of the ball towards the shot. This is the main problem, but if you tell them their whole body weight will be on the line of the shot, then this problem will go away. The drill will be From a high backlift, put your whole body weight onto your back foot and play this shot. Here, I put my whole body weight onto my back foot, and I am playing this shot. This is very important from the square cut point of view. Now, with the ball, how we can practice it, I will show you. Now what to do. The back foot will go back and across. Make this a pre-shot from a high backflip. Get ready now; the ball will come, and you will hit. You have to hit the ball. This is pre-shot drill number one, and pre-shot drill number two is making a high backflip from the earlier phase, and the backflip will go across, and you have to hit the ball. I am setting my position, preset drill number 2 from high backflip. Now, Backflip will go across, and I have to hit the ball. In this way, you have to teach the square cut and the correctional drills, pre-shot drills, to develop the skill. Thank you. Hello everyone, Let's talk about pull shots. We already have discussed it in the previous sections. Now today, as it is a revision, we will talk about the pull shot and the correctional drills. The pull shot, a good-looking shot, a run-scoring shot. Whenever a fast bowler bowled a ball short-pitch delivery, the batter had to choose the ball to play as a pull shot. Pull shot is, you know, to play the pull shot. See the pull shot, so make it possible to play the pull shot. The back foot will go back and across, and you have to make a room so that you can create a path from left to right. Okay, so from this position, you have to make the ball in a certain position, and you have to hit the ball, and the body weight will be on the front foot. Now, the basic things The basic problem that occurs during the playing of a pull shot is that the batter is unable to move their back foot back and across. Sometimes we have seen that batters move their back foot back and try to play this shot. If the batter moves back, he will not get enough time to play this shot because whenever his back foot goes back, his body weight will be on the back foot. Now, when the ball comes to him, it will enable him to play this shot accurately. That's why he has to move his back foot back and across. So that he can create an angle. Create an angle. See, part of the back. Create an angle and play this shot. So, back foot, go back. This is our error. Back foot back, go back and across—this is the correct way. In a correctional drill, you have to play this shot under pressure. So, in a pressure drill, make your back foot go back and across from the early phase and wait for the ball. Whenever your partner throws the ball, you have to hit it. And wait. Now, the second phase—the second error a batter can make is being unable to shift his body weight to the front. Whenever the batter moves back and across and plays the shot—so, after playing the shot, as a follow-

through, the whole body weight should be towards the front foot. If the batter is unable to hit the ball and the body weight does not move towards the front foot, it is called a fault. So, how to check this. You have to create a pressure drill like this, okay. Your partner will throw the ball, and you hit the ball, and your body weight should be here. See, in this way, you have to practice. So, both drills with the ball—I'll show you how to practice them. Here, back foot back and across, and from this position—the batter will be ready to play the shot. See, okay. See how I am batting the first drill. Now, the second one is—the second drill is the first drill. If the batter is unable to move his back foot back and across, go for that drill. Now, the second drill is: if the batter is unable to shift his body weight to the front foot, this drill will be applied. So, go from the very first phase of the skill—back foot back and across. Your front foot will be like this, and make this position from a high back. Now, see. Okay, so in this way, you have to play this shot as a pull shot—shift the body weight towards the line of the shot and shift your body weight to the front foot. Now, the third one is: if you are unable to hit the shot in the line and you are unable to extend your arms forward, we have seen the players playing a pull shot sometimes like this. So, if you are playing a pull shot like this, it means you have made the shot very late, so you are unable to make the shot properly. So, you have to hit the ball by extending both arms with a high-to-low backlift. This is a very important technique: whenever you are hitting the ball in a pull shot, both your arms will be extended—okay, extended—but it's a powerful shot. How will I understand that I have made a prominent pull shot. That is, if the ball—if the ball goes towards mid-on, it means I played the shot very early. If the shot goes towards fine leg or square leg to fine leg, it means I am playing the shot late. And if I hit the shot between mid-wicket and square leg, it means I have very good timing and very good—you know, timing—I have hit the shot. At the perfect time, I have hit the ball as a pull shot. That is to be mentioned: if the ball comes up to chest—waist to chest level—that ball can be played as a pull shot. But what else. If the ball comes slow—with a short-pitch delivery, but the ball comes slow—how to play this shot. Now, at that particular time, you have to use your knees. So for the spinners, the ball has to be short-pitched. And you have to; you want to play a pull shot. So see, both my knees will be as low as possible. Then make the plane similar. Both planes will be similar. If the ball is like this, this plane will be similar. It is not like your height is too high and you are playing like this. No. It should be like this. Make the plane similar. And shot. So this is a very important technique: using your knees while playing the pull shot. If it is high, if the ball is too high, you have to play like this. Using your knees straight. If the ball is too low, you have to play like this. Use your knees to make your height look right. These are all about the faults and errors in the techniques of the pull shot. Similar faults and errors can be seen in the hook shot, but the height of the ball is from the shoulder to the head in the hook shot, and the whole errors and errors and development drills, whatever we have planned for the pull shot, can be applied in the hook shot also. So, thank you, everyone. These are all about the pull shot and extended hook shot, bolt, and collection additions. Thank you.

