

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Week 02

Lecture 08: Leg Glance

Hello everyone, welcome to the next session of vertical strokes, that is, the front foot leg glance. So, after having a little bit of experience in front-foot defense, we will talk about the vertical shot leg glance. So, what is a leg glance? To know about the leg glance, we need to know first, which I will play the ball and what is a leg glance.

A leg glance is a variation of the front foot defensive stroke. What does it mean? The front foot defense is for a good-length ball. The batter cannot reach the ball.

As we know from the previous session, the ball cannot be reached. That is why the ball is defended. In this case, there is not much space for run scoring. If the field is far, you can score runs. But, the same ball, the same ball, I can play a leg glance.

How? That is, leg-stump, in the line, leg-stump in the line, If the ball is pitched, the ball is not defended, the bat is glanced, the speed of the ball is used, and if the direction is seen, then I can get a run in the fine leg by varying the front foot defense and leg glance. That is the front foot leg glance. Which ball will I play?

The ball is pitched on the leg stump. I will play that ball to make a leg glance. That should be a ball that is a little outside the reach. Instead of defending, if I defend the leg stump's ball, I will not be able to run. If I glance at that ball, then the bat will go behind, and I will get a run.

So, why not a leg glance? So, key points are the same as you know in the front foot defensive stroke. What are those? After having the initial stance, and back lift, then the front foot will go forward, leading with the head and shoulder. Onto the leg stump, the front foot goes forward.

Body weight transfers from the back foot to the front foot, hitting the ball just the leg side of the front pad, okay? Then, glance at the bat, tilt the bat face like this, okay? Then, after hitting the ball, after touching the ball, the ball will travel toward the fine leg. Look at the ball. The batter should watch the ball. And the face of the bat should be towards the batter.

What does it mean? Do you see the side view? This was the demonstration of the leg glance and the key points. What else? The basic technique of the leg glance is to glance with the bat.

The bat must be tilted slightly, and the batter must use the speed of the ball. The batsman should not use his bat speed. The batsman will not use the batting speed. The speed at which the ball comes, the batsman will touch the ball at the same speed. The bat will touch the ball.

The ball will kiss the bat and go to the final leg of the game. The batsman will take a run. After the batsman plays, the batter faces the bowler and he will run. What will be the actual scenario? Like this.

Okay? Now, with the ball, I will show you the demonstration. With the ball, how will I move the ball towards the back? The batter's face, body position, back leg position, and head are close to the ground. Let us see the demonstration.

So, after having this demonstration, as a coach, some of our coaching Responsibilities are there during the practice sessions. We will see how the batters will practice from the leg grass. And how they will take it to the next sequence. We will see that in the pre-set drill.

Normal drills are done in this drill. So, take this stance. The ball is on the leg stump. You just must stretch your legs more. More, more, more okay. Now, body weight transfer. Downswing of the bat. This will be the position. The ball is on the leg stump. See, this will be the position.

The position. Okay. And after that, till the bat and look at the ball. Now, perform this in the demonstrator. There are some minor mistakes.

This happens when the bat is not on the ball. The middle stump or pad will not come from the middle stump. Because we know that the ball comes from the leg stump. So, the bat's face will be tilted towards the leg stump. So that the ball will touch the bat and it will go towards the line where it should go. So, if we have not made a ball's line, then we need to understand it. Now, this is a drill—a stationary ball drill. How the batsman should approach the ball. How will you proceed? Yes. Yes. Now try for a leg glance. Full shot. Very good. Once again once again. Yes. Yes. Yes, take it in front of the foot. Do not take it in front of the foot. Okay, once again. Okay. Yes, yes. Now move. Very good.

Very good. This should be. Now, if we divide this technique, this is, you know, a little bit of a difficult shot. Now, I must break the total skill into two or three parts. Then I must teach it.

So, in the first count, the first count will be the backlift. Okay. So, this is one. Two, your foot placement. Okay. Foot placement. Take the ball outside of the leg. Okay. This will be the two. Three, meet the ball. Yes. This will be the three. Three. And four. Yes.

This will be the fourth. Okay. So, with my count, he will do this. Ready? One. Okay. Two. Three. And four. Very good.

So, this will be the actual scenario when he plays the leg glance. Now, along with this, there are some preset drills. When do we do the preset drill? When the player cannot play the full shot properly.

What is that preset drill? We will see it now. First, we will try the batsman will play the leg glance in the full phase. As a coach, I will see if he performs the leg glance properly or not.

Then I will take him to the pre-set drill. I will take the batter. Towards the pre-set drill. How will the pre-set drill be done? So, batsman, you stay on the back lift.

Okay. Bring your front foot forward. Okay. Transfer your body weight. Yes. Now he will already transfer his body weight from the back foot to the front foot. Okay. Now, what to do? He will just do this. Do this. And rotate your wrist. Yes. Once again. Once again. Once again, do this. From here only. And rotate. Yes. Once again. Once again. Rotate. Yes. This one, the batter needs to do because of the practice. Once again, do this. Very good.

Once again. Once again. Okay. Now rotate. This is a pressure drill How to tilt the bat and rotate the wrist as per the requirement of the shot. Now, placement of the bat towards the leg side. How should it be? So, bring your front foot forward. Okay.

Bat, front foot forward. The bat should tilt. The bat should tilt. Yes. This one. No. No need for this one. Okay. Once again. Come on. Good. Good. So, once again. Very good. Now, with the ball, this drill must be done. Now, this is without the ball. Now, with the ball, we must perform. How to do it? Again, do this thing. Yes.

You must be in this position. Body weight has already been shifted. Okay. Now you are in the back lift phase. Okay. The ball will come. Okay. Now you are in this phase. The ball will come. You must perform a leg glance Okay. Start. Okay. No problem. Wonderful. Play a little later. You must play a little more late. Good. Come on. Once again. Wonderful. Very good. See, this is a preset drill. If any batter, after having body weight transfer, if the batsman cannot do leg rush by bat flow, so I cannot. This is a very good drill to develop a front foot leg shot.

What are the basic corrections we need to do? That I will explain. First, if the coach finds that the batter's front foot is on the middle stump. So, from the middle stump, I will never be able to leg-glance the ball.

I will not get any space to put the ball on the side of the leg. There, I will have to practice the batsman towards the leg stump. In this case, what can we do? If the batsman does not put his foot on the leg stump, if he puts his foot on the middle stump repeatedly, what can we do? So, the coach should have a chalk with him. Okay. Now. He will insist. The player now.

He will insist on the player. To go in the line of the mark. Mark, and we will play this shot like this. See that position. Once again. I am on the leg stump. Outside the leg stump, I am bouncing the ball. To our run. Sometimes a batsman the batter should lift the bat slightly. At First back lift. Lift the bat. The front foot will go forward. From here only. From here only, it will come with hand gloves.

Number three point. The batter is unable to look in the line where the ball is going. The batsman is not looking at the ball. So, the batsman is taking the shot but not looking at the ball.

It means the batsman is not able to rotate his entire body. Why? It means that his back foot is not able to open completely. So, if the batsman looks at the side like this, it will be more difficult for him to look behind. If the batter's back foot opens, and he takes the shot, see, he will look better.

When he takes the shot, the back foot will be open, see. It will be open to play this shot. Okay? So, these are all About the front foot leg glance, if we know something about the conclusion of this, then which ball will I play, which ball will hit a good length spot, leg stump, around leg stump, batsman, just like front foot defense, the shot will be played,

The bat will tilt on the line of the ball, glance, and the bat's face will be on the ball. And the batsman will see which side the ball is going. Now, here it is important. I will show you this demonstration. We discussed one thing earlier.

The batsman should use the speed of the ball. Not the speed of the bat. Right now, the demonstration I am going to give, I am using that speed. In this case, my shot could be like this. Now, I am using that speed to try to leg blast.

See. I am using that bat speed. The ball is going towards mid-wicket. It means, where should my ball go? From the leg glance? From the leg glance, where should my ball go? Towards the fine leg? To fine leg? To the middle of the stump, where should my ball go?

Where should my ball go? But instead of that, the batsman is using the bat speed much earlier. If he is playing with the bat, the bat is moving towards mid-wicket. And the ball can go in the air as well. Once again, I am showing you what happens if you play with the bat speed.

With bat speed. See, but at the same time, if I do a leg glance with the ball speed, see, this is the leg glance. I am using the speed of the ball, not the speed of the bat. So, these are all about front foot leg glances. In the next session, I will learn the batting technique. I will know how to do coaching in the next session. Thank you.

Thank you, everyone.