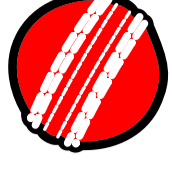


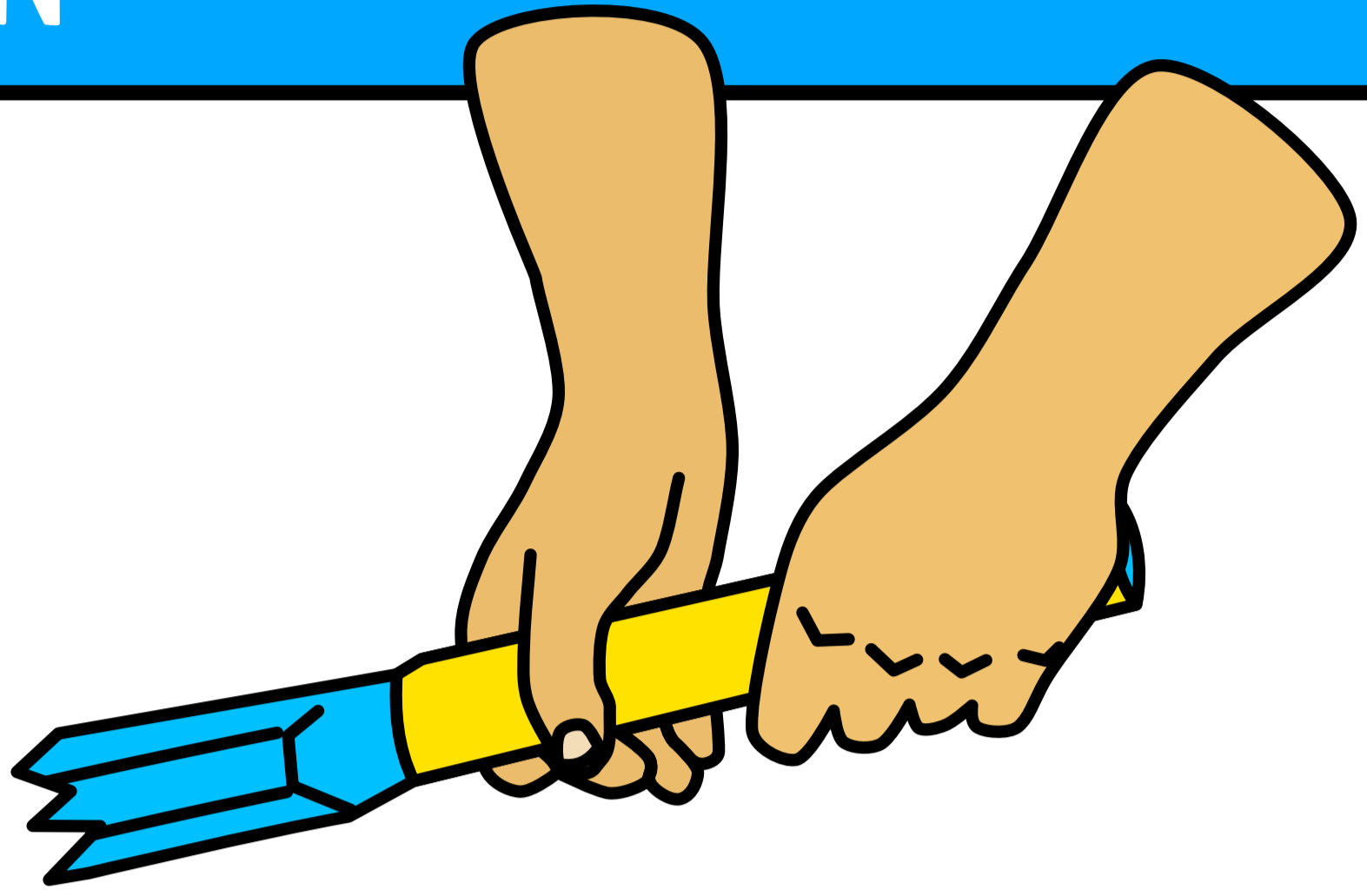


# BATTING KEY MESSAGES

-  Balanced, comfortable, eyes level
-  Control where ball is hit, how hard
-  Controlled free swing of the bat

## STEP 1: READY POSITION

- Eyes on the ball
- Head still and level
- Comfortable grip
- Hands together
- Wrists can "break"
- Body balanced, still and ready to move

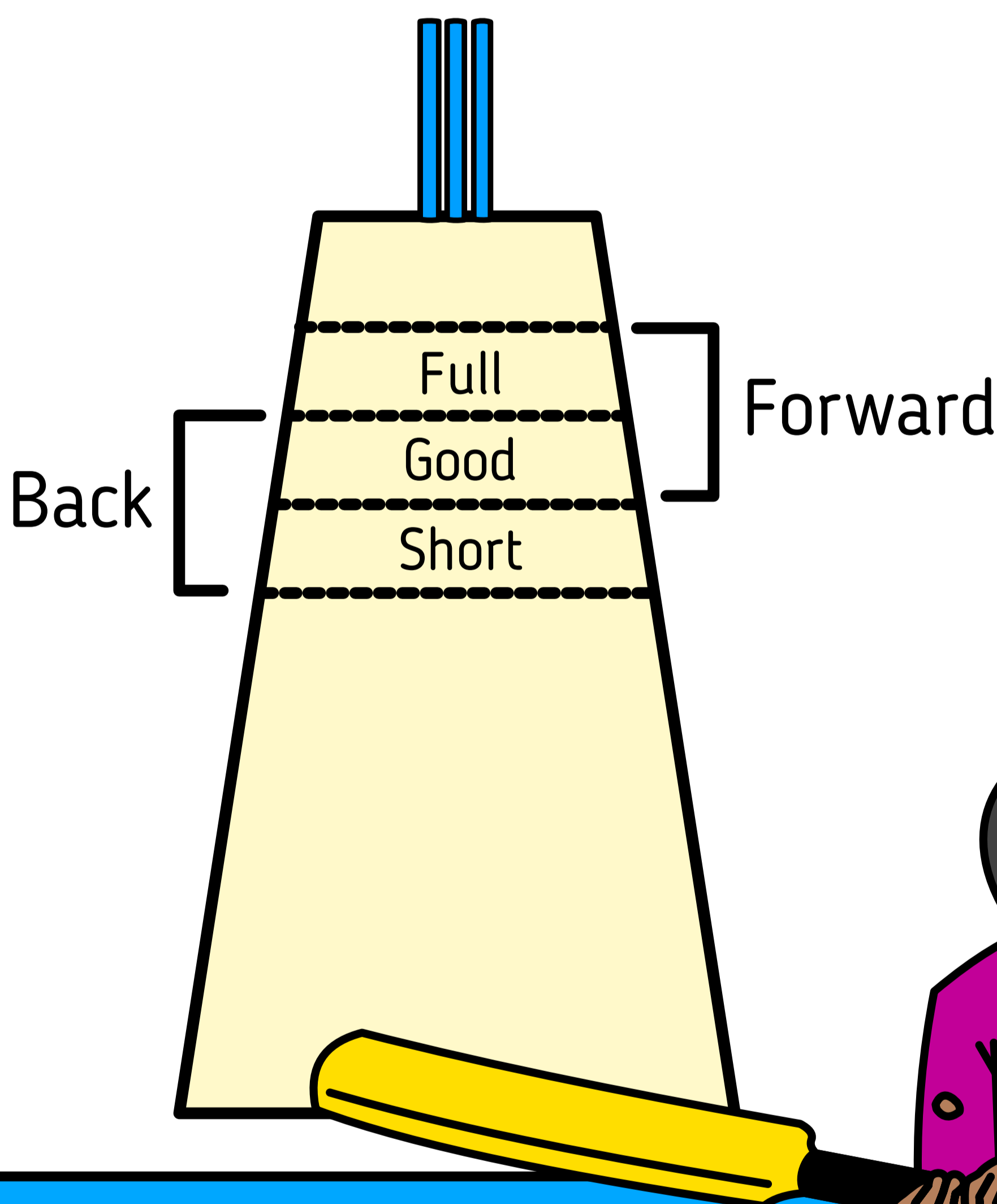


## STEP 2: WATCH THE BALL

- Keep eyes level
- Focus on the ball from when bowler runs in
- Watch for the release point

## STEP 3: MOVE INTO POSITION

- Decide forward or back
- Move to a balanced position



## STEP 4: SHOT SELECTION

- Position body to play the shot
  - Front foot drive or defence
  - Back foot drive or defence
  - Sweep shot
  - Pull shot
  - Cut shot
- A free swing of the bat

