

The drills may appear to be very basic but get the basics right and the rest will follow. It is what coaches and selectors look for when choosing a team and will help you enjoy your cricket a lot more because;

- you will take more wickets
- bowl more over's
- score more runs

Isn't that what we all want?

You will be told a lot of useful things during the winter coaching. Those that make best use of it will be the ones that remember the tips and practice to improve their technique. Here is some space for you to make your **own notes**. This may just be a few key words so you remember what the coach said to you. Try and put something against each session.

#### Session 1

#### Session 2

#### Session 3

#### Session 4

#### Session 5

#### Session 6

Please let us know how if you think we can improve these sessions in any way in the future.

## Christchurch Junior Cricket Association's



## Getting the Basics Right

Cricket is a technical game. Like anything in life the 'more you practise the better you get'. Cricket is no different. It is important however to practise the 'right' thing.

The attached notes and drills provide valuable steps to master some of the essential skills required to play cricket. It is very important to learn the basics for each skill and regularly practice them, so your body and brain can perform the skill automatically. Even the best professional players apply this principle.

We suggest you also use the internet or suitable publications available at home, the library or at school to help compare your skills alongside the relevant skill sets described. There is a wealth of information available including the 'Coaching a Cricket Team' manual from NZ Cricket, available at the library and for purchase from Canterbury Cricket. The site at [www.coachingcricket.com](http://www.coachingcricket.com) is particularly relevant. Sign up for the free registration for full access to the site.

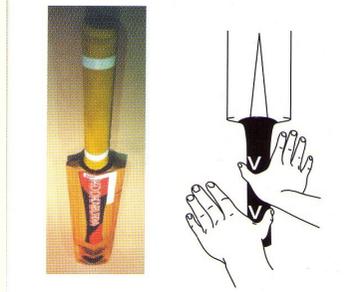
By 'Getting the basics right' you will hopefully derive great pleasure from the game of cricket and along the way you will make plenty of friends.

Peter Heenan CJCA President and Barry Hazeldine CJCA Manager

## Basic Skills

### The Batting Grip, stance and backswing:

- Pick up the bat with both hands close together.
- Wrap the fingers and thumbs around the middle of the handle.
- The V's formed between the thumb and forefinger of each hand must point half way between the splice (hump on the back of the bat) and the outside edge of the bat.
- Your feet should be shoulder width apart, parallel to and either side of the crease.
- Head still, eyes level and looking at the bowler preparing to bowl.
- Knees slightly bent, weight on the inside of each foot for easy movement either forward or back.
- As the bowler runs into bowl, lift the bat up, on a line with 1st slip, by pushing the hands back to the back hip. The face of the bat will naturally open slightly.
- Push off the back foot when playing forward and push off the front foot when playing back. Important the head is in line with the ball.
- Your weight should be moving in the direction in which you are hitting the ball. Your head needs to initiate the movement towards the ball.



### The Basic Bowling Action

- Measure your run up ( as in 2 opposite) . A long run up does not make you bowl faster, it just makes you tired quicker! Make sure it is appropriate to your age and bowling style.
- Run in straight, gradually building up rhythm and pace. Head steady, eyes level and your arms close to the body.
- On reaching the stumps, jump into the delivery stride making sure you keep your hips and shoulders in alignment with each other.
- Bring the bowling arm up under the chin before pushing it down to the back hip.
- Eyes fixed on the target.
- Front arm goes up, towards the target, then into the lock up position.
- Swing the bowling arm over high and straight, brushing your ear and release the ball.

## Drills to do at home

### Grip, stance and backswing:

1. Play imaginary shots in front of a mirror or in front of a window pane. Practice the backswing and step, both forward and then back, getting the weight balanced and head, hands and feet in line. You will get good feedback as to your movement and head position.
2. Back outside, practice with a drop feed and tennis ball. Ideally a partner will drop the ball at a comfortable step distance in front of you so you can hit on the half-volley or you can set this up yourself using a tee, or plastic bottle, to hit the ball off.
3. Then progress to using a bobble feed, so the ball bounces 2 or 3 times along the ground, in line with off stump and you step forward to defend or drive. If you have a wall then the ball can be thrown underarm to rebound for you to hit.
4. Once you feel you have mastered the technique and feel balanced you can set up targets to hit the ball at or in between, imagining them as gaps in the field.

### Bowling action:

1. Starting from a standing position, use a **tall mirror** to see your delivery action and check that the basics are in order as described opposite. Then progress to shifting your weight over the back foot, lifting the front foot in the air and then carrying out your bowling action. Once mastered, use one pace into your action and then a short run up before progressing to your full run up.
2. Measure your run up. You need to know how many normal walking paces your run up is.
  - Mark a fixed point, bowl away from it and mark where your front foot lands in the delivery stride.
  - Check it several times, when you're happy, pace out the distance between the two. It's advisable to get someone to assist you with this important task.
3. Practice your run up so that you develop a smooth, balanced, economical, rhythmical and consistent style. If the run up is wrong then the delivery is nearly always wayward. Get the run up consistently correct and you are a long way down the track to being a good consistent bowler. This is what you should aim towards and what all captains and coaches look for.
4. Set up, or draw with chalk, a target on an outside wall, max 18m away. See how many times you can hit the target with the ball only bouncing once. Progress to setting a target on the ground, a hoop or square made out of objects, so the ball pitches in it and goes on to hit the target. Use a scoring grid on the wall; 6 for direct hit or above middle and off stump, 4 over middle, 3 just outside off, 2 for leg stump and 1 for outside off but not a wide.
4. Set up some cones in a straight line in front of off stump. Try and swing the ball so that it starts on the legside of the cones and then swings outside off stump. A right arm leg spinner can try and spin from one side to the other. The same line can then be used for the inswinger and off spin bowler. Adjust your line for a left handed batsman and see how accurate you are. Try bowling a whole over to each batsman and then mixing it up as if they are running singles and you need to change your line.