

COACHING POINTS TO LOOK FOR FROM SIDE VIEW

1. Lean towards ball with head and shoulder forward of body.
2. Good step forward towards the pitch of the ball.
3. Backlift remains raised (hands up high behind back hip pocket).
4. Weight on bent front leg.
5. Back leg straight with heel raised and inside of toe touching the floor, thus ensuring sideways body position.
6. Diamond shape maintained by arms throughout shot.
7. Hands forward of bat face on impact, below eye level.
8. Complete shot looking over the top of the bat handle, with elbow close to head.
9. Strike ball directly below eye level, forward of front pad.
10. Fingers and thumb bottom hand grip maintained on impact. Bottom hand acts as a shock absorber.

DIFFERENCES WITH FRONT FOOT DEFENCE ON LEG STUMP LINE

1. Dip head and shoulder more than for middle and off line deliveries, and LET THE BALL COME MORE.
2. Open leading shoulder to point at straight mid on, so hip opens slightly, allowing you to push bat towards ball. (Maintain more open body position throughout the shot.)
3. Take a SHORTER stride towards the ball and point front foot directly up the wicket. (Weight on ball of front foot.)
4. Plant front foot down the line of the leg stump — NO WIDER. (If you miss the ball it should hit your front pad.)
5. Keep head forward of front foot and directly above body. EYES LEVEL.
6. As bat is PUSHED towards the line of the ball, work harder to maintain:
 - Dominant top hand
 - Relaxed fingers and thumb bottom hand grip
 - Diamond shape with arms (high leading elbow)
 - Head in line with bat handle, eyes level
 - Full face of the bat

MAKE CONTACT WITH BALL FORWARD AND DIRECTLY IN LINE WITH FRONT LEG

NOTE — Only on leg stump line can this defensive shot become a LEG GLANCE — a low-risk, improvised scoring shot used mainly against fast bowlers and bouncing pitches, in one-day cricket.

AIM — TO DEFEND THE BALL TOWARDS MID ON

THE FRONT FOOT DEFENCE, INCLUDING FRONT FOOT DEFENCE ON LEG STUMP LINE

Off and middle line



Good stride towards the ball, backlift remains raised

Leg stump line



Shorter stride towards the ball, backlift remains raised

EXECUTING FRONT FOOT DEFENCE

Off and middle line



Strike ball forward of front pad, fingers and thumb bottom hand grip

Leg stump line



High leading elbow and diamond shape formed with arms

NOTE — When playing against a fast bowler you must let the ball come to you. The stride down the wicket will not be shorter than the stride played to a spin bowler. When playing against spin look to take a longer stride and get your foot out to meet the ball more, to smother the spin.