

BACKLIFT, STEPPING FORWARD TO THE LINE OF THE BALL FOR THE FRONT FOOT DRIVES

As the bowler is about to deliver the ball:

1. With a dominant top hand and relaxed bottom hand, pick up bat over off stump, open bat face slightly.

- Push hands up behind back hip pocket
- Create diamond shape with arms
- Leading elbow bent at 90°, pointing down wicket
- Free rear arm from body
- Bottom hand holds bat with fingers and thumb only

2. From sideways position, lean towards ball with head and shoulder forward of body. Backlift remains raised over off stump.

- Eyes level
- Leave hands behind hip pocket
- Head in line with ball, forward of front foot
- Head and leading shoulder pointing up the wicket

3. Step towards the line of the ball, and bend front knee. Keep back leg straight. (Note differences for on drive.)

- Weight on front foot
- Head directly above front foot
- Inside toe of back foot touching ground
- Maintain sideways position of body

EXECUTING FRONT FOOT DRIVES

Do not try to hit the ball too hard

Think! Let the ball come, and stroke it with correct technique

4. From top of backlift, SWING arms and full face of bat towards line of ball, with forearms passing close to body.

- Arms maintain diamond shape throughout
- Keep arms relaxed at all times
- Top hand controls shot, bottom hand guides bat

5. Strike ball forward of the front foot, keeping top hand dominant and bottom hand relaxed.

- Hands forward of bat face on impact
- Bottom hand – hold bat with fingers and thumb only
- Forearms in line with each other
- Strike ball with full face of bat
- Inside toe of back foot grounded (not tip of toe)

6. Complete follow-through with leading elbow high above hands and close to the head. Toe of bat follows the line of the ball.

- Eyes remain level
- Diamond shape still maintained with arms
- Looking through the hands
- Keep back leg straight
- Bottom hand – hold with fingers and thumb only
- Hands high

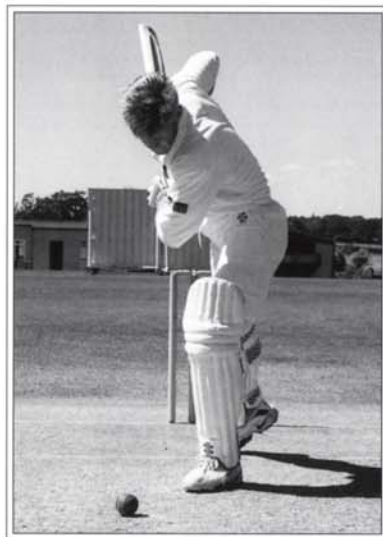
HOLD THE SHAPE OF THE SHOT FOR A SECOND OR TWO, BALANCED

LOOK TO DRIVE BALL AS STRAIGHT AS POSSIBLE – THE STRAIGHTEST DRIVES ARE THE SAFEST DRIVES

THE FRONT FOOT DRIVES

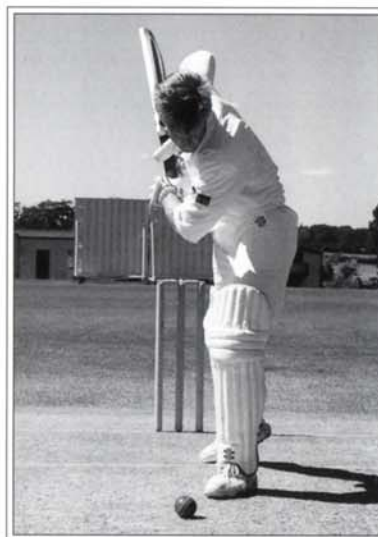
This is an attacking shot played to a half volley (i.e. a ball that bounces close to the batsman's foot, thus hitting the bat low down, and is easy to hit along the ground). The Cover Drive is played with exactly the same technique as below, except that the line of the ball is outside off stump and the shot is aimed towards cover.

OFF DRIVE



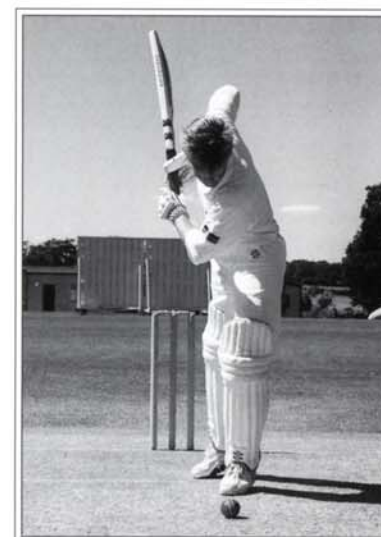
Backlift over off stump

STRAIGHT DRIVE



Backlift over off stump

ON DRIVE



Backlift over off stump

Note – Open leading shoulder slightly, point front foot more

