

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, head directly above the front foot.
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. Bat swings through the line of the ball.
8. Toe of bat follows direction in which ball has been hit.
9. Leading elbow high, close to head.
10. Bottom hand, fingers and thumb grip (to allow flow of arms and bat through line of ball).
11. High hands above eye level after the ball has been struck, forearms in line with the bat.

DIFFERENCES WITH FRONT FOOT ON DRIVES

Think! Time the ball with correct technique

1. Dip head and shoulder more than for off and straight drives, and LET THE BALL COME MORE.
2. Open leading shoulder to point at straight mid on, so hip opens slightly, allowing the bat to swing through. (Maintain more open body position throughout.)
3. Take a SHORT stride towards the ball, stand tall on balls of feet and point toe of front foot directly up the wicket.
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. Stand tall, get up onto toes with weight on front foot and head forward and directly above body. EYES LEVEL.
6. As the bat SWINGS through 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)
 - High hands
 - Hands forward of bat face on impact

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

NOTE — Only on leg stump line can this on drive become a FLICK OFF THE LEGS — a low-risk, improvised scoring shot, useful when a fielder is blocking mid on, in one-day cricket.

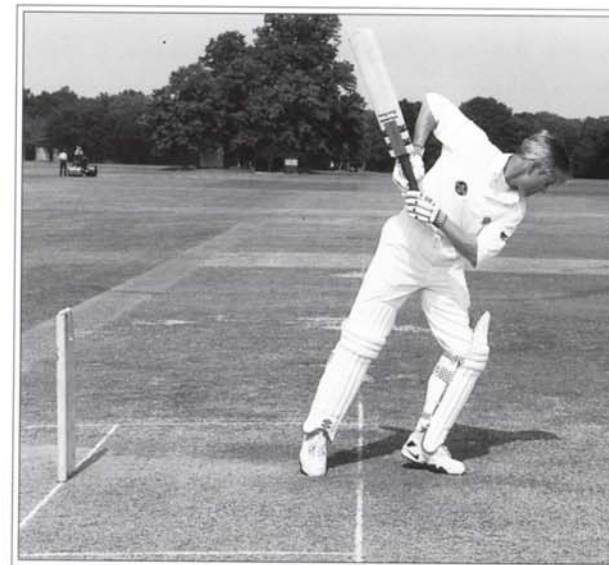
THE FRONT FOOT DRIVES (INCLUDING ON DRIVE)

OFF AND STRAIGHT DRIVES



Good step towards ball, backlift remains raised, head leads body

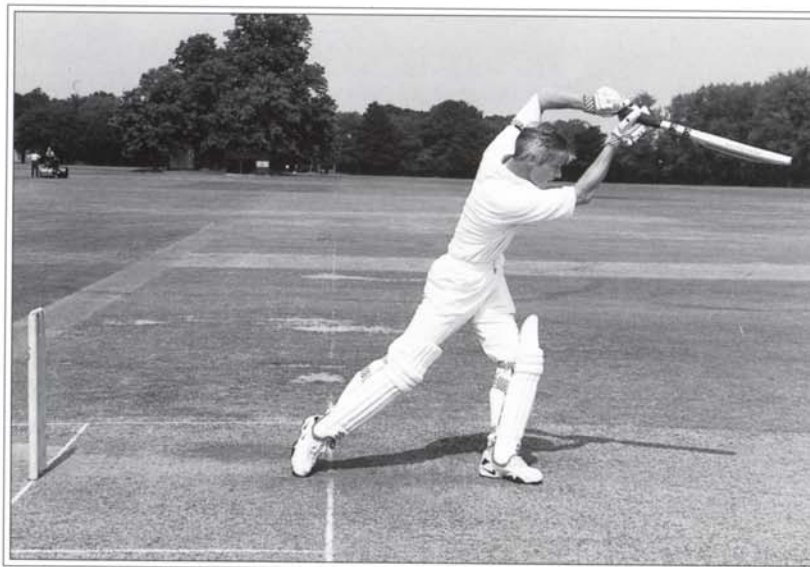
ON DRIVE



Note — Shorter stride, dip head and shoulders

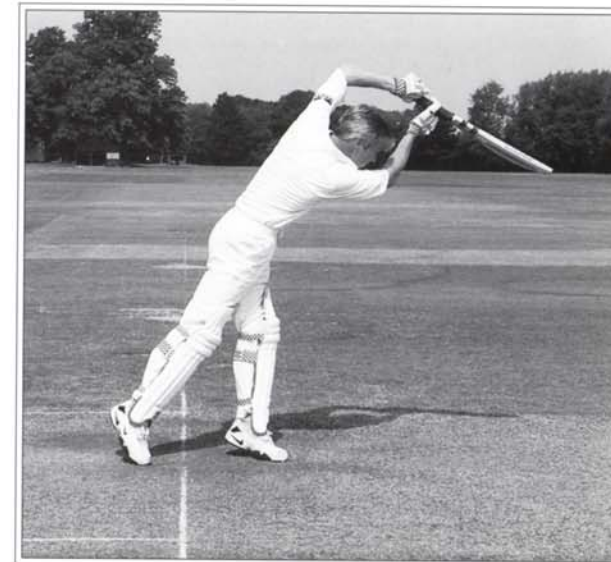
EXECUTING FRONT FOOT DRIVES

OFF AND STRAIGHT DRIVES



Diamond shape formed by the arms (high elbow)

ON DRIVE



Stand taller for on drive

AIM — TO HIT TOWARDS STRAIGHT MID ON WITH THE FULL FACE OF THE BAT