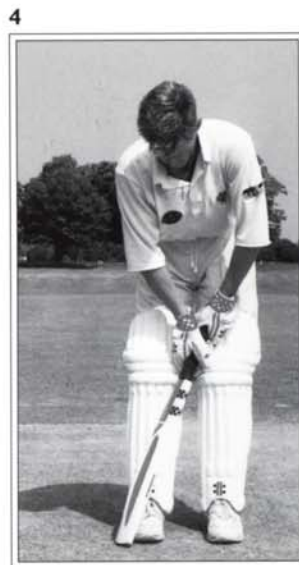
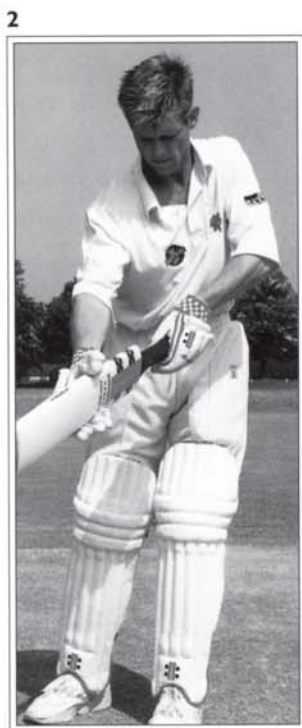
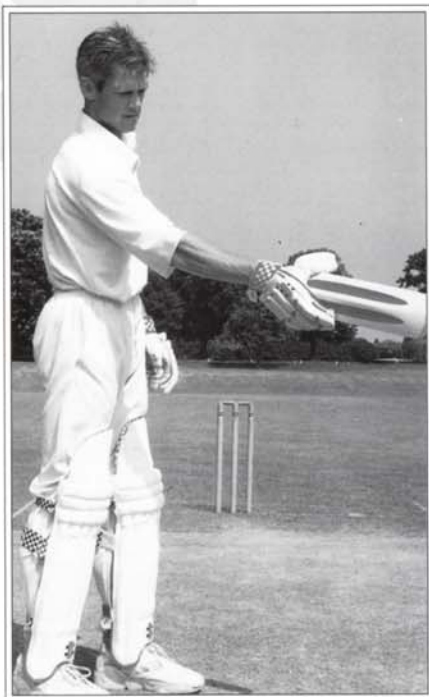
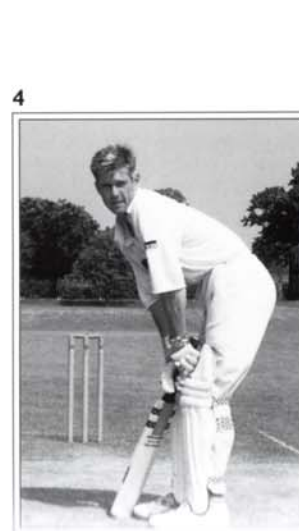
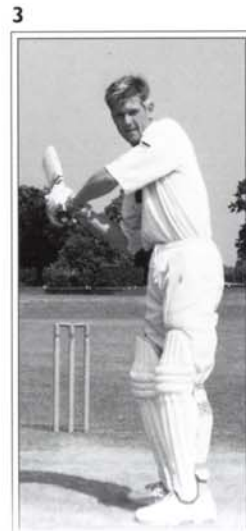
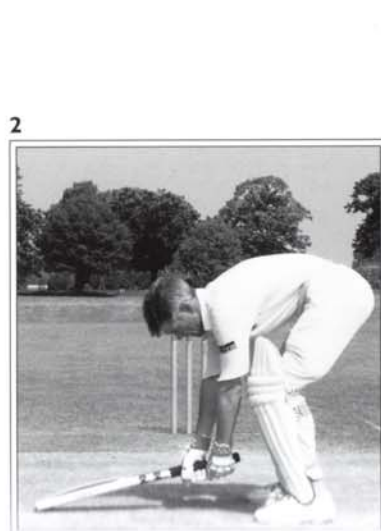
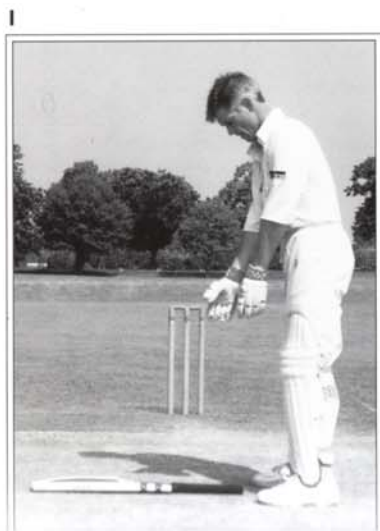


TWO METHODS FOR OBTAINING THE CORRECT GRIP AND STANCE



THE Vs

The V of the top hand (V formed by the thumb and first finger) should be pointing down the back of the bat, half-way between the middle of the back of the bat and the outside edge. The bottom hand V should be directly in line with the middle of the back of the bat.



First Method

1. Hold the back of the bat with your right hand (if right-handed batsman).
2. Shake hands with the handle, with your top hand (left hand if right-handed batsman). Top hand V should be half-way between the middle of the back of the bat and the outside edge.
3. Slide your bottom hand up the bat until it meets the top hand. Bottom hand V should be pointing straight down the middle of the back of the bat.
4. With the hands together in the middle of the handle, rest them on the inside thigh of your leading leg (left leg if right-handed batsman). Turn the bat face inwards slightly and rest it against the toes of your back leg. The back of your top hand should point towards mid off.

Second Method

1. Place the bat face down in front of you. The handle should be pointing towards you.
2. Bend down and pick up the bat as if it were an axe. Put your hands in the middle of the handle and make sure they are together.
3. Turn to face the imaginary bowler and imagine you are going to chop down a tree with the full blade of the bat. The Vs of the hands should be in the same position as in the first method.
4. Now rest your hands on the inside thigh of your leading leg and place the bat face up against the toes of your back leg. Turn the bat face in slightly. The back of your top hand should point towards mid off.