

COACHING POINTS FOR STANCE AND BACKLIFT



1. Stand with one foot either side of the popping crease (about the width of your bat is ideal). The taller you are, the wider apart your feet should be.
2. Your feet should be level and in line with the stumps at the bowler's end.
3. Bend your knees slightly with your weight evenly spread and on the balls of your feet.
4. Your head should be directly above your front foot and forward of your body.
5. Eyes level looking directly up the wicket.
6. Point your head and shoulder directly down the wicket.
7. Rest your hands on the inside thigh of your leading leg with the back of your hand pointing towards mid off.
8. Relax your forearms so they are slightly bent.
9. Rest the face of the bat against the toes of your back foot.
10. Remember: hands together in the middle of the handle.

BACKLIFT

Just as the bowler is about to deliver the ball:

1. Pick up the bat over off stump with a dominant top hand and relaxed bottom hand.
2. Open the bat face slightly.
3. Push your hands up behind your back hip pocket.
4. Bend your leading arm at 90° and free your back arm from your body, thus forming a diamond shape with your arms. (Forearms should be in line with each other.)
5. Hold the handle of the bat loosely with the finger and thumb of the bottom hand – NOT IN THE PALM.

NOW CONCENTRATE AND FOCUS ON THE BALL!

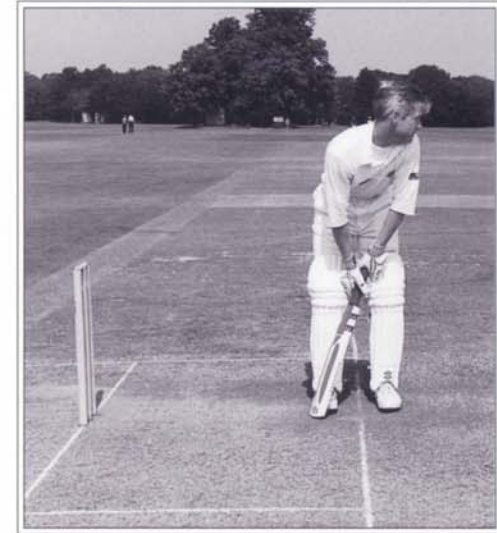
**KEEP HEAD AND BODY POSITION STILL DURING BACKLIFT
 JUST MOVE THE ARMS TO PICK UP THE BAT**

STANCE AND BACKLIFT

When you pick up the bat, keep your head and body position still



Eyes level

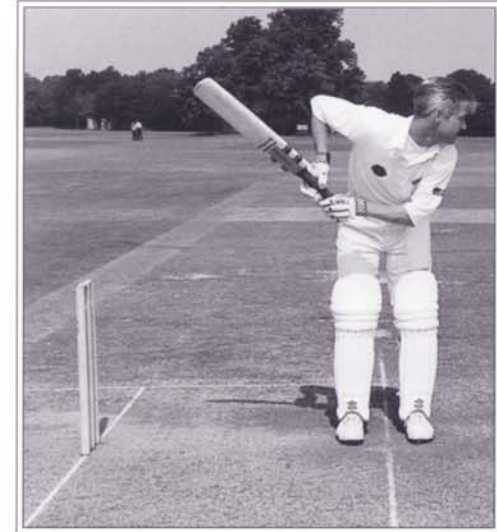


Head forward of the body

THINK "RELAXED CONCENTRATION", AND FOCUS ON THE BALL



Backlift over off stump



Push hands up behind back hip pocket and form diamond shape with arms

TIP – If you want to tap your bat against your back foot as the bowler runs in to bowl, do so. This can give you a rhythm and help your timing.