

BATTING SKILL 7 - HITTING FULL-PITCH TO LEG

Cross-batted, attacking front-foot stroke played to a slow high full-pitch delivery. This stroke is rarely seen outside junior cricket.

SIDE VIEW

FRONT VIEW

Fig.1 Correct grip, relaxed, comfortable and balanced stance. Eyes fixed on the ball.



Fig.2 Head and shoulder and front foot move towards the line of the ball as backswing commences. Front shoulder dips. Eyes remain fixed on the ball and head remains as steady and level as possible.



Fig.3 The front foot stabilises and the body weight is transferred into it through a bent front knee, creating a 'base' for the shot. The head should now be still, eyes level and fixed on the ball.



Fig.4 As the top of the backswing is reached, the shoulders begin to rotate, initiating the downswing. The bat accelerates to the point of contact, which is made in-front of the body, with the arms extended. The eyes should remain fixed on the ball throughout.



Fig.5 The bat continues in a full, natural follow through. Balance is maintained.



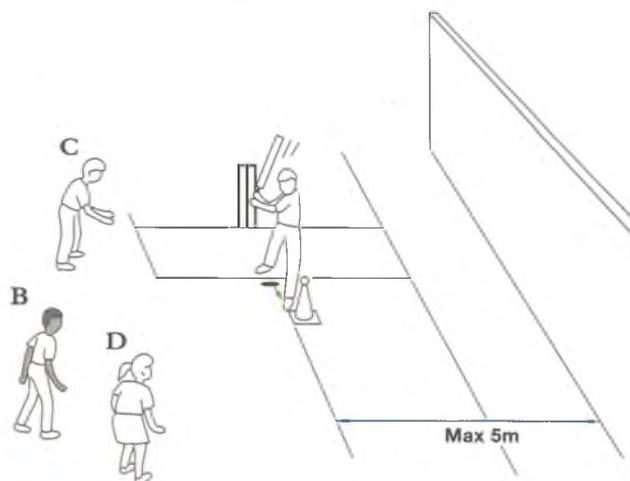
BATTING SKILL ACTIVITIES - HITTING FULL-PITCH TO LEG

ACTIVITY 1 - 'T BALL' HIT TO LEG

Organisation: Divide group into groups of 4. Batter hits ball to leg from front-foot tee to target area. Ball strikes wall and rebounds. Fielders C and D gather ball and return to fielder B who replaces it on the tee. Each player has 5 attempts before group rotates.

N.B. Fielders on the leg side should stand 15 metres from the bat.

Equipment: 1 bat and 1 tennis ball per group. 1 tee per group. 2 marker cones. Chalk markings.

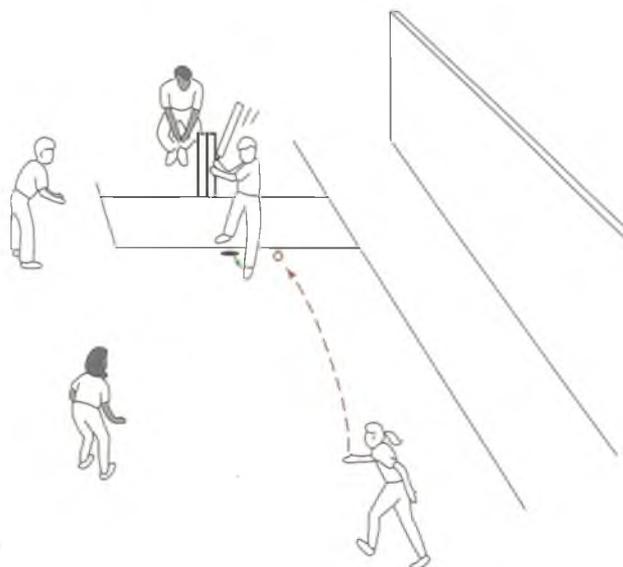


ACTIVITY 2 - SERVE AND HIT TO LEG

Organisation: Divide the group into groups of 5 and organise as for the 'T Ball' Hit to Leg activity, except that the ball is now lobbed underarm by a server. When the batter states 'ready' the bowler lobs the ball 'full-pitch' in line with the stumps. Player 5 acts as a wicket keeper in case the batter fails to make contact.

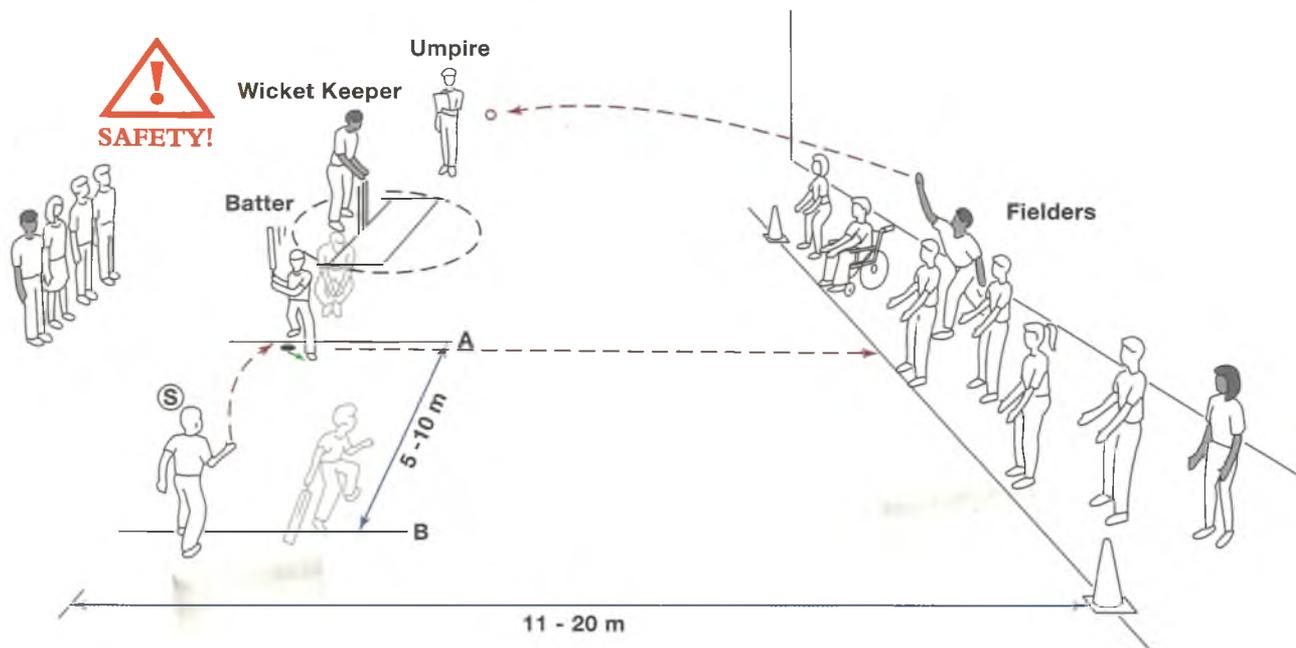
N.B. The wicket keeper must not be allowed to get too close to the batter. Each player has 5 attempts and gets 2 points for 'hitting' the ball through the marker cones.

Equipment: 1 bat and 1 tennis ball per group. 2 marker cones. Chalk markings.



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ACTIVITY 3 - THE LORD'S GAME:



It is possible to establish the Lord's Game activity for all the attacking strokes provided the relevant safety procedures are observed.

Organisation: Divide the group into 2 equal teams. Server lobs the ball underarm on the batter's command of 'ready'. Each member of the team has 5 attempts to strike the ball between the cones. Fielders positioned between cones and boundary, gather ball and return to wicket keeper (who may also act as a wicket keeper for the server). An alternative method to execute a 'run out' is for the wicket keeper to stand in a circle and instead of 'breaking the wicket' when the ball is returned, simply to bounce the ball in the circle.

Scoring: 1 run scored if ball passes between cones or is travelling in correct direction when intercepted.
N.B. Fielders must remain behind line until ball is struck. 3 runs scored if ball passes between cones and batter runs from line A to line B and back to line A before wicket keeper catches fielder's return and breaks wicket. Direct hits also count. 4 runs scored if ball reaches boundary wall plus any extra run completed. Batters may be caught or run out. The team with most runs wins.
Equipment: 1 bat and 1 tennis ball.
2 marker cones. Chalk markings.
1 set of stumps.