



RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

EVASIVE ACTION DRILL



1. Watch the ball
2. Take control of the ball (positivity in catching)
3. Retain a still head whilst swaying or ducking
4. Important to build all aspects of your game with stump positioning awareness
5. Keep hands low when being evasive (keeping imaginary bat away from the ball)
6. Staying in line with the ball for best visuals

Key Purpose

1. Never take your eyes off of the ball
2. Creating a sense of extra time
3. Identify which suits best - duck or sway or a combination of both



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Session #1

Speed: 62mph

Time: 5 minutes

Action Board: short leg stump, short off stump, short outside off stump

Bat: Normal

Session #2

Speed: 62mph

Time: 5 minutes

As above but imagine catching the ball
Catching the ball increases a sense of having more time than we realise

Session #3

Increase speed

Duck or sway - whichever feels easiest

Set Up for left arm bowler

Consider slightly different ducks / sways with angle being different

Outcomes

Leg stump line sway towards off stump to evade the ball and keep watching

Off stump line - duck whilst still keeping eyes on the ball

Outside off stump sway towards leg stump whilst still watching the ball

Tip #1 - to gain a great visual of the ball being chest / head height,

train the exercise from a kneeling position

Tip #2 - a great exercise for 13 year old+ players for early awareness and safe development in this area of the game

Tip #3 - ducking is easier to practice when stood up

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