



RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

FRONT FOOT ROUTINE

A stylized black letter 'A' with a dot, positioned in the top right corner of the page.

1. Top hand control to present full face of the bat on all lines
2. Head and shoulder line to support front foot stride
3. Retain balance at ball contact (front knee bend)
4. Front foot stride awareness (too far restricts weight transfer / too short restricts batswing)
5. Be aware of top hand exercise
6. Maintain top hand position directly above the bottom hand on the handle

Key Purpose

1. Playing with a full face of the bat
2. Learn about delivery lines
3. Protecting the stumps



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Session #1

Speed: 62mph

Time: 5 minutes

Action Board: full leg stump

full off stump, full outside off stump

Bat: Normal

Session #2

Speed: 62mph

Time: 5 minutes

As above but replace normal bat with thin training bat

Try to be precise on full face executions with balance

Action Board: full leg stump

full off stump

Session #3

Lofted drives option

Maintain a full face of the bat / check drive loft

Use the wrists and gauge outcomes (wrists roll at contact point not on downswing)

Set Up for left arm bowler

Consider slightly different target outcomes depending on each line

Outcomes

Leg stump line drive through mid on / mid wicket

Off stump line drive past bowler as often as possible

Outside off stump drive between mid off and extra cover

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