



RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE
**LEAVING
THE BALL**



1. Watch and wait

**2. Where is your off stump?
Do you know? Can you learn a
fourth stump line too?**

**3. Maintain all consistent movement
patterns when leaving as well
as playing**

**4. When leaving ensure the bat is
fully withdrawn from the ball**

**5. Fully commit your body to the
stroke whilst playing 'away'
from your body**

Key Purpose

**1. Understanding the difference
between what you 'want to play'
and what you 'have to play'**

**2. Fully understanding lines and
especially where your off stump is**

**3. Learn to play away from the slip
and gully fielders, rather than
encouraging them**

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Session #1

Speed: 62mph

Time: 5 minutes

Action Board: short outside off, full outside off, half volley outside off

Bat: Normal

Session #2

In each set of three, leave all three or play all three

How does your line judgement feel

Session #3

As above but replace normal bat with thin training bat

The thin bat will start showing if you still have full control or not

Set Up for left arm bowler

Consider slightly different judgements depending on each line

Outcomes

Understand lines and what you can control and what becomes risk

Play some and leave some and start gauging outcome patterns

Do you need to play outside off stump on all lengths?

Tip #1 - not the most thrilling of exercises, however, batters that know where their stumps are (and we all should) often have great clarity in shot selection

Tip #2 - try batting with different guards to gauge which helps you understand your off stump line most comfortably

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