



RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE
**LEFT ARM
ANGLE**



1. Holding the stance position / timing pre-delivery movements (if relevant)

2. Control head position relevant for each line (avoid early lean)

3. Off stump protection

4. Judging lines (use lines on the pitch for understanding)

Key Purpose

1. Not committing too early (front foot)

2. Avoid off stump head lean

3. learn value of differing delivery angles



BATTING CATALOGUE

LEFT ARM ANGLE



Session #1

Speed: 72mph

Time: 5 minutes

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

Bat: Normal

Session #2

Speed: 62mph

Time: 5 minutes

As above set up but change all lengths to short

work on back foot punches and pulls through mid wicket

Session #3

Increase speed and work through front and back foot again

introduce training bat if confident

Outcomes

length leg stump target outcome area mid on straight mid wicket

length off stump target straight mid on to stumps at bowlers end (cover the line)

length outside off stump target mid off / extra cover and leave the ball option

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