



**RUNMAKAVR**

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

# PULL SHOTS

---



**1. Focus on body and head being in line with the ball at point of contact**

**2. Focus on height of hands and flexible adjustments (high / low control)**

**3. Exaggerate back foot motion to encourage alignment**

**4. Focus on head (looking) hands (height adjustments) upper body (avoid rotation)**

**5. Upper body retention helps watching (rotation can come later)**

## **Key Purpose**

**1. Take control of short ball with positive run scoring approach**

**2. Watch the ball / hit through the ball whether under or on top of**

**3. Ball strike focus (rotation avoidance)**



BATTING CATALOGUE

# **PULL SHOTS**

---



### **Session #1**

Speed: 72mph

Time: 5 minutes

Action Board: short leg stump

short off stump, short outside off stump

Bat: Normal

---

### **Session #2**

Speed: 72mph

Time: 5 minutes

Retain above set up

On off stump and outside use hands

to elevate over the infield

(bottom hand focus)

---

### **Session #3**

Increase speed to 82mph and pull

Return to hitting on top of the ball

for off stump and outside

Leg stump use the pace to left the ball

over deep square leg / fine leg

---

### **Set Up for left arm bowler**

Consider slightly different target

outcomes depending on each line

---

### **Outcomes**

Leg stump pull behind square leg

Off stump line pull (high hands)

through mid wicket

Outside off stump exaggerate back foot

move to off stump

(pull through mid wicket)

BATTING CATALOGUE

# **PULL SHOTS**

---