

Encourage.

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RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

SLOW BOWLING ROUTINE



1. Being aware of options and ease of creativity
2. Straight bat potential and cross bat
3. When sweeping aim for front pad to be second line of defence
4. Retain head position when sweeping to ensure no early rotations

Key Purpose

1. Recognise length ball as scoring option
2. Simple creativity
3. Changing delivery lines to create options



BATTING CATALOGUE

SLOW BOWLING ROUTINE



Session #1

Speed: 52mph

Time: 5 minutes

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

Bat: Normal

Session #2

Speed: 52mph

Time: 5 minutes

As above but replace normal bat with thin training bat

Gauge accuracy of ball contact, especially when bringing wrists into the stroke

Session #3

Sweep all deliveries

(stay in sweep position / alternate front leg to lines)

Leg stump line sweep behind square leg

Off stump line sweep through square leg

Outside off stump line slog sweep through and over mid wicket

Set Up for left arm bowler

Consider slightly different target outcomes depending on each line

Outcomes

Leg stump line sweep behind square leg

Off stump walk to off stump within crease and aim to find mid on / mid wicket gap

Outside off stump drive through extra cover / cover

BATTING CATALOGUE

SLOW BOWLING ROUTINE

