



RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

SWEEP SHOT

1. Start in sweep position with front leg in line with off stump
2. Centre weight so upper body motion obvious when executing
3. Hit down on each stroke initially
4. Focus on bottom hand controlling target areas
5. Listen for ball contact

Key Purpose

1. Develop run scoring option to put bowler off of their length
2. Identify which sweep option suits best if not all
3. Manipulate the field with a potential variety of options



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Session #1

Speed: 52mph

Time: 5 minutes

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

Session #2

Speed: 52mph

Time: 5 minutes

As above but experiment with slog
sweep outside off over mid wicket

As above but sweep / glance off stump
and leg stump to fine leg

Session #3

Stand up and step into sweep position
for each stroke (5 mins max)

Doing this for five minutes
will be exhausting

Set Up for left arm bowler

Consider slightly different target
outcomes depending on each line

Outcomes

leg stump line sweep towards fine leg
off stump sweep through square leg
outside off stump sweep in front
of square leg

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