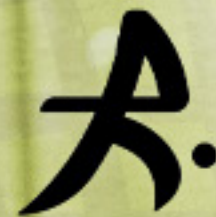


RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE
**TOP HAND
EXCERCISE**



1. Top hand only
2. Seek to control the stroke
3. Avoid a big follow through (imagine toe of the bat pointing in stroke direction)
4. Retain a compact execution
5. Focus on left shoulder lean
6. Positive front foot stride and knee bend for weight transfer

Key Purpose

1. Top hand strengthening
2. Top hand control
3. Top hand brings bottom hand into play



BATTING CATALOGUE

TOP HAND EXERCISE



Session #1

Speed: 62mph

Time: 5 minutes

Action Board: length leg stump
length off stump

Bat: normal / training bat alternate

Session #2

Speed: 62mph

Time: 5 minutes

As above but replace normal bat
with thin training bat

Ensure body movements are fully
activated

Action Board: half volleys all lines

Set Up for left arm bowler

Consider slightly different target
outcomes depending on each line

*Two repetitions is plenty initially

Outcomes

Extend top hand through point
of contact

Ensure full face presentation

Retain balance through stroke

As above but replace normal bat
with thin training bat

Ensure body movements are
fully activated

BATTING CATALOGUE

TOP HAND EXERCISE
