

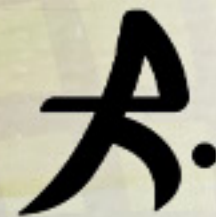


RUNMAKAVR

BATTER TRAINING SIMULATOR

BATTING CATALOGUE

BASIC DRIVES



1. Wait for ball within stance in line with pre-delivery options

2. Front shoulder leand and front foot step and lean

3. Swing bat with highest hand staying above the bottom hand all through the stroke

4. Retain ball contact position for one second after each shot

5. Keep eyes level (use headset to see clear vision of ball)

Key Purpose

1. Understanding lines and where to hit balls in relation to the stump line

2. Hand control understanding

3. Balance at ball strike and simplicity of movements



BATTING CATALOGUE

BASIC DRIVES



Session #1

Speed: 52mph
Time: 5 minutes
Action Board:
half volleys all lines
Bat: Normal

Session #2

Speed: 62mph
Time: 5 minutes
Recognise pitch lines
to help learn
delivery lines
Action Board:
half volleys all lines

Session #3

Use thin training bat
if feeling confident
Aim to keep top hand
(highest on the bat) above the
bottom hand on each stroke

Set Up for left arm bowler

Consider slightly different
target outcomes depending
on each line

Outcomes

Hit (drive) each ball
by moving front foot
only before hitting
the ball

BATTING CATALOGUE

BASIC DRIVES
