

## **Batting/Fielding Programme**

### **Week 1** - Batting Fundamentals

- Getting the non-negotiable's right, eyes level, head balanced, contact point and solid base.

Player Focus - Marnus Labuschagne

Fielding - Throwing techniques and throwing under pressure

### **Week 2** - Batting against Spin and batting under fatigue

- Areas to score
- Importance of footwork, forward and back
- Sweep shot options

Player Focus - Virat Kohli

Fielding - Fitness Fielding. Ring and Boundary Fielding, take the fatigue into batting.

### **Week 3** - Power Hitting

- Shot options to death bowling options ie, wide yorker, slower ball, straight yorker
- Emphasis and being still and clean contact
- Hitting boundaries!

Player Focus - Chris Lynn

Fielding - High Ball Catching

### **Week 4** - Middle Overs Batting

- Improving different scoring areas to the same ball
- Manipulating the field
- Using the crease
- Importance of minimising dot balls

Player Focus - Steve Smith

Fielding - Catching Volume

### **Week 5** - Batting against the New Ball

- Contact point and balance
- Identifying areas to score, playing the percentages
- Patience and shot selection

Player Focus - Alastair Cook

No Fielding this week as we re-visit Batting "Non-Negotiable's" and lead into 'Batting against the New Ball'

**Week 6** - Short Ball Practice

- Building confidence in dealing with short bowling
- Evasion practice
- Scoring options, pull, hook and cut shots

Fielding - Competition Fielding under pressure - catching, ground balls and direct hits

Player Focus - Ricky Ponting

**Week 7** - Aggressive Batting

- Looking to take the initiative, being positive but not reckless
- Consistent, clean contact
- Hitting good balls for boundaries

Fielding - Slip Catching and Backward point catching/fielding

Player Focus - Aaron Finch

**Week 8** - Express Yourself

- Ramps, Paddles, Switch Hits. Get Funky

Fielding - Batting hours only

Player Focus - Glenn Maxwell



