

Performance Basics for Batting Development

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Basic principles

- Set up- balanced eyes level. Start in a balanced position to move into one.
- Relaxed upper body.
- Alignment not crossed over.
- Solid base at ball contact.
- Watch the ball.

Progression of performance basics

Phase 1-

- Observe basics with use of bobble/ underarm feeds. Allow the player to practice and experiment how it feels.

Phase 2-

- Challenge basics with change of angles/ over arm feeds. Start to increase the intensity. Find a method that works.

Phase 3-

- Challenge basics at pace. Observe basics remain repeatable. Use of side arm/ bowling machine.

Phase 4-

- Challenge basics under pressure. Use of performance testing drills. Bowling machine work, start to overload the drill. Create the challenge and really put the basics to the test.

Understand how basics will impact performance.

- Are they clear?
- Does the player understand them?
- Keep it simple.