

# Wales Coaching Conference

## Taking on the Quicks

In partnership with





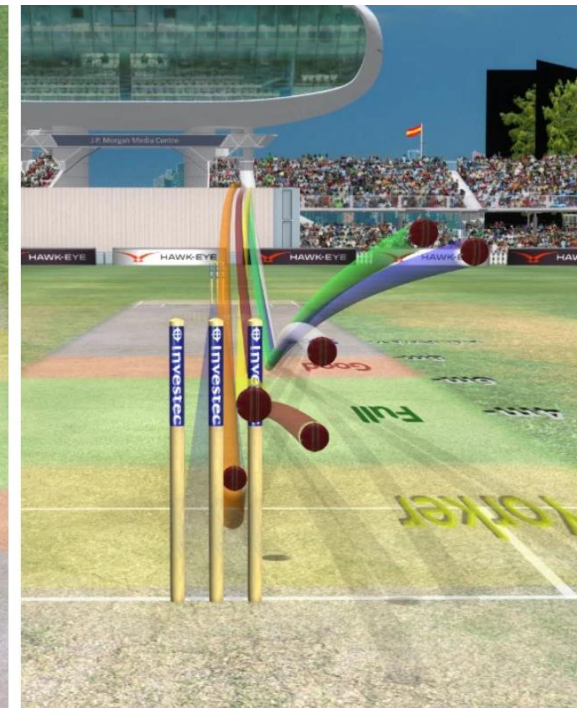
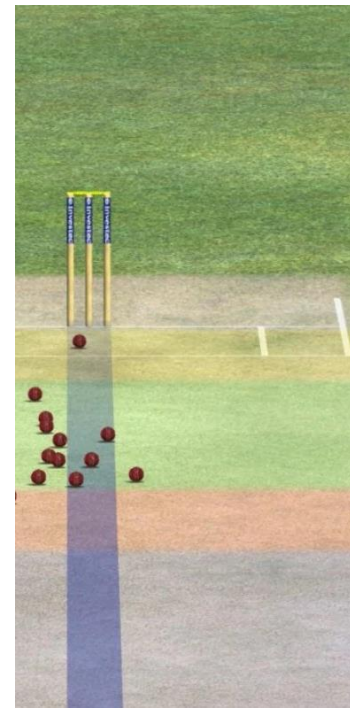
# Sampling/Crediting





## Identifying Challenges vs Pace

- Lateral Movement
- Short Ball
- Length Bowlers (with bounce)
- Scoreboard
- Formats (Matty M Hips)





# Identifying Opportunities vs Pace (Ponting method)

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- Aggressive Leave
- Line on the Pitch (Pull/Drive)
- Respect the bowlers box
- Aim: To play a dominant shot as early as possible –
  - pull him
  - drive him back past the stumps early



# Identifying Opportunities vs Pace (Holder Mindset)

- Slip fielders = *“Spectators....they have the best seat in the house to watch you bat....they rarely field the ball and are always watching you”*
- Outfielders = *“Blokes who chuck the ball back from the fence”*



s for Lillee! Australia vs New







# Identifying Opportunities (KP's Mindset)

*"96% of all of the times that I walk TO the wicket, I will end up walking BACK again after being dismissed....96%!!! Why on earth would I want to worry about something that is inevitable???"*

*To me, its all about what I am able to achieve before the inevitable happens.*

- **D** ecision
- **A** lignment
- **B** alance
- **C** ontact

Insert images of  
sheets for boys  
& crop the video



Toby Radford @TobyRadford1 · 26 Sep

Great to see James Bracey in fine form for @Gloscricket against @YorkshireCCC in the @CountyChamp today. He's been working hard on his alignment and balance at ball release and his excellent 71 today included 8 boundaries. A fine player 🙌🏻🔥 #alignment #balance

...



Toby Radford Cricket Coaching

21 May · 🌐

Two really enjoyable days working with South African Test Match opening batsman Sarel Erwee. Big focus on balance, alignment and weight transfe... See more



👍 24


4 comments 1 share 445 views

👍 Like


💬 Comment

➦ Share

- Decision:
  - Line
  - Length
  - Field
  - Ball/Pitch Condition
  - Scoreboard
  - “My Game”



**Powerplay match-up**  
Australia's openers have dominated the H2H



T20 Head-to-Heads		
Batter	Southee	Boult
Warner	84 for 0 (44)	37 for 1 (38)
Finch	86 for 1 (65)	64 for 1 (44)

- Solutions
  - Clearly define gameplan – commit to paper/phone
    - Vs all bowler types
    - Rank Boundary Options
    - List Single Options
  - Stress Test at different tempos (peloton)
  - Scenarios based on history in manageable blocks
  - High Risk, Medium Risk, Low Risk - (Vaughan)
  - Line (Steve Smith)
  - Length (Punter)





- Alignment can be:
  - Head/Hips/Shoulders/Feet to bowler release position
    - More Angles than ever (Schema – T20/Left arm & Legspin)
  - Bat alignment/Path to be able to access the incoming ball
  - Body at point of impact (in relation to the ball) vs intended outcome
- Solutions/Drill
  - Toby & his underarms (video & show)
  - Bowlers alignment string principle
  - Can I see the Bat at the top of the bat swing? If not then build awareness (again, video is a great starting point)
  - Top Handed then both handed drills (bat path)
  - Top, bottom and then both handed drills (bat path)
  - Check video
  - V-Net game
  - Contact point – Check the “push” to the ball (biomecs)

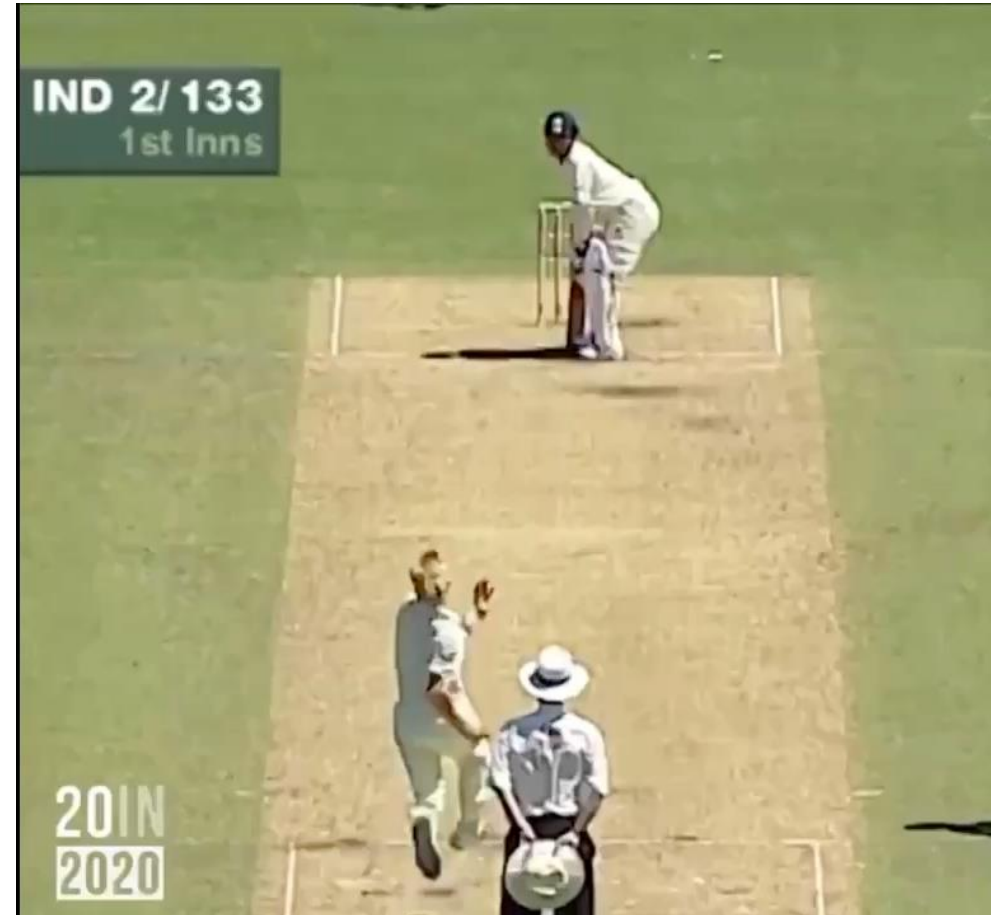


- Balance is:
  - COM over BOS
  - When is balance important?
  - Dynamic or Stable or Both?
- Solutions/Drill
  - Wiggle Toes (Sachin)
  - Bend Knees to lower COM
  - Width of Stance
  - Internal Balance awareness (Gallway)
  - Machine RHB: LAO with Swing – LHB: RAO

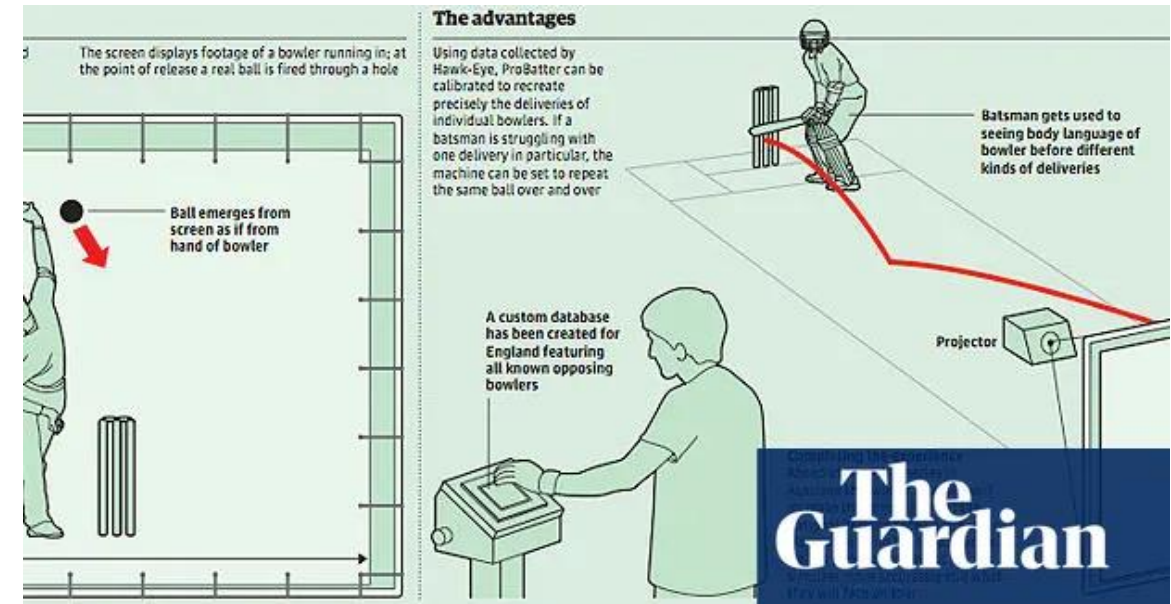




- Contact can be:
  - Lateness
  - Centre of the Bat (Middled)
  - Sound
  - Feel
- Solutions/Drill
  - Bump Ball Drill Chennai) 08 (Sachin)
  - Whiteboard Bat Graph
  - Sound (inner game)
  - Feel (inner game)

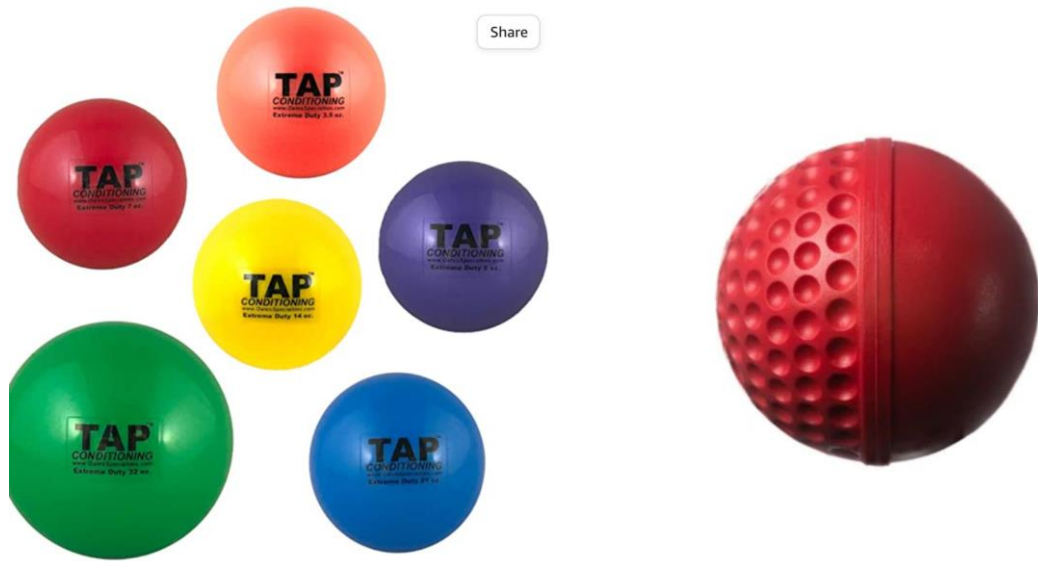


# Bowling Machines – Good or Bad????





- Block Practice has some relevance yet limited transferability
  - Rob Key swore by blocked practice method
  - KP only practiced with them for specific bowlers (SL)
- We need to build in variability and instability at some point otherwise BM impact will hit a ceiling
- So how do we do that?
- Wobble Head – 4:2 ratio
- Jimmy Anderson (BoL to ½ - 1 swing to 4 Swing)
- “Zero swing” = Wobble Swing
- Up & Up Drill
- Extreme Pace Drill
- Courtney Walsh 3oz survive & Thrive
- “Matty’s waiting drill”
- “Captain Morgan” Drill
- RHB: LAO with Swing – LHB: RAO



Sidearms – Underarms – Throws – Balls



# Computer Game: Level Up

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### 15 balls

### 15-30 yard Circle Game

1. Down the Tube
2. Line Drive
3. Drop Kick
4. Ramp
5. Back foot pull (Square)
6. Front foot pull (in-front)



### Levels

- 1 a/b/c Underarms (over/around/left)
- 2 a/b/c Overarms (over/around/left)
- 3 a/b Machine (over/around)
- 4 a/b/c Sidearm (over/around/left)
- 5 a/b Machine +5mph over/around
- 6 a/b/c Sidearm + intensity over/around/left
- 7 a/b/c Bowling (if have bowling options)
- 8 Delivery options with changes in pace





# Scenario Building

- Dice Game
- Historical Scenarios
- Super Overs
- Last 5 overs (in pairs)
- End of days play
- First 20 balls (longer format)
- Tempo Batting

