

## JUSTIN LANGERS KEY BATTING POINTS

1. Have a relaxed, balanced stance that will enable the batsman to hit the ball all around the wicket off the front and back foot.
2. Seeing the ball released from the bowlers hand and watching it right onto the bat. Watch it until your eyes hurt.
3. Hone concentration skills. Point two is an ideal way to block out all the rubbish that finds its way into a batsman's head.
4. Develop good footwork patterns off the front and back foot. Become comfortable off the back foot. Develop the back and across to off stump movement pattern. Have back foot scoring options – hook, pull, cut.
5. Have a hunger for runs. Never be satisfied.
6. Develop a strong work ethic for practice. Strive to perfect all shots.