

Batting (Balance)



The key to a batsman playing the correct stroke is to be able to read the correct line and length of the delivery. The batsman does this by watching the ball out of the bowlers hand, giving them as much time as possible to pick where the ball will pitch.

The batsman in order to deliver the stroke with the maximum power and effectiveness needs to have a good stable base with the head still. Needless to say that footwork is required to physically get the batsman into the right spot to deliver the stroke but they should be stable and still at the moment of impact.

Balance = control + power.