

N-BATTING - A batting warm up practice

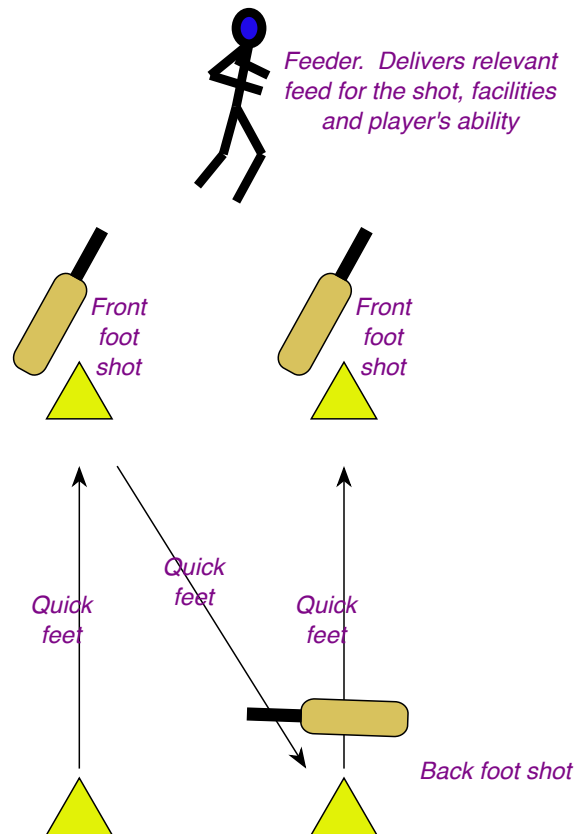
Set cones up in the shape of an N

Stage 1 - batter moves between cones using quick footwork and creating a solid position at each cone.

Stage 2 - batter shadows a shot at each cone. front foot shot after forwards footwork and backfoot shot after backfoot movement

Stage 3 - batter hits a front foot drive after final front foot movement

Stage 4 - batter hits front foot shot after each front foot movement



This can be used as a full sequence or just a part of it used depending on players and facilities.

Coaching Points
Balance and steady head when moving with quick feet. Experiment with best way to move.

Balanced when playing each shot.

Normal batting coaching points apply (Balance, batface control and weight transfer)