



## INTERMEDIATE

**Challenge 1** – players must alternate hitting the ball into the off-side, or the leg-side no matter where the ball is bowled. In this way they must use their feet and body to manipulate the ball. Set a target of how many times they can do it successfully in a row.



## COACHING TIP

Don't let the bowlers know what the batsmen are trying to do on this drill. Just let them know it's a one-day game practice and let them respond according to how the batsmen are playing.

**Challenge 2** – players must hit alternate balls along the floor, and then in the air. Use of footwork and body position will aid them in this task.



## COACHING TIP

Remind the players that to hit the ball on the ground they must strike it **LATE**, and to hit the ball in the air they must take it **EARLY**.