



PRO TIP

Dimitri Mascarenhas – “In order to hit the ball hard and to hit sixes – I have to practise my skills during training sessions. I try to maintain a solid base with two feet planted on the ground throughout the swing of the bat, and watch the ball as closely as I can to make sure I get a good contact. I swing hard through the line of the ball but try not to lose my ‘body shape’ as I’m making contact. Smashing sixes has got to be one of the most enjoyable parts of cricket!”

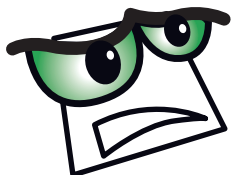
Challenge 3 – can you hit every ball bowled at you as hard as you can, regardless of line and length. How many balls in a row can you do this for without missing or mis-hitting a ball.



COACHING TIP

Hitting the ball hard is one of the best feelings in the game! In order to do so, you must keep your eyes on the ball, and try to get the blade of the bat travelling through the line of the ball. Then just keep practising!

Challenge 4 – can you hit every ball bowled at you as softly as possible. See just how much pace you can take off the ball. Try setting out an area in which the player is trying to make the ball stop.



COACHING TIP

Throughout these challenges, let the bowlers be aware of what the batsmen are trying to achieve, and see how they respond as well.



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**.