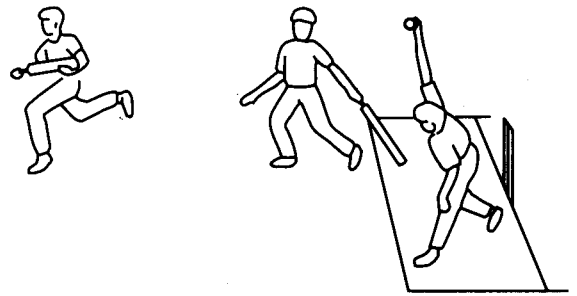
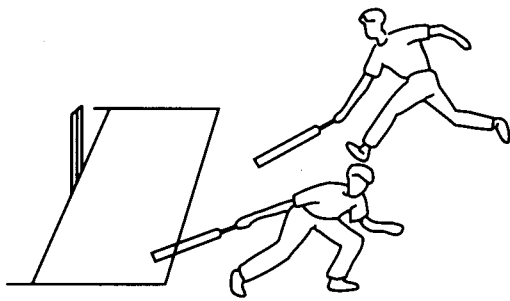


RUNNING BETWEEN THE WICKETS



Good running between the wickets depends on:

AWARENESS

Batters should:

- work as pairs and be aware of each other.
- look for runs from defensive as well as attacking shots.
- identify the strong and weak fielders.
- identify and remember the gaps in the field.

ATTITUDE

Batters should:

- always be ready to take quick singles.
- value every run.
- put fielders under pressure to create errors.
- be ready to look for overthrows and more runs.
- run aggressively.
- attempt to turn 1's into 2's and 3's.

BACKING UP BY NON-STRIKER

Batters should:

- keep bat in hand nearest the bowler.
- stay balanced.
- not set off too early for a run.
- move down the pitch as the ball is released.
- expect a run every ball.
- make sure not to run into the striker.

GOOD CALLING

Batters should:

- use loud and clear calls of 'Yes', 'No', or 'Wait'.
- know who has the responsibility to shout (usually the striker unless the non-striker has a better view e.g. behind the wicket on the leg side).
- take responsibility on multiple runs when running towards the 'danger end'.
- be ready to accept calls and not hesitate.

RUNNING AND TURNING

Batters should:

- run in straight lines - shortest route.
- carry the bat in both hands when possible. This improves balance, particularly with youngsters.
- Turn quickly by getting low to improve braking and power away from the turn. Face the fielder when necessary, keeping the head up.
- 'ground the bat'. This means that the bat is either touched or 'slid' beyond the popping crease as a run is scored.