

Week	Batting Skill, Drill and Game	Fielding Skill, Drill and Game	Bowling Drill and Game	Game (incl Game Awareness Skill)
2 (2010-11) (1,05,2010)	<p>Skill – Pull shot – attacking cross bat back foot shot played to long hop/half tracker which bounces between waist and chest height</p> <p>Coaching points, drill and game – Card 7 NB safety – in drill keeper to be at least 2m behind batter</p> <p>See also - http://www.wonderhowto.com/how-to/video/how-to-play-the-pull-shot-8575/</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • High backswing • Back foot moves back and across to off side • Head steady, eyes level and on ball throughout • Fully extended arms at ball – like chopping down tree • Hit ball in front of body from high to low – to keep ball down 	<p>Skill – Overarm throw</p> <p>Coaching Points, drill and game – Card 3 (excluding long barrier). See also Section 1 of Card 19 (which is set of Inter Cricket Teacher Cards). For a game see Rory's Drill 11.</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • Build up throwing power by working through – <ul style="list-style-type: none"> ◦ Wrist flick (sitting), Elbow flick (sitting), Shoulder/upper body rotation (kneeling), Hip rotation (standing) • Grip ball across seam to impart backspin/avoid swing • Side on, throwing elbow level or above shoulder • Long backswing • Aim with non throwing arm • Full follow through to finish with throwing shoulder, hip and foot pointing towards the target. 	<p>Skill – Basic grip and Overarm with a run up</p> <p>Coaching Points, drill and game – Cards 8 and 13. See also Section 10 of Card 19 (i.e Inter Cricket Teacher Cards). See also http://www.youtube.com/watch?v=bIUjUQZih4&feature=related http://www.youtube.com/watch?v=b1FXKkbU2FKg</p> <p>The Midd KPIs –</p> <ul style="list-style-type: none"> • See Session 1 bowling notes – stress value of straight lines – everything • Basic Grip – <ul style="list-style-type: none"> ◦ Seam vertical thumb on seam underneath ◦ Index and middle fingers on either side of seam on top of ball • Basics of line and length 	<p>Game – As in Session 1 but with focus on bowling good line and length</p> <p>Try to reinforce skills covered in columns 1, 2 and 3.</p>