

The Forward Defensive

Description: a defensive stroke played to a ball of good length or slightly fuller that would otherwise hit, or pass close to the stumps

side view

front view

COACHING POINTS

RELAXED, BALANCED
STANCE HEAD STILL
EYES LEVEL

BACKSWING & STEP
FORWARD

(front shoulder dips)
EYES FIXED ON BALL
THROUGHOUT

BASE ESTABLISHED,
FRONT KNEE BENT,
COMFORTABLE STRIDE

SHOULDERS ROTATE
VERTICALLY TO BEGIN
DOWNSWING.

"FIGURE 9" BAT
DECELERATES TO
CONTACT

BACK HEEL RAISED
RELAXED BOTTOM HAND.
BALANCE MAINTAINED

