

The Pull Shot

Description: a cross batted, attacking back foot stroke, played to a short delivery which is usually passing over and outside leg stump. This version is usually played against slow bowling.

COACHING POINTS

RELAXED, BALANCED STANCE
HEAD STILL EYES LEVEL

BACKSWING & STEP BACK
EYES FIXED ON BALL
THROUGHOUT

FRONT FOOT PULLED BACK
ESTABLISHING BASE
HEAD REMAINS FORWARD

SHOULDERS ROTATE HORIZONTALLY
BAT ACCELERATES TO CONTACT
IN FRONT OF BODY
HITTING "HIGH TO LOW"

BAT CONTINUES ON A FULL, NATURAL FOLLOW THROUGH
BALANCE MAINTAINED

side view



front view

