

# **ZAYED CRICKET ACADEMY**

## **CRICKET SKILLS AND DRILLS**

### **BATTING.**

#### **Concentration Drills**

- Seam Observation
- Tracking
- Chin Downs
- Ball bounce
- Hand And Arm motion

#### **Technique Drills**

- Grip
- Stance
- Taking Guard
- Back lift Drill – Height & Line – Timing
- Set Up Drill

#### **Balance Drills**

- 1. Stationary ball
- 2. Thrown ball
- 3. Rolled ball
- 4. Foot angle
- 5. Judging line
  
- Judging Length Drill
  - 1. Length drill

#### **Front foot Shots**

- Front foot defense
- Front foot leg glance

## **Sweep Shot**

- Sweep drill

## **Front foot driving**

- With Tee and Marker
  1. Stationary ball
  2. Dropped ball
  3. lobbed ball

## **Back Foot Shots**

- Back foot defense
  1. Bouncer / Half volley
  2. Right Back
  3. Back foot leg glance

## **Back foot drives**

- Back foot drive drill
  1. Beat the fielder

## **Pull shot drill**

- Practice With coach

## **Hook short drill**

- Practice With coach

## **Cut short drill**

- Practice With coach

## **Running between wicket**

- Different drills
  1. Yes, No, Wait