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'TIPS FROM THE TOP'

Punta's secrets to batting...

- Watch the ball like a hawk
- Play Straight, particularly at the start of your innings
- Make sure that your footwork is positive
- Stay as balanced as possible throughout the shot
- Partnerships win matches – make sure that you work hard with your partner for the good of the team

RICKY PONTING plays KAHUNA



The 'Ice Man's' batting tips...

- Work hard on the mental side of the game
- Practice having a clear mind & focussing only on the ball coming out of the bowlers hand
- Practice a 'pre delivery' routine & stick to it
 - Practice all the different types of shots
- When you are tired of practice, practice some more

MIKE HUSSEY plays ICE



Simon Katich's batting secrets...

- Keep it simple
- Watch the ball hard
- Play as straight as possible
- Keep your hands in tight to your body at the start of your innings – this stops you playing away from your body & outside your eye line
- Have a plan for how you will score off a particular bowler & stick to it

SIMON KATICH plays BEAST



Phil Hughes lets you into his head...

- Watch the ball right onto the bat
 - Stay balanced at the crease
 - Play with a straight bat
- Keep your head over the balls throughout the shot
- Be patient, wait for the ball in YOUR scoring zone

PHIL HUGHES plays BLADE



Owais Shah's secrets for success at the crease...

- Watch the ball hard
- Play with your instinct – play YOUR game NOT somebody else's
- Try to use the full face of the bat on all shots
- Look to dominate the bowlers – make them worry about bowling to you
- Be consistent in your level of performance

OWAIS SHAH plays CCX



Brad Haddin gives you his key thoughts for Keeping at the highest level

- Keep your head & eyes over the ball
- Keep your arms as relaxed as possible
- Keep your hands soft so you can cushion the ball when you take it
- Open up your hips when taking the ball up to the stumps to allow you to give that little bit extra
- Remember – you are the ‘on field’ motivator for the whole team & make sure you play your part



A.B. De Villiers gives you his key batting thoughts

- Have a strong presence at the crease & make sure your first movement is towards the ball NOT just across the crease or backwards – STRONG FEET
- Keep your head clear & concentrate, don't think about anything apart from the ball – QUIET HEAD
- Switch off between deliveries to allow you to maintain concentration for long periods
- get into 'The Zone' – only think about the ball & play instinctively
- Watch the ball as closely as possible

A.B. De VILLIERS plays KAHUNA



DAWID MALAN his key tips for batting

- Make sure that your grip is correct when you take your stance – the ‘V’ should go down the handle * into the outside half of the blade
- Always play straight – align your shoulders, hips & feet to where the ball is coming from
- Keep your head & eyes level as the ball is delivered
- Lead with your head into the shot NOT your feet
- Watch the ball as hard as possible

DAWID MALAN plays BLADE



JAMIE DALRYMPLE'S tips for successful batting

- Keep your head as still as possible
- Watch the ball all the way onto the bat
- Don't try to hit the ball too hard – timing is the most important thing
- Enjoy your batting – make sure that you think of what you can do NOT what you can't
- Remember, Cricket is a team game & always do your job for the team

JAMIE DALRYMPLE plays ICE



TIM AMBROSE lets you know how he keeps wicket

- Try to catch the ball from a still position. Feet shoulder width apart, knees bent & able to move in any direction
- Try to catch the ball in the centre of your body where possible, or as close to your eye line as you can
- Relax your shoulders, tense shoulders mean tense hands which make the ball jump out
 - Let your feet do the work – make your footwork fast & precise – this will help you achieve the previous points
- Practice, Practice, Practice – the more you do the better & more consistent you will become. In addition to your work at training take a ball to school or work & practice catching the ball against the wall during the day. It may make the difference in taking that 'screamer' in the game



JOE DENLY gives his key batting thoughts

- Play straight & hit through the line – irrespective of whether you are playing along the ground or hitting over the top
- Try to maintain an even balance throughout the shot – if you lose shape you will lose power
- In One day Cricket, it is important to be positive but you must not pre determine your shots too much as that will lead to playing shots that are not on – Play Proper Shots
- Don't let the bowler get too much into a rhythm – never be afraid to use your feet to put the bowler off his length
- Remember to stay hungry – you can never score too many runs – it's not much fun watching others score YOUR runs

JOE DENLY plays CCX



LUKE WRIGHT'S key thoughts for One Day batting

- Watch the ball as hard as possible
- Give yourself time to get in as a batter, because once you are in, you will soon catch up with the number of balls faced
- Don't leave yourself too many runs to get at the end of the innings
- Always run hard between the wickets – turn those ones into twos & the twos into threes
- If you get in – be the batsman who finishes & wins the game – take responsibility

LUKE WRIGHT plays KAHUNA



STEPHEN MOORE gives you his batting secrets

- Maintain balance at all times
- Play straight early on in your innings – you can expand the range of shots later
- Stay positive whether you are defending or attacking
 - Play with fast hands and feet
- Enjoy Batting – no matter what the conditions are like & how difficult things are – someone has to play well – make sure that it is you

STEPHEN MOORE plays ICE



MICHAEL CARBERRY gives you his key thoughts

- Keep your head & eyes still & on the ball at all times
- Always look to set your feet in a balanced position before attacking or defending
- Pick up your bat high – look to hit the ball
- Look to score off every ball – defence is the last option
- Practice as you would play in a match

MICHAEL CARBERRY plays CCX

