



**Dunottar School**

The best in everyone™

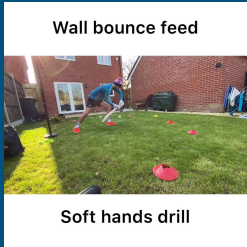
Part of United Learning

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# Garden Cricket Skill Development

By Mr J Myers  
Director of Cricket

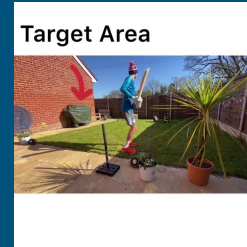
# Batting Videos



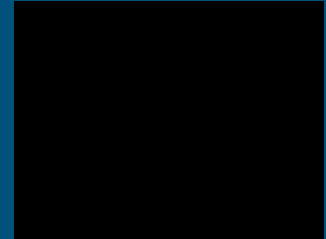
Bat, Ball, Wall



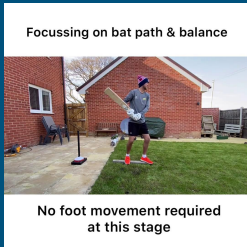
Front Foot Batting



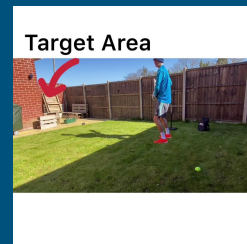
Pull Shot



Basic Batting Drills



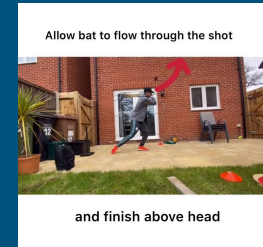
Bat Path & Balance



Cut Shot

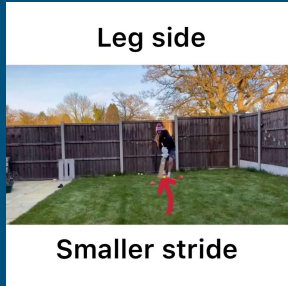


Top Hand Drill

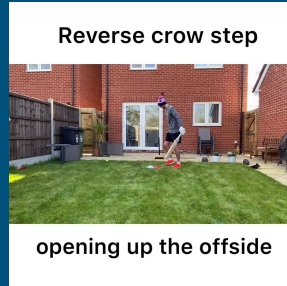


Bottom Hand Drill

# Batting Videos



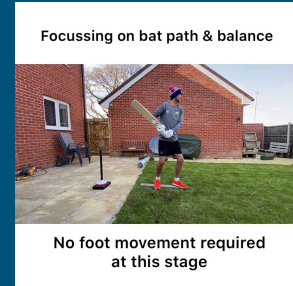
Head Positioning Drill



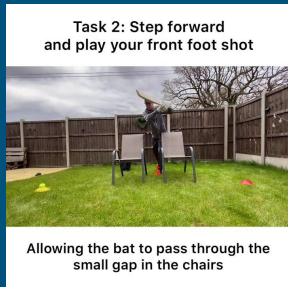
Use of Feet vs Spin



Soft Hands Exercise



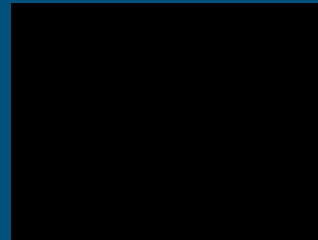
Bat Path & Balance



Bat Path Drill (2)



Sweep Shot



Back Foot Batting



Reverse Sweep

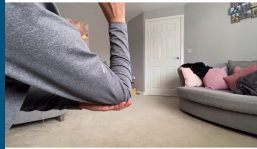
# Seam Bowling Videos

## Target Bowling



## Basic Bowling

## Step 2 - lock your elbow in



Use your wrist to flick down the seam and stand the seam upright

## Indoor Seam - Wrist Position

## Focus on staying balanced, tall



and strong at every point of BFC

## Back Foot Contact

## Walk through bowling action



Try and align feet, hips and shoulders towards target

## Hip and Feet Alignment

## Step 1: Bowl from a coil position



## Front Foot Contact

## Exercise 1



Building finger strength

## Building Grip, Wrist & Finger Strength

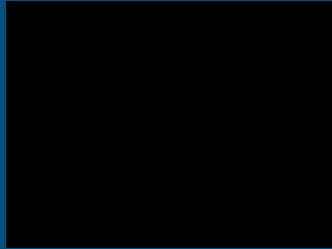
# Spin Bowling Videos

Drill 1 - from a seated position



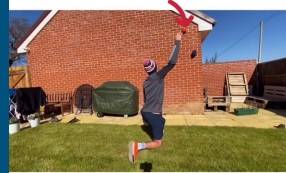
roll your wrist over the top of the ball

## Indoor Leg Spin



## Indoor Off Spin

2 o'clock release point



## Outdoor Leg Spin

Step 1: From base position



Continue to drive back leg around 180 degrees

## Leg Spin - Delivery Stride

Task 2: try and bowl the ball using your leg spin grip / action



as close to the trajectory line as possible

## Leg Spin - Trajectory

Off Spinners - Drive back leg through and land back on line



Leg spinners - Drive back leg around 180 and land Back on the line

## Spin Bowling - Feet Alignment

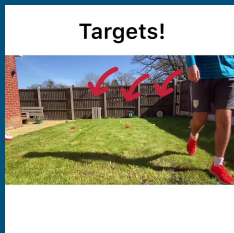
Task 2: try and bowl the ball using your off spin grip / action



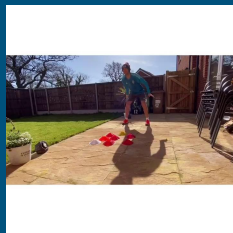
as close to the trajectory line as possible

## Off Spin - Trajectory

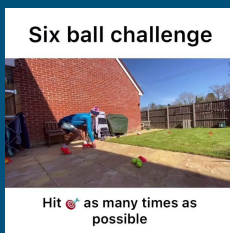
# Fielding Videos



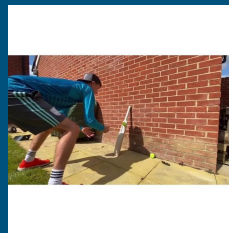
Under Arm Flick



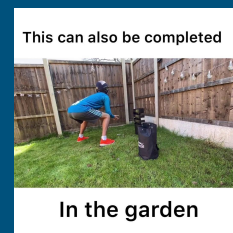
Wall Ball -  
Catching Game



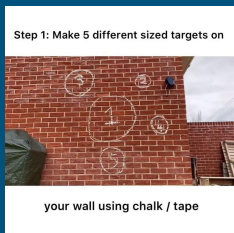
Over Arm Throwing



Reaction Catching



Close Catching



Target Throwing

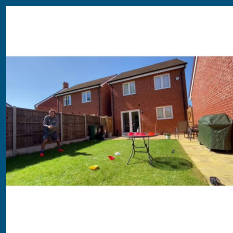
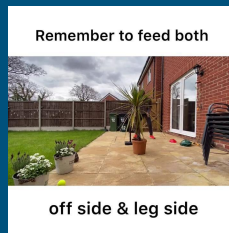


Table Catching  
Game



Basic Catching



Wicket Keeping  
(1)



Overhead  
Catching