

RYAN MARON'S CRICKET SCHOOL
OF EXCELLENCE
ADVICE TO BATTERS ON HOW TO
ADOPT A POSITIVE ATTITUDE AGAINST
SPIN



1. DEFENSIVE PLAY AGAINST SPIN BOWLING:

- 1.1 Don't allow a spinner to bowl in "His Danger Area." Make him change his line; if a leg spinner is pitching between the lines of leg & off stumps, try to force him to pitch outside off stump. Use your feet to get to the ball pitching outside line of off-stump. If ball is pitched short, move back towards the wicket and cut ball to off-side.
- 1.2 The knee roll & upper part of the pad is considered as a danger area of the pad for batter i.e. Bat-pad catches.

Exercise 1 - Batter to stand approx. 2 meters in front of wall. Batter throws a tennis ball onto the wall, and as ball re-bounds to him, batter to play forward a "soft defence" stroke to "Kill" the ball before the ball touches his pad. (10-12 balls).

Exercise 2 - Bowler to throw tennis ball "Lightly" to batter in net. Batter to play ball in front of pad, with head over the ball, hands at "Knee height" and playing softly on ball to "Kill it", with back foot firmly inside crease and kept straight, i.e. don't bend knee. (10-12)

Exercise 3 - Batter in net without pads; therefore first line of defence is the bat. Bowler bowls leg-spinners only. Later (10-12 balls) batter puts on pads (as incentive to bowler batter offers a "stroke" to bowler if he hits the pads). Batter will offer strokes. Instead of pad play (10-15 balls). Previously generations of West Indian cricketers played beach cricket and hit the ball as pad play was not possible).

2. RUN SCORING AGAINST A SPINNER

When a spinner is bowling a very tight line, use the depth of the crease for shorter pitched deliveries, get on to back foot lightly on the toes, and play a back foot shot to cover. Practice in the nets with a cricket ball.

Exercise 4 - Ball pitched in "Danger Area" leg or off spin. Bowler to bowl under arm with tennis ball in nets. Batter to lean forward and drive "over the ball" on the pitch and along the ground

with head over the ball. Back foot stays in position inside the crease, but firmly grounded on the back, big toe (20 balls)

Exercise 5 - Stepping down the wicket to spinner. Batter stands at open end of nets. Bowler to bowl tennis ball underarm and nominates direction batter has to hit ball in (extra cover, cover point etc) batter to step out balanced and low to get to pitch of ball to either drive along the ground or, when appropriate, when over the ball, turn wrists while head remains over the ball, and turning shoulder to face the direction of the intended stroke indicated by the bowler. (20 balls)

Exercise 6 - 2 Beacons placed at side of net. Batter has to hit 75% of deliveries between the Beacons (50 balls) Beacons to be placed to force batter to hit ball into various parts of field (covers, extra cover, mid on etc).

Recap:

1. Use a SOFT HANDS technique
2. Play over the ball OR
3. Play slightly behind the ball
4. Position of the head in relation to the hands is VERY important.
5. Force a bowler to bowl to your strengths.
6. Use the wrists to move the ball into the gaps.

N.B.

Shadow batting as an excellent means of training.