



World cricket Academy

A Few Drills & Learning Equipment

www.WorldCricketAcademy.Com

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1. The Batting Grid
2. The Spin Bowling Hoops
3. The Corridor For Fast Bowlers
4. The Lead Weight Bats
5. The Lead Weight Balls
6. Trapping drills
7. Deflecting drills

Note: please use all equipment with extreme caution as one could potentially injure oneself if its overused or not handled with care as they can cause injury both internal (joints and tendons) and external (being hit).

We would also like to make all coaches aware that the equipment is there to enhance the skill of the wards you are training but it is very important that we retain the natural instincts and diversity of the wards you are training.



THE SET UP

CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BATTING SKILL:

All batting skills are now performed in an wide open area giving the feel of a match situation. We believe in taking away the concept of net practice and practice with a zero tolerance policy i.e. making practice identical to a match situation and hence we will never feel the difference.

In the photo there are a few things to observe, the first is the wide open areas within which practice is conducted. Then, we have orange poles as fielders positioned as per the fielding positions wanted by the bowlers.



In this particular picture a drill is being conducted where the batsman will be given out if the ball touches any of the cones on the side. The batsman has to control the ball within this area and is given out if the ball touches the cones.

RECOMMENDATION: All CLC's are recommended at all times to constantly challenge the batsman while practicing and use a zero tolerance policy (i.e. out is out) in practice (at most times i.e. there might be very specific situations where the batsman is struggling and needs to spend time middling the ball for some time).



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

SPIN BOWLING SKILL:

This specific drill allows the bowler to develop default “feel” and “accuracy” a much ignored but critical ingredient in the development of spinners.

The objective remains the same i.e. to drop the ball on a spot (i.e. good length) but what we alter are the positions of the loops so that the ball reaches the spot using varying speeds.

We also use different weight of balls thereby getting the bowler to understand the value of feel and how it can ultimately be used to deceive the batsman.

RECOMMENDATION: All CLC’s are recommended at all times to constantly challenge the bowlers and constantly focus on developing skill through better feel and accuracy.





CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

FAST BOWLING SKILL:

This specific drill allows the bowler to develop accuracy by default.

The drills conducted are with the bowling disc where bowlers have to bowl the ball through the narrow corridor which is situated near the good length spot.

Once the bowlers have bowled for 30 minutes with the disc they move over to bowl with a normal ball for another 30 minutes. Scores are kept on how many bowl the ball through the corridor in 30 minutes and a final competition held to decide the best. Once again we follow all principles of zero tolerance i.e. a no ball will eliminate you and so will a wide ball.

RECOMMENDATION: All CLC's are recommended at all times to challenge the bowlers and constantly work on a zero tolerance policy at all times which will quickly develop skill and help the bowler focus on the faults of the batsman instead of worrying about where his or her foot is landing or whether they are able to bowl straight and so on and so forth.

CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BATTING SKILL:

The batting grid has been developed to create good default movements i.e. fundamentally to try and create a solid base, so that the player will be better balanced.

If we can create this by default early in a batsman's career they will be able to take their game to a higher level of efficiency and success as they mature and play at the highest levels of the game.



There are plenty of drills which can be conducted with this piece of equipment. To learn to lift the front leg quickly and yet play along correct lines, and the same with the back foot, we also use a heavy shoe (or you can use ankle weights) to improve speed and efficiency of the footwork. It also corrects the landing position of the front foot as the front foot box has been designed by default to get the foot slightly angled towards mid-off, which creates a better balanced base from which to play defensively or attack.

(Photo of batting grid on the right is for left hand batsman and if flipped over it can be used for right hand batsman)

RECOMMENDATION: All CLC's are recommended at all times to use this equipment to create good default balance amongst batsman and also strengthen ones legs and back by constantly drilling in the batting grid.



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BATTING DRILLS:

After using the batting grid we recommend a variety of drills which will assist in developing enhanced footwork.

The drill in the picture on the right shows how the batsman is learning to trap the ball with the bottom of his foot. The batsman's role is to synchronize his movement to the arriving ball and only reach the ball as it is about to hit the ground and then trap it under his foot.

The feeder's role is to constantly vary the speed at which the ball arrives as well as altering the distance from which he feeds the ball (i.e. closer and further away)

RECOMMENDATION: All CLC's are recommended at all times to use this drill to develop good footwork amongst batsman. This drill also strengthens ones legs and back.



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BATTING DRILLS:

After using the batting grid we recommend a variety of drills which will assist in developing enhanced footwork.

The drill in the picture on the right shows how the batsman is using the outside of his foot to divert the ball onto the onside thereby learning to get ones foot across to the ball as well as get the head outside the line of the on-coming ball.

Also note how the batsman has kept the downswing outside the line of the oncoming ball thereby giving himself maximum chance of connecting the ball with the full face of the bat.

The feeder's role is to constantly change the direction of the ball as well as vary the speed at which the ball gets to the batsman.

RECOMMENDATION: All CLC's are recommended at all times to use this drill to develop good footwork amongst batsman. This drill also strengthens ones legs and back.





CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

ENHANCED BATTING DRILL:

- **It has been scientifically proven that Sir Donald Bradman's skill was substantially enhanced with the continuous use of a stick and a golf ball, he went on to average 99.9. Yet today the game is satisfied to lower benchmarks and accept an average of 50 is near enough the best that can be achieved. The question is why? Hence, we believe we need to teach children to enhance their skills by continuously playing with a thin bat and small balls which are depicted in the photo.**

RECOMMENDATION:

- **All juniors in the country use the thin bat and small ball while practicing their batting skills. The WCA also recommend that all batsman/women batting in the nets use the same at all times (except a few days before a match).**

CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

HEAVY BATS:

It has been scientifically proven that using a heavier bat to develop bat speed as well as control will enhance the level of skill while playing with your normal/usual match bat. Hence we have a weighted bat with which we conduct a number of drills though the session enabling us to build core forearm and wrist strength which will improve bat speed by default

RECOMMENDATION:

All juniors in the country use the heavy bat while practicing their batting skills. The WCA also recommend that all batsman/women using the batting grids use the heavy bats for a maximum period of ten minutes at a time during the drill.



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

COMMON BATTING PROBLEM AMONGST KIDS: FALLING OVER

- **One of the main and biggest problems facing children who are learning the sport is the element of balance. As the human body is built to move (forward and back as opposed to sideways) i.e. against the grain of what is required in the game of cricket, it is not uncommon to see children falling over while batting. The shoe will assist in the process of the individual feeling more centred in their balance.**



RECOMMENDATION: All coaches use the correction shoe at some stage to get juniors to understand the importance of balance, regardless of whether they have a problem falling over.



Cricket Learning Centre



Look how the shoe compensates for the natural falling over of the batsman to the off side and brings his head and body more towards the middle stump alignment



A closer view of batting shoe and how it assists the batsman maintain balance

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CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

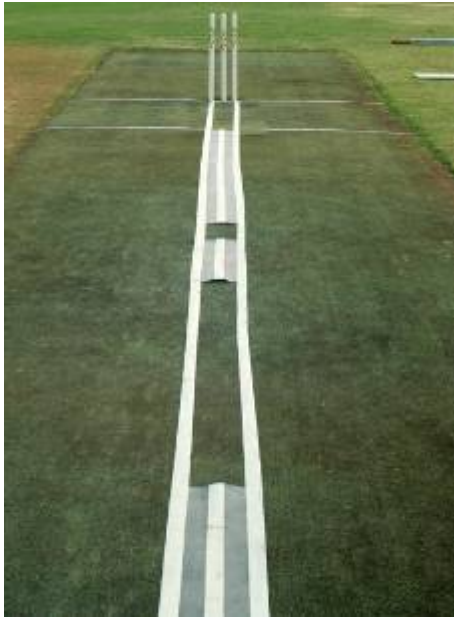
DEVELOPING HAND EYE CO-ORDINATION:

- **It is essential for all children beginning the sport to develop hand eye co-ordination, this is the basis on which all sport is played, the earlier we can develop the same the higher the level of skill the individual will acquire.**

RECOMMENDATION:

All juniors playing cricket in the country carry around the catcher, so as to constantly enhance their skill by playing with the same. It also serves another purpose, which saves parents huge amounts of heartache – it doesn't require to be bounced off a wall.





CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

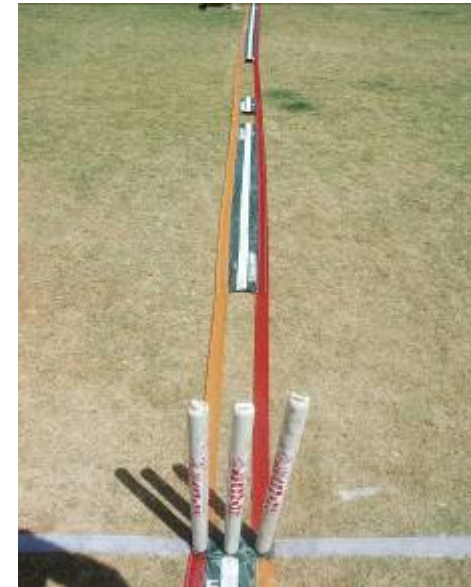
A solution for each area of the game -

BOWLING ACCURACY DRILL:

- It is essential for all bowlers to develop a base level of accuracy so as to be able to further develop as a bowler. This mat together with the Skills For Champs drills will allow the bowler to work extensively on developing his/her accuracy (working on good length or yorkers). Once this is achieved other more advanced skills can be taught.

RECOMMENDATION:

- All coaches deploy the matt and follow the CLC's minimum learning standards guideline to train the individuals in the accuracy required to be able to bowler of any significance.



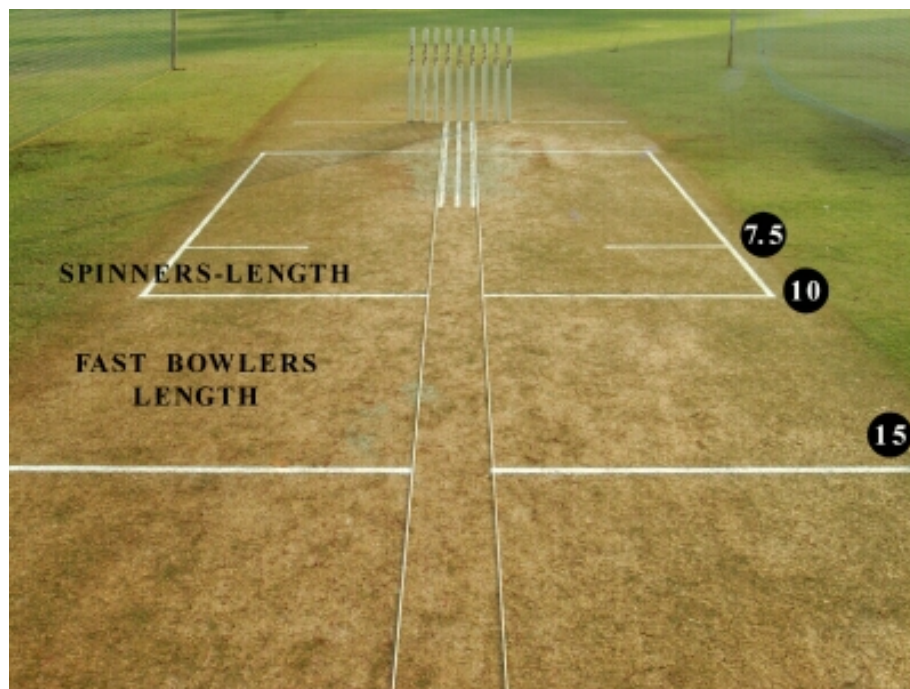
CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BOWLING ACCURACY DRILL: (LESS EXPENSIVE VERSION)

- Merely using the following measurements (in feet) and then laying down a string and some markings one could practice the essentials of accuracy anywhere in the country, this is just an example to show how this could be done using no infrastructure whatsoever.

- It is essential for all bowlers to develop a base level of accuracy so as to be able to further develop as a bowler. This mat together with the Skills For Champs drills will allow the bowler to work extensively on developing his/her accuracy (working on good length or yorkers). Once this is achieved other more advanced skills can be taught.



RECOMMENDATION:

All coaches deploy the mat and follow the CLC's minimum learning standards guideline to train the individuals in the accuracy required to be able to bowler of any significance.



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BOWLING WRIST POSITION DRILL:

- **The wrist and fingers are the base on which all advanced stages of bowling is based and hence to develop a strong and appropriate wrist position is absolutely essential to the development of bowlers. This disc (opposite) will assist in the process of developing a good wrist position. Individuals will bowl the disc to each other and when the disc rotates on its axis, it will signify that the wrist is in the correct position (and if it isn't – then the disc will merely wobble)**

RECOMMENDATION:

All coaches get individuals/children to bowl the disc at each other following the CLC minimum learning standard guidelines as set out.





CRICKET LEARNING CENTRE – LEARNING EQUIPMENT

A solution for each area of the game -

BOWLING SPIN DRILL:

- **With a fewer number of individuals wanting to bowl spin we have to create a way for them to not only enjoy bowling spin again but also understand the notion of flight and deception. The exercise on the right is meant to encourage the bowlers to drop it over the cone thereby working on (Flight) into the box (Accuracy) and then attempt to put it through the loops over the plastic stumps (Spin). Hence, covering aspects of spin bowling, which would otherwise require a lot of guidance from a coach being present.**

RECOMMENDATION:

- **All CLC's are recommended to use this mechanism to interest children to bowl spin as well as follow the minimum standards required to develop control.**



CRICKET LEARNING CENTRE – LEARNING EQUIPMENT

A solution for each area of the game -

BOWLING SPIN – STRENGTHEN YOUR FINGERS/WRIST:

With a fewer number of individuals wanting to bowl spin we have to create a way for them to not only enjoy bowling spin again but also have fun with it. This device will help strengthen the wrist and should be constantly used by all those who aspire to bowl spin, as it will strengthen the main muscles in the fingers, wrist and forearms which are used to turn the ball

RECOMMENDATION:

- **All CLC's are recommended to use this mechanism to develop finger, wrist and forearm strength so that they are able to harness the most out of the fingers /wrist and its rotation to extract spin.**



CRICKET LEARNING CENTRE - LEARNING EQUIPMENT

A solution for each area of the game -

BATTING SKILL:

- We are all aware to win matches in the future all teams will have to score runs at a certain rate to win matches. Recent Ashes is great example, where England put pressure back on the worlds greatest team not by taking wickets (as one always has to) but by scoring runs at a rate which put the pressure back on the Australian team. Hence, we need to build a default mechanism into our system, (as it is impossible to teach youngsters the meaning of scoring quickly), so they will learn to do so (i.e. score quickly) by default. There are no magical formulas, one has to play more balls to score more runs and the only way to create a system to do the same, is to by widening the stumps to nine or twelve, thereby making the individual play more balls in practice, which would automatically translate to the match.

The box is to develop soft hands a skills needed by all quality

batsman. Individuals will keep the ball in the box at all times whilst playing a forward or back-foot defense. Once we have taught the individuals to play more balls we must also try and show them ways of how not to get out to these wider deliveries, which then takes us into changing the dynamics of the downswing (so as to avoid swinging against the line while playing early in the innings particularly.

RECOMMENDATION: All CLC's are recommended at all times to use nine or twelve (wide) stumps during all net practice. Also, to use the box and insist on all defensive shots to stay within the box.

CRICKET LEARNING CENTRE- LEARNING EQUIPMENT

A solution for each area of the game – BATTING SKILLS MAT

Here the batsman is trying to keep his forward defence in the box in front of him, using just his top hand to gain control, the net keeps control of the balls as well as acts as a good target i.e. the coach informs the student to try and keep the ball in the box and not touch the net. This assists with maintaining soft hands while playing ones defence, leading to better control of the ball.

Here the batsman is trying to play the straight drive and hit the pole on the net in front of him (on the left). And on the right/below he is using the batting mat to get his alignment and downswing corrected



CRICKET LEARNING CENTRE- LEARNING EQUIPMENT

A solution for each area of the game – KNOCKING NET

Here the batsman is playing with a tiny bat and attempting to keep the tiny ball within the netting while playing both the forward defence as well as the straight drive



CRICKET LEARNING CENTRE- LEARNING EQUIPMENT



A solution for each area of the game – VARIETY OF LEARNING EQUIPMENT

On the left are all the various pieces of equipment the WCA make through its sister company ZOLT, this will soon be available on the www.Zolt.In website. In the mean time email us at info@Zolt.in or info@worldcricketacademy.com to purchase anything.

On the left are numerous tiny balls as well as balls to practice swing or spin specifically (below is the spring back stump). There is also a range of different size bats which can be used for a variety of practices

