

Contents

Foreword by Dawid Malan7

Foreword by Shivnarine Chanderpaul.....8

Foreword by Jason Holder.....9

Acknowledgements 10

Introduction 11

The Set-Up..... 14

Position at Ball Release 15

Pre-Delivery Movement (Trigger)22

The Stance.....25

The Grip.....35

Guard and Alignment.....37

Right-Handed Batsman Facing a Right Arm
Over Bowler38

Right-Handed Batsman Facing a Left Arm
Over-the-Wicket Bowler54

Left-Handed Batsman Facing a Left Arm Over Bowler57

Left-Handed Batsman Facing a Right Arm Over Bowler60

The Bat Tap / Pick Up66

The Backswing66

Moving to the Ball on the Front Foot75

Playing From a Stable Base on the Front Foot.....81

From a Straight Line to a Straight Line88

Moving to the Ball on the Back Foot91

Getting to Grips

Playing From a Stable Base on the Back Foot.....	92
The Square Cut.....	94
The Pull Shot / Pivot-Pull.....	96
Playing Against Deliveries That Angle Back Into the Stumps – Swing / Seam.....	99
Playing Against Deliveries That Move Away From the Bat – Swing or Seam.....	102
Playing Swing – Playing Late	108
Playing Against Spin	109
Hitting Over the Top	111
The Orthodox Sweep.....	113
The Slog Sweep.....	114
Power Hitting.....	118
The ‘Helicopter Shot’	122
Coaching Batsmen	124
Building an Innings.....	128
 Success Stories – Coaching and the Online Batting Booth.....	 132
About the Author	151