

Batting.

Warm up. moving the feet.

5 minutes

①



②



① In your stance wearing batting kit but no bat, sit a ball on a low profile cone an appropriate distance away such that you need to use your feet to get down the wicket to be able to pick up the ball.

② By using your feet to advance down the wicket, reach to pick up the ball before returning to your stance. Repeat, but place the ball on a different cone.

Five minutes of this and you will feel it if done properly!

Points: Stay side on

Ball or cone represents pitch of the ball. Get your front foot close to the cone.

Use your feet as you would in a match. Quick feet and either side to side or overlap.

