

8 WAYS

To Score More Freely And Take The Pressure Off



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A lot of players get tied down and don't have any clear plans on how to release the pressure....

It starts to affect them mentally and causes them to go away from their game and make poor decisions.

We're going to take you through 8 ways to score more freely and release the pressure without taking too much risk.

1. PICK OUT WEAK FIELDERS

Be very aware and actively looking for weak fielders from the moment you get in. You can also assess from the sideline while you're waiting to bat.

What to look for...

Slow movers.

Poor throwing arm.

Slow to release, slow footwork.

Hit to their opposite side (more advanced)

2. AGGRESSIVE RUNNING BTW

Following on from #1, take on the weaker fielders.

This requires great communication and understanding with your batting partner. Make sure you're on the same page.

Be aware of each others capabilities.

Pick spots in the field you can run aggressively.

BACK UP!

3. HAVE A GO TO SHOT

Following on from #1, take on the weaker fielders.

This requires great communication and understanding with your batting partner. Make sure you're on the same page.

Be aware of each others capabilities.

Pick spots in the field you can run aggressively.

BACK UP!

4. USE ANGLES

Riskier early on in your innings but once you're set, look for gaps in the field and think about bat angles you can use to access those gaps.

5. USE SOFT HANDS

Instead of trying to hit the ball through the field all the time, use soft hands sometimes.

Manipulate the field. If you're using soft hands and getting singles the field is going to have to come tighter which makes it easier for you to hit through or over the field.

This is called 2 paced batting.

6. CHANGE YOUR GUARD

Change where you set up to open up your stronger or lower risk scoring zones.

E.g. If you find it easy to hit an off spinner through the leg side, bat on off stump.

If you like cutting or cover driving a quick, bat on leg stump.

If you like driving, bat a foot out of your crease....don't always have to bat on middle.

7. HITTING SWEEPERS

If there's a fielder on the fence, you don't have to hit it as hard as you can to them all the time.

Instead of trying to hit a boundary, hit the ball either side of them for 2...or don't hit it as hard.

8. TARGET TYPES OF BOWLING YOU'RE MORE COMFORTABLE WITH

Again, know your strengths and back them.

Target bowlers you're stronger against. Don't target bowlers you struggle against.

If your goal is to score 4 an over and you're facing a left arm quick and an off spinner, if you find it easier to score off the spinner aim to get 6 an over off them and 2 an over off the quick or visa versa - think big picture.

Ok who feels a little more confident in themselves to be able to develop a plan to release the pressure now?