

BAT TAPPING EXERCISES

1. KEEP IT UP!

See how many times you can tap the ball on the bat in a row.

2. FACE TO EDGE

3 taps on the face, 1 on the edge, then go back to 3 on the face, 1 on the other edge.

3. TAP & CATCH

Tap your ball on the bat 3 times and then try to catch the ball on the 4th go on the full!

4. WALK THE TIGHTROPE

While tapping the ball on the bat, walk in a straight line.

5. STALL & FLICK

Tap the ball and try to stop the ball on the face of the bat. If you do this, flick it back up and try to start tapping again!